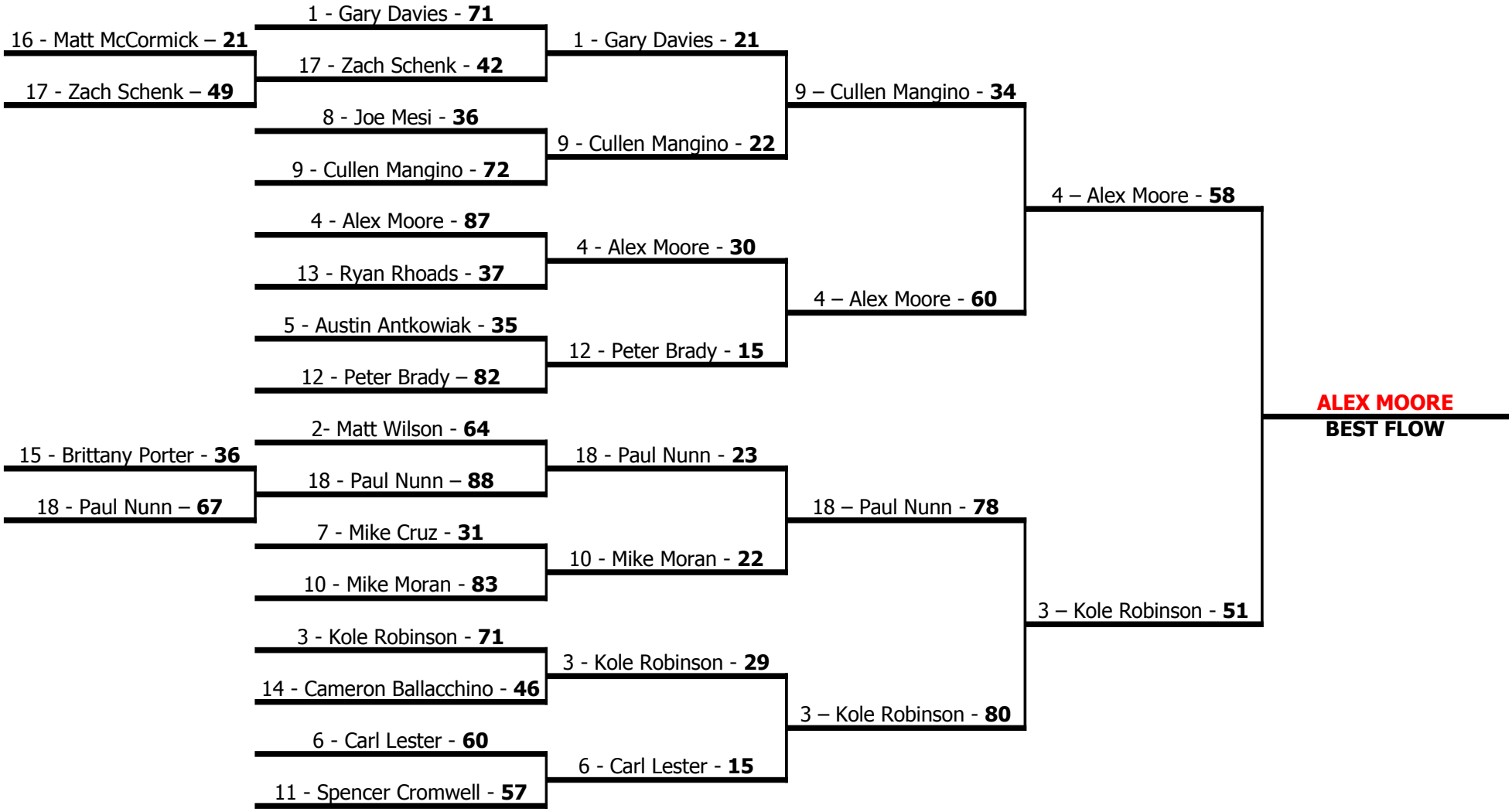2011 OrchardParkSports.com Best Athletic "Flow" Tournament