

2020 WOMEN'S GYMNASTICS

17 NCAA Championship Team Appearances • 29 All-Americans on 96 Occasions

2020 SCHEDULE

1-3, 0-0 Big Ten

ı				
	Date	Opponent	Result/Time	
	Jan. 4	Collegiate Challenge^ (Flo)	4th, 193.500	١,
	vs. No.	21 Arizona State, No. 13 Auburn,	No. 7 Denver	٦
	Jan. 11	WEST VIRGINIA (BTN Plus) W, 19	5.750-195.325	ā
	Jan. 16	at No. 10 Nebraska* (ESPN2)	7 p.m.	١
	Jan. 25	No. 35 IOWA* (BTN)	4 p.m.	'
	Jan. 31	No. 33 RUTGERS* (BTN Plus)	7 p.m.	۱ -
	Feb. 7	at No. 13 Illinois* (BTN Plus)	8 p.m.	
	Feb. 14	No. 36 Ohio State* (BTN Plus)	6 p.m.	l
	Feb. 22	Big Five Meet*%	7 p.m.	
	vs. No. 8 M	1aryland, No. 16 Michigan, Michigan State	e, No. 6 Minnesota	١
	Feb. 29	PENN STATE QUAD MEET (BTN	Plus) 4 p.m.	l F
		VS. CORNELL, NC STATE, TOW	/SON	Ιt
	Mar. 7	No. 2 FLORIDA (BTN Plus)	4 p.m.	١,
	Mar. 13	at No. 32 Arkansas	8 p.m.	
	Mar. 21	Big Ten Championships	TBA	Ιi
	Apr. 2-4	NCAA REGIONAL#	TBA	
	Apr. 17-18	NCAA Championships	TBA	
				A
	"	Opponent		L
	^ Anahein	·		
	% Toledo,			r
	l	ity Park, Pa. (Rec Hall)		
	_	hampionships in Columbus, Ohio		١
	All Times		Ι'	

NO. 31 PENN STATE BATTLES NO. 10 **NEBRASKA ON NATIONAL STAGE**

The No. 31 Nittany Lions are set for a key Big Ten meet against No. 10 Nebraska on Thursday. The teams will battle on the national stage with a broadcast on ESPN2 featuring John Roethlisberger and Bridget Sloan on the call.

Penn State is coming off a 195.750-195.325 victory over West Virginia in its home opener. Freshman Cassidy Rushlow won the all-around (39.250) and bars (9.925) titles. She also tied with Tess McCracken for the team-high on beam (9.875). Rushlow's 9.925 on bars is the top score n the Big Ten this season.

Alissa Bonsall had a team-best 9.825 on vault, while Lauren Bridgens clinched the win with a 9.825 in the final routine on floor.

No. 10 Nebraska split two dual meets last week, falling against BYU and knocking off Southern Utah.

Rankings based on RoadToNationals Standings

HOME MEETS IN BOLD CAPS

Gymnast	AA	V	UB	ВВ	FX
Allen	-	9.750	9.800	-	9.800
Astarita	-	9.800	-	-	9.900
Bastardi	-	9.600	9.825^	9.925	-
Bladon	-	-	-	9.725^	-
Bonsall	38.750	9.825	9.900	9.675	9.875
Bridgens	39.525	9.925	10.000	9.900	9.875
Chinnery	-	9.875	9.850	9.675^	9.850
Cox	-	-	-	-	-
Howell	-	-	-	-	-
McCracken	-	-	9.900	9.925	9.850
Politz	39.050	9.850	9.925	9.900	9.825
Romagnano	-	-	-	9.725	-
Rushlow	39.250	9.675	9.925	9.875	9.775
Verdeflor ^ Exhibition	-	-	9.850	9.850	-

	Seas	on Be	st Sco	res	
Gymnast	AA	٧	UB	ВВ	FX
Allen	-	9.750	-	-	9.525
Astarita	-	-	-	-	9.750
Bastardi	-	9.600	9.725^	9.800	-
Bladon	-	-	-	9.725^	-
Bonsall	-	9.825	9.875	9.000^	9.800
Bridgens	39.150	9.700	9.875	9.750	9.825
Chinnery	-	9.800	9.825	-	8.150^
Cox	-	-	-	-	-
Howell	-	-	-	-	-
McCracken	-	-	9.850	9.875	9.675
Politz	-	-	-	-	9.325
Romagnano	-	-	-	9.725	-
Rushlow	39.250	9.675	9.925	9.875	9.775
Verdeflor `Exhibition	-	-	9.825	9.775	-

Sasson Bost Scores



@PennStateWGYM

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Contact: Paul Marboe prm5118@psu.edu 814-206-6338

#ForTheRoar

Team Season Highs

Overall: 195.750 vs. West Virginia (1/11)

Vault: 48.750 vs. West Virginia (1/11)

Bars: 49.300 vs. West Virginia (1/11)

Beam: 49.025 vs. West Virginia (1/11)

Floor: 48.675 vs. West Virginia (1/11)



2020 ROSTER

Name	Event	Yr.	Ht.	Hometown/High School/Last School
Erynne Allen	AA	Sr.	5-3	Douglasville, Ga./South Paulding/Kentucky
Melissa Astarita	AA	So.	5-2	Morganville, N.J./Marlboro
Jessie Bastardi	AA	R-So.	5-4 Sta	ate College, Pa./Saint Joseph's Catholic Academy/West Virginia
Amy Bladon	AA	Fr.	5-2	Sarnia, Ontario/Great Lakes Secondary School
Alissa Bonsall	AA	Jr.	5-1	Higganum, Conn./Haddam Killingworth
Lauren Bridgens	AA	Jr.	5-4	Darnestown, Md./Quince Orchard
Kourtney Chinnery	AA	Jr.	5-2	Suffolk, Va./Summit Christian Academy
Dymiana Cox	AA	So.	5-1	Elmont, N.Y./Parkettes
Donna Howell	AA	So.	5-5	New Milford, Pa./PA Cyber Charter School
Tess McCracken	UB, BB, FX	Sr.	5-4	Plano, Texas/Liberty
Kristen Politz	AA	Sr.	5-5	Morganville, N.J./Saint John Vianney
Bella Romagnano	AA	Fr.	5-2	New Albany, Ohio/New Albany
Cassidy Rushlow	AA	Fr.	5-2	Worcester, Mass./Daggett Gold Medal Gymnastics
Ava Verdeflor	AA	Jr.	5-3	Allen, Texas/Allen

Head Coach: Sarah Brown (Missouri '10; Third Season) **Assistant Coach:** Dallas Becerra (Missouri '13; Third Season) **Assistant Coach:** Ashleigh Gnat (LSU '17; First Season) **Captains:** Erynne Allen, Alissa Bonsall, Tess McCracken

2020 QUICK FACTS

GENERAL INFORMATION

TEAM INFORMATION

Home Arena (Capacity)........Rec Hall (5,812)
Facebook......PennStateWomensGymnastics
Instagram.....@PennStateWGYM
Twitter....@PennStateWGYM

2019 RECAP

2019 Regular Season Record10-9Big Ten Regular Season Record3-6Big Ten Championships Finish5th2019 NCAA Regional Finish6th2019 NCAA Championships FinishN/AFinal National Ranking23All-Americans Returning/Lost0/0Letterwinners Returning/Lost11/5Newcomers3

PROGRAM HISTORY

(1975, '76, '77, '78, '79, '80, '81)

<u>Name</u>

Erynne Allen
Jessie Bastardi
Amy Bladon
Alissa Bonsall
Lauren Bridgens
Kourtney Chinnery
Dymiana Cox
Kristen Politz
Bella Romagnano
Cassidy Rushlow
Ava Verdeflor

Pronunciation

Erin Allen
Jessie Bas-TAR-di
Amy BLADE-in
Alissa Bon-zall
Lauren Bridge-ens
Kourtney Chin-er-y
DIM-y-ana Cox
Kristen pahl-LITZ
Bella ROMAN-yeno
Cassidy RUSH-lowe
Ava Ver-de-floor





SCOUTING THE CORNHUSKERS

- Nebraska is led by Head Coach Heather Brink, in her second year leading the program after serving as associate head coach for the three previous seasons.
- The Huskers opened the season at BYU, falling 195.750-195.600, but bounced back with a 196.375-195.275 victory over Southern Utah.
- Nebraska currently ranks 13th in the nation on vault (49.000 avg), 27th on bars (48.688), 11th on beam (49.075) and seventh on floor (49.225), while leading the Big Ten on floor.
- Taylor Houchin has the Huskers' top averages in all-around (38.950) and on vault (9.913) and bars (9.850). She leads the nation on vault after recording a 9.975 against Southern Utah.
- Sierra Hassel ranks seventh in the nation on floor and leads the Big Ten with a 9.925 average. She also has Nebraska's top average on beam (9.900).
- Nebraska finished third at the Big Ten Championships last season and reached the final of the Ann Arbor Regional.

WEST VIRGINIA MEET RECAP

- The Nittany Lions recorded a 195.750 to earn
- a win in their home opener over West Virginia.
- The 195.750 was Penn State's highest in a home opener since 2013 vs. Cornell, Illinois-Chicago and Southeast Missouri State (196.025).
- Penn State secured a 49.300 on bars, the Nittany Lions' top bars score in a home opener since a 49.350 vs. New Hampshire in 2001.
- The blue and white tallied a 49.025 on beam, a 48.750 on vault and a 48.675 on floor.
- Freshman Cassidy Rushlow captured the allaround title with a 39.250. She also claimed the bars title with a 9.925.
- Rushlow also tied with Tess McCracken for PSU's top score on beam (9.875).
- Alissa Bonsall had PSU's highest score on vault, while Lauren Bridgens had the top score on floor (9.825).
- With the Nittany Lions trailing 195.325-195.250 heading into their final routine on floor, Bridgens' clutch 9.825 sealed the victory.

Meet-by-Meet Team Leaders (Event Titles)

SETTING THE BAR

- The Nittany Lions enjoyed a strong performance on bars against West Virginia, tallying a 49.300.
- It was PSU's highest bars score in a home opener since 2001 and its highest bars score since a 49.350 in its quad meet last season vs. Arizona State, Cornell and Yale.
- The 49.300 is the highest team bars score in the Big Ten this season and is tied for the fifthhighest in the nation.
- Rushlow led the Nittany Lions with a 9.925, the eighth-highest bars score in the nation this season and the highest in the Big Ten.
- Bridgens earned a season-best 9.875, while McCracken picked up a 9.850.
- Juniors Kourtney Chinnery and Ava Verdeflor each posted a 9.825.

NATIONALLY RANKED NITS

- As a team, Penn State ranks 13th in the country, and fifth in the Big Ten, on bars, averaging a 49.075.
- The Nittany Lions sit 22nd in the country on beam, good for fifth in the Big Ten, with a 48.888 average.
- Bridgens' 39.088 average in all-around ranks 33rd in the country and sixth in the Big Ten.
- The junior also ranks 48th in the nation on bars with a 9.838 average.
- Rushlow's 9.850 average on beam holds 41st in the nation.
- Rushlow's 39.250 in all-around against WVU is the fifth-highest score in the Big Ten this season.

BIG GYMNASTS TO WATCH

- Junior Lauren Bridgens and freshman Cassidy Rushlow were named Big Ten Gymnasts To Watch.
- Bridgens is one of 15 Nittany Lions to earn multiple first-team All-Big Ten nods in their career
- She set career highs in 2019 in all-around (39.525), beam (9.900) and floor (9.875).
- Rushlow signed with the Nittany Lions after competing for Daggett Gold Medal Gymnastics in Massachusetts. At the 2019 Massachusetts State Championships, she claimed the allaround, vault and beam titles.

NATIONAL POLL (ROADTONALS)

_	Team	Avg.	<u>High</u>
1	Oklahoma	197.513	197.675
2	Florida	197.350	197.350
3	Denver	196.725	196.750
4	Utah	196.713	197.000
5	UCLA	196.688	196.800
6	Minnesota	196.475	196.475
7	LSU	196.225	196.725
8	Maryland	196.150	196.150
9	Alabama	196.025	196.025
10	Nebraska	195.988	196.375
11	Kentucky	195.938	196.525
12	Iowa State	195.750	195.750
13	Illinois	195.688	195.850
14	Central Michigan	195.675	195.675
15	BYU	195.663	195.750
16	Michigan	195.650	195.650
17	Georgia	195.625	196.150
18	California	195.575	196.200
19	Missouri	195.550	195.600
20	Auburn	195.500	196.625
21	Arizona	195.488	195.950
22	Boise State	195.475	195.475
23	Washington	195.350	195.350
24	West Virginia	195.325	195.325
25	Stanford	195.088	195.475
26	Southern Utah	194.963	195.275
27	Oregon State	194.888	195.325
28	Eastern MIchigan	194.875	194.875
29	North Carolina	194.775	194.775
30	Arizona State	194.638	194.675
31	Penn State	194.625	195.750
32	Arkansas	194.400	194.400
33	Rutgers	194.250	194.250
34	Utah State	194.150	194.150
35	lowa	194.125	195.550
36	Ohio State	194.025	194.025

2020 Opponents in Bold

National Rankings (Top 75)

PENN STATE WEEK-BY-WEEK RANKING Preseason (WCGA) 25 Week 2 17 Week 3 31

PSU RANKING BY EVENT (NATIONAL/B1G)
Vault 43/9
Uneven Bars 13/5
Balance Beam 22/5
Floor Exercise 50/10

/Big Ten Rankings (Top 10) Gymnast AA UB BB FX (RoadToNationals as of 1/15/20) Allen Gymnast UB BB FX AA Astarita Allen Bastardi Astarita Bladon Bastardi Bonsall 1(-) 1(-)Bladon 2 (-) Bridgens 1(-) Bonsall Chinnery 1(-)Bridgens 33/6 48/9 Cox Chinnery Howell Cox 1(-) McCracken Howell Politz McCracken Romagnano Politz 1(1) 2 (-) Rushlow 1(1) Romagnano Verdeflor 41/10

Rushlow Verdeflor



TEAM MEET-BY-MEET

Date - Opponent	Event Order	V	UB	BB	FX	TEAM
Jan. 4 - vs. No. 21 Arizona State, No. 13 Auburn, No. 7 E	Denver FX, V, UB, BB	48.250	48.850	48.750	47.650	193.500
Jan. 11 - West Virginia	V, UB, BB, FX	48.750	49.300	49.025	48.675	195.750
Jan. 16 - at Nebraska*	-	-	-	-	-	-
Jan. 25 - No. 19 Iowa*	-	-	-	-	-	-
Jan. 31 - Rutgers*	=	-	-	=	-	-
Feb. 7 - at No. 6 Illinois*	=	-	-	=	-	-
Feb. 14 - at Ohio State*	-	-	-	-	-	-
Feb. 22 - Big Five Meet*	=	-	-	=	-	-
Feb. 29 - Cornell, NC State, Towson	=	-	-	=	-	-
Mar. 7 - Florida	-	-	-	-	-	-
Mar. 13 - at Arkansas	=	-	-	=	-	-
Mar. 21 - Big Ten Championships	=	-	-	=	-	-
Apr. 2-4 - NCAA Regionals - University Park, Pa.	-	-	-	-	-	-

SEASON HIGH IN BOLD

Vault Alissa Bonsall

Kourtney Chinnery

(Rowland/Personett, 10.0)

1/11

Erynne Allen

Kristen Politz

9.825 9.800

TOP TEN PERFORMANCES

Erynne Allen Kourtney Chinnery Lauren Bridgens Cassidy Rushlow Alissa Bonsall Lauren Bridgens Jessie Bastardi	9.750 9.725 9.700 9.675 9.675 9.650 9.600	1/11 1/4 1/11 1/11 1/4 1/4
Cassidy Rushlow	9.600	1/4
Uneven Bars	(Bridge	ens, 10.0)
Cassidy Rushlow	9.925	1/11
Lauren Bridgens	9.875	1/11
Lauren Dragens	0.070	1/ 1 1
Alissa Bonsall	9.875	1/4
Alissa Bonsall	9.875	1/4
Alissa Bonsall Tess McCracken	9.875 9.850	1/4 1/11
Alissa Bonsall Tess McCracken Kourtney Chinnery	9.875 9.850 9.825	1/4 1/11 1/11
Alissa Bonsall Tess McCracken Kourtney Chinnery Ava Verdeflor	9.875 9.850 9.825 9.825	1/4 1/11 1/11 1/11
Alissa Bonsall Tess McCracken Kourtney Chinnery Ava Verdeflor Lauren Bridgens	9.875 9.850 9.825 9.825 9.800	1/4 1/11 1/11 1/11 1/4
Alissa Bonsall Tess McCracken Kourtney Chinnery Ava Verdeflor Lauren Bridgens Tess McCracken	9.875 9.850 9.825 9.825 9.800 9.750	1/4 1/11 1/11 1/11 1/4 1/4

Balance Beam	(Leopoldus/Rowland/Smith	, 10.0)
Tess McCracken	9.875	1/11
Cassidy Rushlow	9.875	1/11
Cassidy Rushlow	9.825	1/4
Jessie Bastardi	9.800	1/11
Ava Verdeflor	9.775	1/4
Lauren Bridgens	9.750	1/11
Lauren Bridgens	9.750	1/4
Tess McCracken	9.750	1/4
Bella Romagnano	9.725	1/11
Ava Verdeflor	9.700	1/11
l <u>.</u>	10	40.0\
Floor Exercise	(Casey	
Lauren Bridgens	9.825	1/11
Lauren Bridgens	9.825	1/4
Alissa Bonsall	9.800	1/11
Cassidy Rushlow	9.775	1/11
Melissa Astarita	9.750	1/11
Alissa Bonsall	9.725	1/4
Melissa Astarita	9.675	1/4
Tess McCracken	9.675	1/4

9.525

1/11

1/11

All-Around	(Rowland,	39.775)
Cassidy Rushlow	39.250	1/11
Lauren Bridgens	39.150	1/11
Lauren Bridgens	39.025	1/4
Cassidy Rushlow	37.050	1/4

^{*} Indicates Big Ten Regular Season Meet Rankings based on RoadToNationals standings



GYMNAST MEET-BY-MEET

Erynne Allen	Sr.
Vault	(9.750, 1/11/20)
Collegiate Challenge (1/4)	9.550 (21)
West Virginia (1/11)	9.750 (6)
Uneven Bars	(9.800, 2/2/19)
Floor Exercise	(9.800, 3/23/19)
Collegiate Challenge (1/4)	8.750 (23)
West Virginia (1/11)	9.525 (10)
Melissa Astarita Vault	<u>So.</u> (9.800, 3/17/19)
Floor Exercise	(9.900, 3/2/19)
Collegiate Challenge (1/4)	9.675 (14)
West Virginia (1/11)	9.750 (6)
Jessie Bastardi	R-So.
Vault Collegiate Challenge (1/4) West Virginia (1/11)	(9.600, 1/4/20) 9.600 (19) 9.575 (12)
Uneven Bars	(9.825^, 2/2/19)
Collegiate Challenge (1/4)	9.725^
West Virginia (1/11)	9.625^
Balance Beam	(9.925, 2/9/19)
Collegiate Challenge (1/4)	9.650 (18)
West Virginia (1/11)	9.800 (4)
Amy Bladon Balance Beam West Virginia (1/11)	Fr. (9.725, 1/11/20) 9.725^
Alissa Bonsall	<u>Jr.</u>
All-Around	(38.750, 1/6/18)
Vault	(9.825, 1/11/20)
Collegiate Challenge (1/4)	9.675 (14)
West Virginia (1/11)	9.825 (2)
Uneven Bars	(9.900, 2/22/19)
Collegiate Challenge (1/4)	9.875 (4)
West Virginia (1/11)	9.725 (8)
Balance Beam	(9.675, 1/5/19)
Collegiate Challenge (1/4)	9.000^
Floor Exercise	(9.875, 3/23/19)
Collegiate Challenge (1/4)	9.725 (11)
West Virginia (1/11)	9.800 (3)
Lauren Bridgens All-Around Collegiate Challenge (1/4) West Virginia (1/11)	Jr. (39.525, 1/26/19) 39.025 (3) 39.150 (2)
Vault	(9.925, 3/4/18)
Collegiate Challenge (1/4)	9.650 (17)
West Virginia (1/11)	9.700 (8)
Uneven Bars	(10.0, 3/9/18)
Collegiate Challenge (1/4)	9.800 (9)
West Virginia (1/11)	9.875 (2)
Balance Beam Collegiate Challenge (1/4) West Virginia (1/11)	(9.900, 3/8/19) 9.750 (14) 9.750 (8)
Floor Exercise	(9.875, 3/23/19)
Collegiate Challenge (1/4)	9.825 (5)
West Virginia (1/11)	9.825 (2)

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Vault Collegiate Challenge (1/4) West Virginia (1/11)	Jr. (9.875, 2/22/19) 9.725 (11) 9.800 (3)
Uneven Bars Collegiate Challenge (1/4) West Virginia (1/11)	(9.850, 3/8/19) 9.725 (16) 9.825 (5)
Balance Beam	(9.675^, 1/26/19)
Floor Exercise Collegiate Challenge (1/4)	(9.850, 1/26/19) 8.150^
Donna Howell	So.
Tess McCracken Uneven Bars Collegiate Challenge (1/4) West Virginia (1/11)	Sr. (9.900, 1/19/19) 9.750 (13) 9.850 (3)
Balance Beam Collegiate Challenge (1/4) West Virginia (1/11)	(9.925, 2/9/19) 9.750 (14) 9.875 (2)
Floor Exercise Collegiate Challenge (1/4)	(9.850, 3/2/19) 9.675 (14)
Kristen Politz All-Around	Sr. (39.050, 1/15/17)
Vault	(9.850, 2/4/17)
Uneven Bars	(9.925, 3/9/18)
Balance Beam	(9.900, 3/17/19)
Floor Exercise West Virginia (1/11)	(9.825, 1/21/17) 9.325 (12)
Bella Romagnano Balance Beam Collegiate Challenge (1/4) West Virginia (1/11)	Fr. (9.725, 1/11/20) 9.150 (24) 9.725 (9)
Cassidy Rushlow All-Around Collegiate Challenge (1/4) West Virginia (1/11)	Fr. (39.250, 1/11/20) 37.050 (7) 39.250 (1)
Vault Collegiate Challenge (1/4) West Virginia (1/11)	(9.675, 1/11/20) 9.600 (19) 9.675 (10)
Uneven Bars Collegiate Challenge (1/4) West Virginia (1/11)	(9.925, 1/11/20) 9.075 (24) 9.925 (1)
Balance Beam Collegiate Challenge (1/4) West Virginia (1/11)	(9.875, 1/11/20) 9.825 (5) 9.875 (2)
Floor Exercise Collegiate Challenge (1/4) West Virginia (1/11)	(9.775, 1/11/20) 8.550 (24) 9.775 (5)
Ava Verdeflor Uneven Bars Collegiate Challenge (1/4) West Virginia (1/11)	Jr. (9.850, 1/26/19) 9.700 (18 9.825 (5)
Balance Beam Collegiate Challenge (1/4) West Virginia (1/11)	(9.850, 3/17/19) 9.775 (11) 9.700 (10)

KEY Event	(Career Best, Date)
Meet (Date)	Score (Place)

* - School Record # - NCAA Record

\$ - Big Ten Record ^ - Exhibition Score



INDIVIDUAL SCHOOL RECORDS

VA	ULT		
1.	10.0	Brandi Personett Brandi Personett Katie Rowland	2/13/2010 1/23/2010 3/29/2003
5.	9.975	Katie Rowland Emma Sibson Sharaya Musser	2/16/2003 3/8/2014 3/7/2010
9.	9.950	Brandi Personett Katie Rowland Briannah Tsang Krystal Welsh	2/2/2008 3/8/2003 1/31/2015 1/31/2015
		Briannah Tsang Emma Sibson Madison Merriam	1/17/2015 2/8/2014 3/16/2013
		Madison Merriam Sharaya Musser Sharaya Musser	2/16/2013 3/17/2012 3/2/2012
		Sharaya Musser Sharaya Musser Sharaya Musser	1/15/2012 2/11/2011 3/20/2010
		Brandi Personett Brandi Personett Brandi Personett	4/10/2010 2/20/2010 2/13/2009
		Brandi Personett Brandi Personett Brandi Personett	1/30/2009 3/29/2008 3/31/2007
		Jennifer Orlando Lisa Clark Lisa Clark	2/25/2006 2/13/2005 4/3/2004
		Katie Rowland Katie Rowland Katie Rowland	4/12/003 2/7/2003 1/11/2003
		Katie Rowland Katie Rowland Katie Rowland	3/23/2002 3/9/2002 2/15/2002
		Katie Rowland Katie Rowland Gemma Cuff Gemma Cuff	3/10/2001 3/2/2000
		Joanna Knox	2/28/1998 3/25/1995

UN	IEVEN B		
1.	10.0	Lauren Bridgens	3/9/2018
2.	9.975	Natalie Ettl	2/18/2011
	0.050	Katie Perret	3/16/2007
4.	9.950	Sabrina Garcia	1/19/2019
		Sabrina Garcia	1/21/2017
		Sabrina Garcia	1/7/2017
		Kiera Brown	3/19/2016
		Kiera Brown	1/9/2016
		Krystal Welsh	3/8/2015
		Madison Merriam	2/23/2013
		Natalie Ettl	2/6/2011
		Natalie Ettl	3/7/2010
		Natalie Ettl	2/6/2010
		Katie McAvoy	3/1/2003
		Katie McAvoy	2/2/2002
		Katie Rowland	3/16/2002
		Katie Rowland	2/17/2001
		Maria Taylor	2/23/2001
		Nikki Smith	3/13/1999
BA	LANCE	BEAM	
1.	10.0	Katie Rowland	3/14/2003
		Nikki Smith	3/18/2000
		Missy Leopoldus	2/19/1999
		Missy Leopoldus	1/30/1999
5.	9.975	Nicole Medvitz	3/12/2016
		Meredith Hoover	2/25/2006
		Richelle Simpson	2/17/2001
		Maria Taylor	2/17/2001
		Nikki Smith	1/22/2000
10	. 9.950	Sydney Sanabria-Robles	1/31/2015
		Briannah Tsang	1/24/2015
		Kassidy Stauder	3/8/2014
		Sharaya Musser	3/16/2013
		Sharaya Musser	2/11/2012
		Sharaya Musser	3/4/2011
		Brandi Personett	2/6/2010
		Kristal Uzelac	3/26/2005
		Katie Rowland	3/9/2002
		Nikki Smith	3/11/2000
		Nikki Smith	1/16/2000
		Missy Leopoldus	1999
		Missy Leopoldus	1/17/1998
		Nicole Malinak	2/28/1997

FL	OOR EXI	ERCISE	
1.	10.0	Ellen Casey	2/19/1999
2.	9.975	Katie Rowland	3/14/2003
		Gemma Cuff	2/23/2001
		Ellen Casey	1999
5.	9.950	Briannah Tsang	3/24/2018
		Briannah Tsang	2/24/2018
		Briannah Tsang	3/5/2017
		Emma Sibson	3/8/2015
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/4/2011
		Sharaya Musser Brandi Personett	2/18/2011 3/27/2010
		Brandi Personett	3/20/2010
		Brandi Personett	2/20/2010
		Brandi Personett	3/21/2009
		Brandi Personett	3/8/2009
		Brandi Personett	3/1/2009
		Brandi Personett	3/1/2008
		Brandi Personett	2/24/2007
		Kate Stopper	2/6/2004
		Katie Rowland	4/12/2003
		Katie Rowland	3/1/2003
		Katie Rowland	2/16/2003
		Katie Rowland	2/1/2003
		Katie Rowland	3/16/2002
		Katie Rowland	2/23/2001
		Katie Rowland Leslie Bair	2/3/2001 2/23/2001
		Richelle Simpson	2/23/2001
		Heather Duggan	2/19/2000
		Missy Leopoldus	3/14/1998
		Ellen Casey	1999
		Ellen Casey	2/28/1998
		Ellen Casey	3/16/1997
AL	L-AROU	ND	
1.	39.775	Katie Rowland	3/14/2003
2.	39.725	Sharaya Musser	3/4/2011
		Katie Rowland	3/9/2002
4.	39.700	Brandi Personett	2/20/2010
5.	39.675	Katie Rowland	2/16/2003
6.	39.650	Sharaya Musser	3/16/2013
		Sharaya Musser	3/17/2012
		Sharaya Musser Katie Rowland	3/2/2012 2/23/2001
		Natie howiai iu	2/23/2001

NOTES: Listed alphabetically based on most recent performance.

Katie Rowland

TEAM SCHOOL RECORDS VAULT BALANCE BEAM <u>TEAM</u> 2/23/2001 3/16/2013 49.550 1/31/2015 at Rhode Island 2/17/2001 197.450 at Illinois 49.650 Massachusetts 49.500 49.550 Big Ten Championships 3/18/2000 Cornell, Iowa, Yale 1/23/2010 197.325 Kentucky at NCAA Regionals 49.500 49.425 Central Michigan 1/24/2004 197.200 at N.H. w/Bridgeport, G. Wash. 3/8/2014 197.125 197.075 49.500 at West Virginia w/ Rutgers 2/16/2003 49.375 Iowa, Mich., Minn., Rutgers 3/12/2016 Iowa, Mich., Minn., Rutgers 3/12/2016 Kentucky at West Virginia w/ Ball State at N.H. w/Bridgeport, G. Wash. at N.H. w/Bridgeport, G. Wash. 49.475 3/16/2013 49.375 3/8/2014 Maryland, North Carolina State 3/4/2011 49.475 2/13/2005 3/8/2014 49.375 at Pittsburgh Pennsylvania Championships 2/28/2004 6. 197.025 197.025 Alabama 2/19/1999 Michigan State New Hampshire, Penn, Temple 2/28/1997 2/7/2015 49.450 49.375 Iowa State, Penn, 2/9/2019 196.975 3/9/2013 49.450 2/28/2015 49.350 at Rutgers SUNY-Brockport 49.350 Maryland, Michigan, Bridgeport 3/7/2010 196.875 Pittsburgh 2/3/2001 49.425 Nebraska, Rutgers, Yale 2/10/2006 10. 196.825 at Arizona w/Kentucky, TWU 3/16/2007 11. 196.775 11. 196.775 10. 49.400 at Pittsburgh 2/13/2010 Minnesota 1/26/2019 at Rhode Island **UNEVEN BARS** FLOOR EXERCISE 49.500 Massachusetts 2/23/2001 Massachusetts 2/23/2001 49.725 49.475 at BYU, TWU & Utah State 3/9/2018 2/3/2001 Pittsburgh 49.425 Nebraska 3/1/2003 49.525 New Hampshire, Penn, Temple 3/9/2013 49.375 at Michigan State 2/4/2018 49.525 Florida 1/30/1999 49.375 at Maryland Quad 2/18/2011 3/16/2007 49.500 Alabama 2/19/1999 at Arizona w/ Kentucky, TWU at Pittsburgh NCAA Regionals 49.375 49.450 3/11/2012 49.375 at Rhode Island 2/17/2001 49.425 4/5/2014 49.425 Big Ten Championships 49.350 Michigan State 2/23/2013 3/22/2014 49.350 Maryland 3/17/2012 at Big Ten Championships 3/27/2010 2/6/2010 49.350 at Big Ten Championships 49.425 1/29/2005 49.350 Illinois 49.350 at Pittsburgh 3/18/2006 49.350 at New Hampshire 3/6/2004 49.350 New Hampshire 1/20/2001 49.350 NCAA Regionals 49.350 Alabama 2/19/1999



2020 NITTANY LIONS



ERYNNE ALLEN

SENIOR
DALLAS, GA.
SOUTH PAULDING/
KENTUCKY
BIOBEHAVIORAL HEALTH



Career High

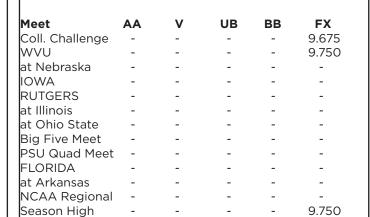
^ Exhibition * Event Title

MELISSA <u>AST</u>ARITA

SOPHOMORE
MORGANVILLE, N.J.
MARLBORO
MATHEMATICS

2020 Scores

1					
Meet	AA	V	UB	ВВ	FX
Coll. Challenge	-	9.550	-	-	8.750
WVU	-	9.750	-	-	9.525
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	9.750	-	-	9.525
Career High	-	9.750	9.800	-	9.800
^ Exhibition * Ev	ent Ti	tle			



9.800

2020 Scores





9.900



2020 NITTANY LIONS



JESSIE BASTARDI

R-SOPHOMORE • 5'4" STATE COLLEGE, PA. SAINT JOSEPH'S CATHOLIC ACADEMY/WEST VIRGINIA RECREATION, PARKS AND TOURISM MANAGEMENT

2020 Scores

Meet	AA	V	UB	ВВ	FX
Coll. Challenge	-	9.600	9.725^	9.650	-
WVU	-	9.575	9.625^	9.800	-
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	9.600	9.725^	9.800	-
Career High	-	9.600	9.825^	9.925	-
^ Exhibition * Ev	ent Ti	tle			



AMY BLADON

FRESHMAN • 5'2"
SARNIA, ONTARIO
GREAT LAKES
SECONDARY SCHOOL
GENERAL SCIENCE

Meet	AA	V	UB	ВВ	FX
Coll. Challenge	-	-	-	-	-
WVU	-	-	-	9.725^	-
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	-	-	9.725^	-
Career High	-	-	-	9.725^	-
^ Exhibition * Ev	ent Tit	le			







2020 NITTANY LIONS



ALISSA BONSALL

JUNIOR • 5'1" HIGGANUM, CONN. HADDAM KILLINGWORTH KINESIOLOGY



LAUREN BRIDGENS

JUNIOR • 5'4" DARNESTOWN, MD. **QUINCE ORCHARD** MARKETING

2020 Scores

1					
Meet	AA	V	UB	ВВ	FX
Coll. Challenge	-	9.675	9.875	9.000	^ 9.725
WVU	-	9.825	9.725	-	9.800
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	9.825	9.875	9.000′	9.800
Career High 3	88.750	9.825	9.900	9.675	9.875
^ Exhibition * Ev	ent Titl	е			

Meet	AA	V	UB	ВВ	FX
Coll. Challenge	39.025	9.650	9.800	9.750	9.825
WVU	39.150	9.700	9.875	9.750	9.825
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Mee	t -	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regiona	ıl -	-	-	-	-
Season High	39.150	9.700	9.875	9.750	9.825
Career High	39.525	9.925	10.000	9.900	9.875
^ Exhibition * E	vent Titl	е			









2020 NITTANY LIONS



KOURTNEY CHINNERY

JUNIOR • 5'2"
SUFFOLK, VA.
SUMMIT CHRISTIAN
ACADEMY
SCIENCE

2020 Scores

L					
Meet	AA	V	UB	BB	FX
Coll. Challenge	-	9.725	9.725	-	8.150^
WVU	-	9.800	9.825	-	-
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	9.800	9.825	-	8.150^
Career High	-	9.875	9.850	9.675^	9.850
^ Exhibition * Ev	ent Tit	tle			



DYMIANA COX

SOPHOMORE • 5'1"
ELMONT, N.Y.
CONNECTIONS ACADEMY
HEALTH AND HUMAN
DEVELOPMENT

Meet	AA	V	UB	ВВ	FX
Coll. Challenge	-	-	-	-	-
WVU	_	_	_	_	_
at Nebraska	_	-	-	_	_
liowa	_	-	-	-	_
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	-	-	-	-
Career High	-	-	-	-	-
^ Exhibition * Ev	ent Titl	е			







2020 NITTANY LIONS



DONNA HOWELL

SOPHOMORE • 5'5"NEW MILFORD, PA.
PA CYBER CHARTER
SCHOOL
COMMUNICATIONS

2020 Scores

Meet	AA	V	UB	ВВ	FX
Coll. Challenge	-	-	-	-	-
WVU	-	-	-	-	-
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	-	-	-	-
Career High	-	-	-	-	-
^ Exhibition * Ev	ent Titl	е			



TESS McCRACKEN

SENIOR • 5'4" PLANO, TEXAS LIBERTY H.S. SCIENCE

1							
Meet	AA	V	UB	BB	FX		
Coll. Challenge	-	-	9.750	9.750	9.675		
WVU	-	-	9.850	9.875	-		
at Nebraska	-	-	-	-	-		
IOWA	-	-	-	-	-		
RUTGERS	-	-	-	-	-		
at Illinois	-	-	-	-	-		
at Ohio State	-	-	-	-	-		
Big Five Meet	-	-	-	-	-		
PSU Quad Meet	-	-	-	-	-		
FLORIDA	-	-	-	-	-		
at Arkansas	-	-	-	-	-		
NCAA Regional	-	-	-	-	-		
Season High	-	-	9.850	9.875	9.675		
Career High	-	-	9.900	9.925	9.850		
^ Exhibition * Event Title							







2020 NITTANY LIONS



KRISTEN POLITZ

SENIOR • 5'5"MORGANVILLE, N.J.
SAINT JOHN VIANNEY
MARKETING

2020 Scores

Meet	AA	V	UB	BB	FX		
Coll. Challenge	-	•	-	-	-		
WVU	_	_	_	_	9.325		
at Nebraska	-	-	-	-	-		
IOWA	-	-	-	-	-		
RUTGERS	-	-	-	-	-		
at Illinois	-	-	-	-	-		
at Ohio State	-	-	-	-	-		
Big Five Meet	-	-	-	-	-		
PSU Quad Meet	-	-	-	-	-		
FLORIDA	-	-	-	-	-		
at Arkansas	-	-	-	-	-		
NCAA Regional	-	-	-	-	-		
Season High	-	-	-	-	9.325		
Career High	39.050	9.850	9.925	9.900	9.825		
^ Exhibition * Event Title							



BELLA ROMAGNANO

FRESHMAN • 5'2" NEW ALBANY, OHIO NEW ALBANY UNDECIDED

Meet	AA	V	UB	BB	FX
Coll. Challenge	-	-	-	9.150	-
WVU	-	-	-	9.725	-
at Nebraska	-	-	-	-	-
IOWA	-	-	-	-	-
RUTGERS	-	-	-	-	-
at Illinois	-	-	-	-	-
at Ohio State	-	-	-	-	-
Big Five Meet	-	-	-	-	-
PSU Quad Meet	-	-	-	-	-
FLORIDA	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	-	-	9.725	-
Career High	-	-	-	9.150	-
^ Exhibition * Ev	ent Titl	е			







2020 NITTANY LIONS



CASSIDY RUSHLOW

FRESHMAN • 5'2"
WORCESTER, MASS.
WORCESTER TECHNICAL
UNDECIDED

2020 Scores

Meet	AA	V	UB	ВВ	FX	
Coll. Challenge	37.050	9.600	9.075	9.825	8.550	
WVU	39.250*	9.675	9.925*	9.875	9.775	
at Nebraska	-	-	-	-	-	
IOWA	-	-	-	-	-	
RUTGERS	-	-	-	-	-	
at Illinois	-	-	-	-	-	
at Ohio State	-	-	-	-	-	
Big Five Meet	-	-	-	-	-	
PSU Quad Mee	t -	-	-	-	-	
FLORIDA	-	-	-	-	-	
at Arkansas	-	-	-	-	-	
NCAA Regiona	-	-	-	-	-	
Season High	39.250	* 9.675	9.925*	9.875	9.775	
Career High	39.250	* 9.675	9.925*	9.875	9.775	
^ Exhibition * Event Title						



AVA VERDEFLOR

JUNIOR • 5'3"
ALLEN, TEXAS
ALLEN
REHABILITATION AND
HUMAN SERVICES

Meet	AA	V	UB	BB	FX
Coll. Challenge	-	-	9.700	9.775	-
WVU	_	_	9.825	9.700	_
at Nebraska	_	_	-	-	_
IOWA	_	_	_	_	_
RUTGERS	_	_	_	_	_
at Illinois	_	_	_	_	_
at Ohio State	_	_	_	_	_
Big Five Meet	_		_	_	_
PSU Quad Meet	_	_	_	_	_
FLORIDA	-	-	-	-	-
	-	-	-	-	-
at Arkansas	-	-	-	-	-
NCAA Regional	-	-	-	-	-
Season High	-	-	9.825	9.775	-
Career High	-	-	9.850	9.850	-
^ Exhibition * E	ent Titl	е			









SARAH BROWN

HEAD COACH

3rd Season

Missouri '10

Career Record: 33-24 (Fourth season)

Career Record: 22-20 (Third season)

ACCOLADES

 Midwest Independent Assistant Coach of the Year (2014)

UNDER BROWN

- 3 NCAA Championships qualifiers
- 2 NACGC/W All-Americans
- 6 All-Big Ten Selections
- 1 Big Ten Individual Event Champion

YEAR-BY-YEAR 2017 (EMU) 11-4 2018 11-8 2019 10-9 2020 1-3 Total 33-24

Sarah Brown begins her third year as the head coach of the Penn State women's gymnastics team in 2020. Brown was named the eighth head coach of the Penn State women's gymnastics program on May 4, 2017. A two-time Big 12 Conference Gymnast of the Year, Brown came to Happy Valley after serving as the head coach at Eastern Michigan University.

In 2019, the Nittany Lions had a 10-9 meet record, including victories over No. 21 Arizona State, No. 22 Ohio State, No. 27 NC State, No. 32 Temple and No. 34 Illinois. Penn State placed fifth in the Big Ten Championships, hosted at Rec Hall. Penn State was selected for the NCAA Regional in Ann Arbor and finished third in the Session I meet against No. 7 Michigan, No. 10 Alabama and No. 26 Ohio State. The Nittany Lions ended the season ranked No. 24 in the RoadToNationals poll, it's highest finish since 2015.

Senior Sabrina Garcia and freshman Jessie Bastardi qualified for the NCAA Championships. Garcia earned a 9.900 on bars at the NCAA Regional, tying for the top score in the regional and tying her score from 2017 for PSU's top bars score in a regional. Bastardi secured a 9.900 on beam at the NCAA Regional, also matching the top score in the regional and tying Meredith Hoover (2003) for the top beam score in PSU regionals history. Sophomore Lauren Bridgens was a first-team All-Big Ten selection, while Garcia earned second-team accolades.

In her first season at Penn State, Brown led the Nittany Lions to an 11-8 meet record, including three wins over ranked opponents. The Nittany Lions made an appearance in the NCAA Regionals and finished the season with a No. 32 national ranking.

Two Penn State gymnasts earned All-America honors with freshman Lauren Bridgens and senior Briannah Tsang claiming those accolades. Tsang was the Big Ten Gymnast of the Year, the eighth in program history, after winning the individual Floor Exercise title at the Big Ten Championships. Bridgens and Tsang were First Team All-Big Ten selections, while junior Sabrina Garcia was a Second Team honoree. Bridgens competed in the All-Around at the NCAA Championships. On March 4, 2018, Bridgens set a Nittany Lion record with a perfect 10 on the Uneven Bars. Tsang earned two Top Five scores in program history on the Floor Exercise.

During her lone season as the head coach of the Eastern Michigan women's gymnastics team in 2017, Brown led the Eagles to the Mid-American Conference (MAC) regular season title, the MAC Championship, an appearance at the NCAA Regionals and a final national ranking of No. 27.

Brown served for one season as a volunteer assistant coach at the University of Michigan during the 2015-16 school year, helping the Wolverines win the 2016 Big Ten Championship.

Brown began her collegiate gymnastics career at the University of Utah for one season before completing her collegiate career at the University of Missouri. A four-time All-American at Mizzou, she was the Tigers' Female Athlete of the Year in 2009 and 2010 and earned the Director of Athletics Leadership Award in 2010. Along with her All-America plaudits, Brown was selected the Big 12 Conference Gymnast of the Year in 2009 and 2010, was named to the All-Big 12 Championship Team nine times and was a nominee for the 2010 Honda Broderick Cup award. Prior to her collegiate gymnastics career, she was a four-time member of the USA National Team (2002-05).

A two-time graduate of the University of Missouri, Brown earned a bachelor's degree in interdisciplinary studies with an emphasis in communication and business in 2010 and a master's of education in counseling psychology with an emphasis in sport psychology in 2012.

A native of Columbia, Missouri, the former Sarah Shire is married to Antonio Brown. Has a son, Isaiah.



2020 TV/RADIO ROSTER



Erynne AllenSr. • Douglasville, Ga.



Melissa Astarita So. • Morganville, N.J.



Jessie Bastardi R-So. • State College, Pa.



Amy Bladon Fr. • Sarnia, Ontario



Alissa Bonsall

Jr. • Higganum, Conn.



Lauren BridgensJr. • Darnestown, Md.



Kourtney ChinneryJr. • Suffolk, Va.



Dymiana Cox So. • Elmont, N.Y.



Donna HowellSo. • New Milford, Pa.



Tess McCracken Sr. • Plano, Texas



Kristen PolitzSr. • Morganville, N.J.



Bella Romagnano Fr. • New Albany, Ohio



Cassidy Rushlow Fr. • Worcester, Mass.



Ava Verdeflor Jr. • Allen, Texas



Sarah Brown Head Coach Third Season



Dallas Becerra Assistant Coach Third Season



Ashleigh Gnat Assistant Coach First Season