



2023 WOMEN'S GYMNASTICS

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

2023 SCHEDULE

0-0, 0-0 Big Ten

| Date | Opponent | Result/Time |
|----------------|--|-------------|
| Jan. 6 | at Keystone Invitational [^] <i>RV Pitt, RV Temple, Penn</i> | 7 PM |
| Jan. 8 | at No. 13 Denver (with RV TWU) | 3:45 PM |
| JAN. 13 | QUAD MEET (LIU, PENN, SCSU) | 6 PM |
| JAN. 21 | at Minnesota | 5 PM |
| JAN. 30 | RUTGERS* | 8 PM |
| Feb. 4 | at Michigan State* | 7 PM |
| FEB. 10 | NEBRASKA* | 6 PM |
| FEB. 17 | OHIO STATE* | 6 PM |
| Feb. 24 | at Big Five Meet*% Illinois, Iowa, Maryland, Michigan | TBA |
| Mar. 3 | WILLIAM & MARY | 6 PM |
| Mar. 10 | at Auburn | 8 PM |
| Mar. 18 | Big Ten Championships# | TBA |

* Big Ten Opponent

[^] Pittsburgh, Pa.

% Uniondale, N.Y.

Iowa City, Iowa

All Times Eastern

HOME MEETS IN BOLD CAPS

Current meets in italics

NO. 35 PENN STATE OPENS 2023 SEASON WITH OPENING WEEKEND ROAD TRIP

Meet 1 & 2: January 6 & 8, 2023 • Pittsburgh, Pa. & Denver, Co.

NITTANY NOTES

- The Nittany Lions begin the 2023 season with two opening weekend meets.
- Penn State will take part in the annual Keystone Classic on Friday, Jan. 6 with Pitt, Temple, and Penn.
- The Nittany Lions conclude their weekend with a tri-meet at Denver with TWU on Jan. 8.
- Penn State enters the season at No. 35 in the WCGA preseason poll.
- Senior Cassidy Rushlow (bars) and sophomore Isabella Salcedo (floor) are coming off a 2022 season where they both qualified for the NCAA Regional Championships.
- Freshman Amani Herring and sophomore Jessica Johanson were named Penn State's 2023 gymnasts to watch by the Big Ten Conference.

Career Best Scores

| Gymnast | AA | V | UB | BB | FX |
|------------|--------|-------|-------|-------|-------|
| Ayers | - | 9.800 | 9.725 | 9.675 | 9.775 |
| Beckwith | - | - | 9.900 | - | - |
| Bladon | - | 9.750 | - | 9.825 | 9.775 |
| Duhe | - | - | - | - | - |
| Gallentine | - | - | 9.95* | - | - |
| Gibble | - | - | - | - | - |
| Harrell | - | - | - | - | - |
| Herring | - | - | - | - | - |
| Johanson | - | 9.900 | 9.850 | - | 9.800 |
| Johnston | 39.150 | 9.825 | 9.875 | 9.875 | 9.725 |
| Leary | - | - | - | - | - |
| Mace | - | - | 9.775 | - | - |
| Piedrahita | - | - | - | - | - |
| Romagnano | - | - | 9.850 | 9.825 | - |
| Rushlow | 39.475 | 9.900 | 9.925 | 9.925 | 9.875 |
| Salcedo | - | 9.875 | - | 9.850 | 9.950 |
| Vihrova | 38.425 | 9.825 | 9.850 | 9.700 | 9.900 |
| Yarussi | - | - | - | - | - |

* - at Florida

Season Best Scores

| Gymnast | AA | V | UB | BB | FX |
|------------|----|---|----|----|----|
| Ayers | - | - | - | - | - |
| Beckwith | - | - | - | - | - |
| Bladon | - | - | - | - | - |
| Duhe | - | - | - | - | - |
| Gallentine | - | - | - | - | - |
| Gibble | - | - | - | - | - |
| Harrell | - | - | - | - | - |
| Herring | - | - | - | - | - |
| Johanson | - | - | - | - | - |
| Johnston | - | - | - | - | - |
| Leary | - | - | - | - | - |
| Mace | - | - | - | - | - |
| Piedrahita | - | - | - | - | - |
| Romagnano | - | - | - | - | - |
| Rushlow | - | - | - | - | - |
| Salcedo | - | - | - | - | - |
| Vihrova | - | - | - | - | - |
| Yarussi | - | - | - | - | - |

Team Season Highs

Overall: -

Vault: -

Bars: -

Beam: -

Floor: -



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2023 PENN STATE WOMEN'S GYMNASTICS

2023 ROSTER

| Name | Event | Yr. | Hometown/Last School/Club Team |
|-------------------|------------|-----|--|
| Maggie Ayers | AA | Jr. | York, Pa./York Suburban/Hanover |
| Nikki Beckwith | UB, BB, FX | So. | Westerville, Ohio/Genoa Christian/Buckeye |
| Amy Bladon | V, BB, FX | Sr. | Sarnia, Ontario/Great Lakes Secondary/Bluewater |
| Sarah Duhe | VT | Jr. | New Orleans, La./Alabama/Elmwood |
| Gabbie Gallentine | AA | Jr. | Iron Station, N.C./Florida/Everest |
| Haleigh Gibble | BB, FX | Fr. | Sinking Spring, Pa./Wilson/Prestige |
| Grace Harrell | AA | So. | West Chester, Ohio/The Summit County Day/Cincinnati Gymnastics |
| Amani Herring | AA | Fr. | Denville, N.J./Morris Knolls/North Stars |
| Jessica Johanson | AA | So. | West Hartford, Conn./Hall/Gymnastics Express |
| Maddie Johnston | AA | Jr. | Boyd's, Md./Poolesville/Hill's |
| Katie Leary | UB, BB, FX | Fr. | Nazareth, Pa./Notre Dame Green Pond/Parkettes |
| Maggie Mace | AA | Jr. | Dayton, Ohio/Ohio Connections Academy/Cincinnati Gymnastics |
| Ava Piedrahita | AA | Fr. | Gaithersburg, Md./Damascus/Hill's |
| Bella Romagnano | UB, BB, FX | Sr. | New Albany, Ohio/New Albany/Buckeye |
| Cassidy Rushlow | AA | Sr. | Worcester, Mass./Worcester Technical/Daggett Gold Medal |
| Isabella Salcedo | AA | So. | Arlington, Texas/Laurel Springs Online/Texas Dreams |
| Elina Vihrova | AA | So. | Riga, Latvia/Rigas Tehnolingvistika Gimnazija/IGYM Latvia |
| Olivia Yarussi | VT, BB, FX | So. | Pittsburgh, Pa./Seneca Valley/Xquisite |

Head Coach: Sarah Brown (Missouri '10; Sixth Season)
 Assistant Coach: Rachel Inniss (Auburn '12; Third Season)
 Assistant Coach: Ralph Rosso (Michigan '09; Second Season)

2023 QUICK FACTS

GENERAL INFORMATION

Location..... University Park, Pa.
 Founded..... 1855
 Enrollment..... 48,197
 Colors..... Blue and White
 Conference..... Big Ten
 Nickname..... Nittany Lions
 President..... Dr. Neeli Bendapudi
 Vice President of Intercollegiate Athletics..... Dr. Patrick Kraft
 Sr. Assoc. Athletics Director/SWA..... Dr. Lauren Rhodes
 Sport Administrator..... Dr. Lauren Rhodes
 Athletic Website..... www.GoPSUsports.com

COACHING STAFF

Head Coach..... Sarah Brown
 Penn State Record (Years)..... 40-45 (5)
 Career Record (Years)..... 51-49 (6)
 Assistant Coach..... Rachel Inniss (3rd Year)
 Assistant Coach..... Ralph Rosso (2nd 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

PROGRAM HISTORY

First Year of Gymnastics..... 1965
 All-Time Record (Years)..... 608-321-4 (58)
 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)

PRONUNCIATION GUIDE

| Name | Pronunciation |
|------------------|---|
| Maggie Ayers | Maggie ay-ers (ay rhymes with hay) |
| Amy Bladon | Amy BLADE-in |
| Sarah Duhe | Sarah DEW-hay |
| Bella Romagnano | Bella ROME-ig-NAN-oh (nan rhymes with can) |
| Cassidy Rushlow | Cassidy RUSH-low |
| Isabella Salcedo | Isabella Sal-SAY-doh |
| Elina Vihrova | eh-LEEN-uh vee-ROW-vuh |



2023 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 | Lauren Bridgens | 3/9/2018 |
| 2. | 9.975 | Natalie Ettl | 2/18/2011 |
| | | Katie Perret | 3/16/2007 |
| 4. | 9.950 | Alyssa Bonsall | 3/13/2022 |
| | | Ava Verdeflor | 2/27/2021 |
| | | Sabrina Garcia | 1/9/2019 |
| | | 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 |

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 | Isabella Salcedo | 3/13/2022 |
| | | Lauren Bridgens | 1/25/2020 |
| | | 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 |

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 | Tess McCracken | 3/7/2020 |
| | | 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 |

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.

- Bold denotes 2023 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 | 1/29/2001 |

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 |



2023 PENN STATE WOMEN'S GYMNASTICS

COACHING STAFF



SARAH BROWN

HEAD COACH

6th Season
Missouri '10

Career Record:

51-49 (Six seasons)

Penn State Record:

40-45 (Five seasons)

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 |
| 2021 | 3-11 |
| 2022 | 8-8 |
| Total | 51-49 |
| Penn State | 40-45 |

Sarah Brown begins her sixth year as the head coach of the Penn State women's gymnastics team in 2023.

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 2022, Brown took four individuals to the NCAA Regional Championships following standout seasons in the Blue & White. Graduate student Lauren Bridgens concluded her fantastic Penn State career with an appearance in the NCAA Regionals on bars following a season that included three 9.9 scores in the event. Fellow graduate student Alissa Bonsall qualified for her fourth NCAA Regional appearance. During the season, Bonsall paced the Nittany Lions with a 9.950 score on the event against Illinois. Junior Cassidy Rushlow (bars) and freshman Isabella Salcedo (floor) rounded out the four NCAA qualifiers for Brown and the Nittany Lions.

Brown guided Bridgens to her fourth All-Big Ten honor in 2022, as she claimed second team accolades in the final year of her historic Nittany Lion career.

Penn State finished top-25 in the country on both the floor exercise and bars in the 2022 season under Brown, highlighted by the aforementioned exemplary performances by the Nittany Lions' upperclassmen on bars. The Nittany Lions finished 40th in the country in the RoadToNationals rankings, with an average score of 195.559.

As a team in 2022, Penn State posted nine scores of 49.000 or above on bars, along with eight on floor, six on vault and one on beam.

In 2021 Brown helped guide four Nittany Lions to NCAA Regional appearances as the team battled through adversity in the midst of the COVID-19 pandemic. Penn State finished the season ranked 33rd in RoadToNationals rankings, recording an average score of 195.283. The Nittany Lions shined on bars throughout the season, closing out the year ranked 19th on the apparatus with a national qualifying score of 49.231.

Three Nittany Lions garnered All-Big Ten accolades, with sophomore Cassidy Rushlow being named to the first team, and seniors Alissa Bonsall and Ava Verdeflor earning second team honors.

It marked the second all-conference honor for Rushlow, who recorded six event titles and three all-around victories for Penn State. She posted five scores of 9.900 or above on the year and set career-highs on four of five apparatuses in addition to setting an all-around career-high of 39.475 in Penn State's win over Maryland on Feb. 5.

Bonsall and Verdeflor both had tremendous fourth years at Penn State, each bolstering their resumes with career-bests. Bonsall recorded personal bests on both floor and bars, tying for Penn State's best bars score of the year with a 9.950 at the NCAA Morgantown regional. Verdeflor set two personal-bests of her own, matching Bonsall's bars score with a 9.950 at the Big Five Meet in addition to setting a career-high of 9.875 on beam against Illinois.

As a team, Penn State recorded eight scores above a 49.000 on bars, four scores above 49.000 on both beam and floor and one on vault.

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, their 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.

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.



2023 PENN STATE WOMEN'S GYMNASTICS

COACHING STAFF

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.

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. 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.

During the 2016-17 season, a total of 10 Eastern Michigan gymnasts were named Academic All-MAC and five were selected MAC Distinguished Scholars. Four of the Eagles' MAC Distinguished scholars owned a grade-point average of 3.85 or higher.

Brown served for one season as a volunteer assistant coach at the University of Michigan during the 2015-16 year, helping the Wolverines win the 2016 Big Ten Championship. She assisted on all four events and helped with development of daily practice plans. Her role with the Wolverines also included assisting with community service, recruiting and team travel.

Before joining the Michigan coaching staff, Brown was an assistant women's gymnastics coach at Southeast Missouri State University for three seasons, where she was selected the Midwest Independent Conference (MIC) Assistant Coach of the Year in 2014. Brown was the head beam coach and beam/floor choreographer and helped develop three MIC individual champions in 2014, two MIC Freshman of the Year selections and four NCAA regional all-around competitors.

She also was the director of operations for the University of Missouri women's gymnastics program for one year before starting her collegiate coaching career.

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. A 2015 Missouri Athletics Hall of Fame inductee, Brown was named the 2008 Big 12 Newcomer of the Year and earned South Central Regional Gymnast of the Year honors twice (2009-10).

While she was at Utah, Brown was a member of the team that finished second at the NCAA Women's Gymnastics Championships in 2007.

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.



**RACHEL
INNISS**
ASSISTANT COACH
THIRD SEASON
AUBURN '12



**RALPH
ROSSO**
ASSISTANT COACH
SECOND SEASON
MICHIGAN '09