



# 2021 WOMEN'S GYMNASTICS

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

## 2021 SCHEDULE

0-0, 0-0 Big Ten

Date	Opponent	Result/Time
<b>JAN. 17</b>	<b>NO. 28 MARYLAND (BTN)</b>	<b>5 p.m.</b>
<b>JAN. 23</b>	<b>NO. 20 NEBRASKA*</b>	<b>2 p.m.</b>
Jan. 30	at No. 11 Minnesota*	2 p.m.
Feb. 5	at No. 28 Maryland*	TBA
<b>FEB. 13</b>	<b>NO. 22 ILLINOIS*</b>	<b>4 p.m.</b>
<b>FEB. 22</b>	<b>NO. 29 OHIO STATE*</b>	<b>6 p.m.</b>
Feb. 26	Big Five Meet*%	TBA
	vs. No. 25 Iowa*, No. 5 Michigan*, No. 34 Michigan State*, Rutgers*	
Mar. 7	at No. 29 Ohio State	2 p.m.
Mar. 13	at Rutgers	1 p.m.
Mar. 20	Big Ten Championships #	TBA
Apr. 17-18	NCAA Championships^	TBA

\* Big Ten Opponent  
 ^ Fort Worth, Texas  
 % Ann Arbor, Mich.  
 # Columbus, Ohio

All Times Eastern

**HOME MEETS IN BOLD CAPS**

Rankings based on WCGA Preseason Poll

Subject To Change

## NO. 27 PENN STATE HOSTS NO. 28 MARYLAND TO BEGIN 2021 CAMPAIGN

Meet 1: January 17, 2021 • 5 p.m. • Rec Hall • University Park, Pa. • Big Ten Network

### NITTANY NOTES

- Penn State begins its 57th season as it welcomes Maryland to Rec Hall.
- The Nittany Lions are scheduled to compete in nine regular season meets, all against Big Ten opponents.
- Today's meet is one of three meets that will count as non-conference. PSU will also compete at Ohio State (March 5) and Rutgers (March 12) in non-conference contests.
- Penn State was ranked 27th in the WCGA Preseason Poll after finishing 30th in the 2020 RoadToNationals rankings.
- The Nittany Lions are riding a streak of four straight home meets with a score above a 196.000.
- Penn State returns 12 members from the 2020 squad.
- Senior Alissa Bonsall and sophomore Cassidy Rushlow were named Big Ten Gymnasts to Watch.
- The Nittany Lions welcomed freshmen Maggie Ayers, Natalie Cross, Maddie Johnston, Maggie Mace and Abi Walker.

### Career Best Scores

Gymnast	AA	V	UB	BB	FX
Allen	-	9.800	9.800	-	9.800
Astarita	-	9.800	-	-	9.925
Ayers	-	-	-	-	-
Bastardi	-	9.600	9.825^	9.925	-
Bladon	-	9.750	-	9.750^	-
Bonsall	38.750	9.900	9.900	9.675	9.875
Bridgens	39.525	9.925	10.000	9.900	9.950
Chinnery	-	9.875	9.850	9.675^	9.850
Cox	-	-	-	-	-
Cross	-	-	-	-	-
Howell	-	-	-	-	-
Johnston	-	-	-	-	-
Mace	-	-	-	-	-
Romagnano	-	-	-	9.825	-
Rushlow	39.300	9.900	9.925	9.900	9.825
Verdeflor	-	-	9.850	9.850	-
Walker	-	-	-	-	-
^ Exhibition					

### Season Best Scores

Gymnast	AA	V	UB	BB	FX
Allen	-	-	-	-	-
Astarita	-	-	-	-	-
Ayers	-	-	-	-	-
Bastardi	-	-	-	-	-
Bladon	-	-	-	-	-
Bonsall	-	-	-	-	-
Bridgens	-	-	-	-	-
Chinnery	-	-	-	-	-
Cox	-	-	-	-	-
Cross	-	-	-	-	-
Howell	-	-	-	-	-
Johnston	-	-	-	-	-
Mace	-	-	-	-	-
Romagnano	-	-	-	-	-
Rushlow	-	-	-	-	-
Verdeflor	-	-	-	-	-
Walker	-	-	-	-	-
^ Exhibition					

### Team Season Highs

Overall: N/A

Vault: N/A

Bars: N/A

Beam: N/A

Floor: N/A



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GoPSUSports.com

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**#ForTheRoar**



# 2021 PENN STATE WOMEN'S GYMNASTICS

## 2021 ROSTER

Name	Event	Yr.	Ht.	Hometown/High School/Last School
Erynne Allen	V, UB, FX	Sr.	5-3	Douglasville, Ga./South Paulding/Kentucky
Melissa Astarita	V, BB, FX	Jr.	5-2	Morganville, N.J./Marlboro
Maggie Ayers	AA	Fr.	5-2	York, Pa./York Suburban
Jessie Bastardi	AA	Jr.	5-4	State College, Pa./Saint Joseph's Catholic Academy/West Virginia
Amy Bladon	V, BB, FX	So.	5-2	Sarnia, Ontario/Great Lakes Secondary School
Alissa Bonsall	AA	Sr.	5-1	Higganum, Conn./Haddam Killingworth
Lauren Bridgens	AA	Sr.	5-4	Darnestown, Md./Quince Orchard
Kourtney Chinnery	V, UB, FX	Sr.	5-2	Suffolk, Va./Summit Christian Academy
Dymiana Cox	AA	Jr.	5-1	Elmont, N.Y./Parkettes
Natalie Cross	AA	Fr.	5-5	Ellicott City, Md./River Hill
Donna Howell	AA	Jr.	5-5	New Milford, Pa./PA Cyber Charter School
Maggie Johnston	AA	Fr.	5-5	Boyd, Md./Poolesville
Maggie Mace	AA	Fr.	5-7	Dayton, Ohio/Ohio Connections Academy
Bella Romagnano	UB, BB, FX	So.	5-2	New Albany, Ohio/New Albany
Cassidy Rushlow	AA	So.	5-2	Worcester, Mass./Daggett Gold Medal Gymnastics
Ava Verdeflor	UB, BB	Sr.	5-3	Allen, Texas/Allen
Abi Walker	UB, BB, FX	Fr.	4-8	Vidalia, Ga./Adirondack Learning Academy

**Head Coach:** Sarah Brown (Missouri '10; Fourth Season)

**Assistant Coaches:** Dallas Becerra (Missouri '13; Fourth Season), Rachel Inniss (Auburn '12; First Season)

**Student Manager:** Tess McCracken

**Captains:** Erynne Allen, Alissa Bonsall

### 2021 QUICK FACTS

#### GENERAL INFORMATION

Location..... University Park, Pa.  
 Founded .....1855  
 Enrollment ..... 45,901  
 Colors..... Blue and White  
 Conference ..... Big Ten  
 Nickname ..... Nittany Lions  
 President..... Dr. Eric Barron  
 Vice President of Intercollegiate Athletics .Sandy Barbour  
 Sr. Assoc. Athletics Director/SWA..... Charmelle Green  
 Sport Administrator ..... Mary Bolich  
 Athletic Website .....www.GoPSUsports.com

#### COACHING STAFF

Head Coach..... Sarah Brown  
 Penn State Record (Years) ..... 29-26 (3)  
 Career Record (Years) ..... 41-33 (4)  
 Assistant Coach .....Dallas Becerra (4th Year)  
 Assistant Coach .....Rachel Inniss (1st Year)  
 Office .....110A White Building  
 Telephone..... (814) 863-7461  
 Fax..... (814) 865-8149

#### TEAM INFORMATION

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

#### 2020 RECAP

2020 Regular Season Record .....8-9  
 Big Ten Regular Season Record .....4-5  
 Big Ten Championships Finish.....N/A  
 2020 NCAA Regional Finish.....N/A  
 2020 NCAA Championships Finish.....N/A  
 Final National Ranking..... 30  
 All-Americans Returning/Lost .....0/0  
 Letterwinners Returning/Lost .....12/2  
 Newcomers .....5

#### PROGRAM HISTORY

First Year of Gymnastics.....1965  
 All-Time Record (Years) ..... 597-302-4 (56)  
 National Championships.....2  
 (1978, 80)  
 NCAA Championship Team Appearances ....18  
 (1982, '84, '85, '86, '88, '91, '92, '93, '94,  
 '95, '96, '97, '98, '99, 2000, '05, '09, '14)  
 AIAW Championship Appearances.....7  
 (1975, '76, '77, '78, '79, '80, '81)

#### Name

Erynne Allen  
 Jessie Bastardi  
 Amy Bladon  
 Alissa Bonsall  
 Lauren Bridgens  
 Kourtney Chinnery  
 Dymiana Cox  
 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  
 Bella ROMAN-yeno  
 Cassidy RUSH-lowe  
 Ava Ver-de-floor

### National Rankings (Top 75) /Big Ten Rankings (Top 10) (2020 RoadToNationals Final Rankings)

Gymnast	AA	V	UB	BB	FX
Allen	-	-	-	-	-
Astarita	-	-	-	-	-
Ayers	-	-	-	-	-
Bastardi	-	-	-	-	-
Bladon	-	-	-	-	-
Bonsall	-	-	-	-	-
Bridgens	28/9	-	47/9	-	51/9
Chinnery	-	-	-	-	-
Cox	-	-	-	-	-
Cross	-	-	-	-	-
Howell	-	-	-	-	-
Johnston	-	-	-	-	-
Mace	-	-	-	-	-
Romagnano	-	-	-	-	-
Rushlow	39/11	-	-	63/14	-
Verdeflor	-	-	-	-	-
Walker	-	-	-	-	-
TEAM	30/7	36/8	21/5	33/7	38/9
^ Exhibition					



# 2021 PENN STATE WOMEN'S GYMNASTICS

## TEAM MEET-BY-MEET

Date - Opponent	Event Order	V	UB	BB	FX	TEAM
Jan. 16 - No. 28 Maryland	-	-	-	-	-	-
Jan. 22 - No. 20 Nebraska*	-	-	-	-	-	-
Jan. 29 - at No. 11 Minnesota*	-	-	-	-	-	-
Feb. 5 - at No. 28 Maryland*	-	-	-	-	-	-
Feb. 12 - No. 22 Illinois*	-	-	-	-	-	-
Feb. 19 - No. 29 Ohio State*	-	-	-	-	-	-
Feb. 26 - vs. No. 25 Iowa, No. 5 Michigan, No. 34 Michigan State, Rutgers*	-	-	-	-	-	-
Mar. 5 - at No. 29 Ohio State	-	-	-	-	-	-
Mar. 12 - at Rutgers	-	-	-	-	-	-
Mar. 20 - Big Ten Championships	-	-	-	-	-	-
Apr. x - NCAA Regionals	-	-	-	-	-	-
Apr. 17-18 - NCAA Championships	-	-	-	-	-	-

### SEASON HIGH IN BOLD

\* Indicates Big Ten Conference Meet

Rankings based on WCGA Preseason Poll

## TOP TEN PERFORMANCES

<b>Vault</b> (Rowland/Personett, 10.0)	<b>Balance Beam</b> (Leopoldus/Rowland/Smith, 10.0)	<b>All-Around</b> (Rowland, 39.775)
<b>Uneven Bars</b> (Bridgens, 10.0)	<b>Floor Exercise</b> (Casey, 10.0)	

### Career Event Titles (Season Event Titles)

Gymnast	AA	V	UB	BB	FX
Allen	-	-	-	-	-
Astarita	-	-	-	-	3 (-)
Ayers	-	-	-	-	-
Bastardi	-	-	-	2 (-)	-
Bladon	-	-	-	-	-
Bonsall	-	3 (-)	4 (-)	-	-
Bridgens	10 (-)	6 (-)	12 (-)	1 (-)	5 (-)
Chinnery	-	2 (-)	-	-	-
Cox	-	-	-	-	-
Cross	-	-	-	-	-
Howell	-	-	-	-	-
Johnston	-	-	-	-	-
Mace	-	-	-	-	-
Romagnano	-	-	-	-	-
Rushlow	1 (-)	2 (-)	1 (-)	1 (-)	-
Verdeflor	-	-	-	-	-
Walker	-	-	-	-	-

INCLUDES TIES



# 2021 PENN STATE WOMEN'S GYMNASTICS

## GYMNAST MEET-BY-MEET

Erynne Allen Sr.  
Vault (9.800, 2/14/20)

Uneven Bars (9.800, 2/2/19)

Floor Exercise (9.800, 3/23/19)

Melissa Astarita Jr.  
Vault (9.800, 3/17/19)

Floor Exercise (9.925, 2/29/20)

Maggie Ayers Fr.

Jessie Bastardi Jr.  
Vault (9.600, 1/4/20)

Uneven Bars (9.825^, 2/2/19)

Balance Beam (9.925, 2/9/19)

Amy Bladon So.  
Vault (9.750, 2/22/20)

Balance Beam (9.750^, 2/7/20)

Alissa Bonsall Sr.  
All-Around (38.750, 1/6/18)

Vault (9.900, 2/22/20)

Uneven Bars (9.900, 1/25/20)

Balance Beam (9.675, 1/5/19)

Floor Exercise (9.875, 3/23/19)

Lauren Bridgens Sr.  
All-Around (39.525, 1/26/19)

Vault (9.925, 3/4/18)

Uneven Bars (10.0, 3/9/18)

Balance Beam (9.900, 3/7/20)

Floor Exercise (9.950, 1/25/20)

Kourtney Chinnery Sr.  
Vault (9.875, 2/22/20)

Uneven Bars (9.850, 3/8/19)

Balance Beam (9.675^, 1/26/19)

Floor Exercise (9.850, 1/26/19)

Dymiana Cox Jr.

Natalie Cross Fr.

Donna Howell Jr.

Maddie Johnston Fr.

Maggie Mace Fr.

Bella Romagnano So.  
Balance Beam (9.825, 3/7/20)

Cassidy Rushlow So.  
All-Around (39.300, 2/22/20)

Vault (9.900, 2/22/20)

Uneven Bars (9.925, 1/11/20)

Balance Beam (9.900, 1/31/20)

Floor Exercise (9.825, 1/11/20)

Ava Verdeflor Sr.  
Uneven Bars (9.850, 1/31/20)

Balance Beam (9.850, 3/7/20)

Abi Walker Fr.

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

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score

Season Highs in BOLD



# 2021 PENN STATE WOMEN'S GYMNASTICS

## INDIVIDUAL SCHOOL RECORDS

### VAULT

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

### UNEVEN BARS

1.	10.0	<b>Lauren Bridgens</b>	3/9/2018
2.	9.975	Natalie Ettl	2/18/2011
		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	3/17/2001
		Maria Taylor	2/23/2001
		Nikki Smith	3/13/1999

### BALANCE 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	<b>Tess McCracken</b>	<b>3/7/2020</b>
		Sydney Sanabria-Robles	1/31/2015
		Briannah Tsang	1/24/2015
		Kassidy Stauder	3/8/2014
		Sharaya Musser	3/16/2013
		Sharaya Musser	2/1/2012
		Sharaya Musser	3/4/2011
		Brandi Personett	2/6/2010
		Kristal Uzelac	3/26/2005
		Katie Rowland	3/9/2002
		Nikki Smith	3/1/2000
		Nikki Smith	1/16/2000
		Missy Leopoldus	1999
		Missy Leopoldus	1/17/1998
		Nicole Malinak	2/28/1997

### FLOOR EXERCISE

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	<b>Lauren Bridgens</b>	<b>1/25/2020</b>
		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	2/18/2011
		Brandi Personett	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	2/3/2001
		Leslie Bair	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

### ALL-AROUND

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	3/2/2012
		Katie Rowland	2/23/2001
		Katie Rowland	2/17/2001

**NOTES:** Listed alphabetically based on most recent performance.

## TEAM SCHOOL RECORDS

### VAULT

1.	49.550	at Illinois	1/31/2015
2.	49.500	Cornell, Iowa, Yale	1/23/2010
	49.500	at NCAA Regionals	4/3/2004
	49.500	at West Virginia w/ Rutgers	2/16/2003
5.	49.475	Kentucky	3/16/2013
	49.475	at West Virginia w/ Ball State	2/13/2005
7.	49.450	at N.H. w/Bridgeport, G. Wash.	3/8/2014
	49.450	Iowa State, Penn, SUNY-Brockport	2/28/2015
9.	49.425	Nebraska, Rutgers, Yale	2/10/2006
10.	49.400	at Pittsburgh	2/13/2010

### UNEVEN BARS

1.	49.500	Massachusetts	2/23/2001
2.	49.475	at BYU, TWU & Utah State	3/9/2018
3.	49.425	Nebraska	3/1/2003
4.	49.375	at Michigan State	2/4/2018
	49.375	at Maryland Quad	2/18/2011
	49.375	at Arizona w/ Kentucky, TWU	3/16/2007
	49.375	at Rhode Island	2/17/2001
8.	49.350	Michigan State	2/23/2013
	49.350	Maryland	3/17/2012
	49.350	at Big Ten Championships	3/27/2010
	49.350	Illinois	2/6/2010
	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	4/10/1999
	49.350	Alabama	2/19/1999

### BALANCE BEAM

1.	49.650	at Rhode Island	2/17/2001
2.	49.550	Big Ten Championships	3/18/2000
3.	49.425	Central Michigan	1/24/2004
4.	49.375	Iowa, Mich., Minn., Rutgers	3/12/2016
	49.375	at N.H. w/Bridgeport, G. Wash.	3/8/2014
	49.375	at Pittsburgh	2/28/2004
	49.375	Pennsylvania Championships	2/28/1997
8.	49.350	at Rutgers	2/9/2019
	49.350	Maryland, Michigan, Bridgeport	3/7/2010
	49.350	at Illinois	1/13/2001

### FLOOR EXERCISE

1.	49.725	Massachusetts	2/23/2001
2.	49.550	Pittsburgh	2/3/2001
3.	49.525	New Hampshire, Penn, Temple	3/9/2013
	49.525	Florida	1/30/1999
5.	49.500	Alabama	2/19/1999
6.	49.450	at Pittsburgh	3/11/2012
7.	49.425	NCAA Regionals	4/5/2014
	49.425	Big Ten Championships	3/22/2014
	49.425	at Big Ten Championships	3/21/2009
	49.425	Maryland	1/29/2005

### TEAM

1.	197.450	Massachusetts	2/23/2001
2.	197.325	Kentucky	3/16/2013
3.	197.200	at N.H. w/Bridgeport, G. Wash.	3/8/2014
4.	197.125	Iowa, Mich., Minn., Rutgers	3/12/2016
5.	197.075	Maryland, North Carolina State	3/4/2011
6.	197.025	Alabama	2/19/1999
	197.025	Michigan State	2/7/2015
8.	196.975	New Hampshire, Penn, Temple	3/9/2013
9.	196.875	Pittsburgh	2/3/2001
10.	196.825	at Arizona w/Kentucky, TWU	3/16/2007
11.	196.775	Minnesota	1/26/2019
11.	196.775	at Rhode Island	2/17/2001



# 2021 PENN STATE WOMEN'S GYMNASTICS



## SARAH BROWN

### HEAD COACH

4th Season  
Missouri '10

### Career Record:

41-33 (Fifth season)

### Penn State Record:

29-26 (Fourth season)

### ACCOLADES

- Midwest Independent Assistant Coach of the Year (2014)

### UNDER BROWN

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

### YEAR-BY-YEAR

2017 (EMU)	11-4
2018	11-8
2019	10-9
2020	8-9
<b>Total</b>	<b>41-33</b>
<b>Penn State</b>	<b>29-26</b>

Sarah Brown begins her fourth year as the head coach of the Penn State women's gymnastics team in 2021. 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.

Brown led the Nittany Lions to eight dual-meet wins in 2020, including four against Big Ten opponents, and a No. 30 ranking in the RoadToNationals standings. Penn State earned five scores above a 196.000, its most since 2015. The Nittany Lions averaged a 196.230 in five home meets, its highest since 2015. PSU claimed wins over four ranked opponents, including No. 32 Iowa, No. 24 Maryland, No. 31 Michigan State and No. 27 NC State. No postseason events were held after the season was canceled on March 12 due to the COVID-19 pandemic.

The Nittany Lions finished the season with a 195.860 National Qualifying Score (NQS). Penn State ranked 21st in the nation on bars (49.130 NQS) and held a 49.045 NQS on floor. On the season, PSU had five scores above a 49.000 on bars, five scores above a 49.000 on floor, four on beam and two on vault.

Penn State earned team-high scores of 49.300 on vault (Big Five Meet, 2/22), 49.300 on bars (West Virginia, 1/11), 49.325 on beam (Florida, 3/7) and 49.375 on floor (Iowa, 1/25). The Nittany Lions tallied in overall team-high of 196.575 in their Quad Meet sweep over NC State, Cornell and Towson.

Junior Lauren Bridgens was named All-Big Ten first team, becoming the ninth Nittany Lion to earn at least three first-team All-Big Ten honors in their career. Bridgens won 13 event titles, including four all-around. She tallied six scores of 9.900 and eight all-around scores above a 39.000. Bridgens finished the season ranked 28th in the nation in all-around, 47th on bars and 51st on floor.

Freshman Cassidy Rushlow garnered All-Big Ten second team accolades. She won five event titles, including one in all-around. Rushlow was ranked 39th in the country in all-around and 63rd on beam. She earned four scores of 9.900 or better and five all-around scores above a 39.000.

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 regional history. Sophomore Lauren Bridgens was a first-team All-Big Ten selection, while Garcia earned second-team accolades.

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. At the 2017 MAC Gymnastics Championships, Eastern Michigan tallied its second-best score in program history (196.500), recorded a school record on the uneven bars (49.300) and three gymnasts tied for the uneven bars title.

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. 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. They have two sons, Isaiah and Elijah.





# 2021 PENN STATE WOMEN'S GYMNASTICS

## 2021 TV/RADIO ROSTER



**Erynne Allen**  
Sr. • Douglasville, Ga.



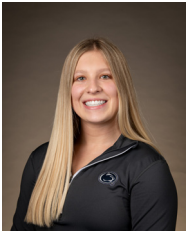
**Melissa Astarita**  
Jr. • Morganville, N.J.



**Maggie Ayers**  
Fr. • York, Pa.



**Jessie Bastardi**  
Jr. • State College, Pa.



**Amy Bladon**  
So. • Sarnia, Ontario



**Alissa Bonsall**  
Sr. • Higganum, Conn.



**Lauren Bridgens**  
Sr. • Darnestown, Md.



**Kourtney Chinnery**  
Sr. • Suffolk, Va.



**Dymiana Cox**  
Jr. • Elmont, N.Y.



**Natalie Cross**  
Fr. • Ellicott City, Md.



**Donna Howell**  
Jr. • New Milford, Pa.



**Maddie Johnston**  
Fr. • Boyds, Md.



**Maggie Mace**  
Fr. • Dayton, Ohio



**Bella Romagnano**  
So. • New Albany, Ohio



**Cassidy Rushlow**  
So. • Worcester, Mass.



**Ava Verdeflor**  
Sr. • Allen, Texas



**Abi Walker**  
Fr. • Vidalia, Ga.



**Sarah Brown**  
Head Coach  
Fourth Season



**Dallas Becerra**  
Assistant Coach  
Fourth Season



**Rachel Inniss**  
Assistant Coach  
First Season