



# 2023 WOMEN'S GYMNASTICS

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

## 2023 SCHEDULE

10-9, 3-6 Big Ten

Date	Opponent	Result/Time
Jan. 6	at Keystone Invitational <sup>^</sup> Pitt, Temple, Penn	2nd, 195.475
Jan. 8	at Denver (with TWU)	2nd, 195.875
<b>JAN. 13</b>	<b>LIU, PENN, SCSU</b>	<b>1st, 196.000</b>
JAN. 21	at Minnesota*	L, 196.225-195.525
<b>JAN. 30</b>	<b>RUTGERS*</b>	<b>W, 196.550-195.150</b>
Feb. 4	at Michigan State*	L, 197.450-195.475
<b>FEB. 10</b>	<b>NEBRASKA*</b>	<b>W, 196.350-196.325</b>
<b>FEB. 17</b>	<b>OHIO STATE*</b>	<b>L, 196.725-196.125</b>
Feb. 24	at Big Five Meet % Illinois*, Iowa*, Maryland*, Michigan*	4th, 196.100
<b>March 3</b>	<b>WILLIAM &amp; MARY</b>	<b>W, 196.875-193.050</b>
March 10	at Auburn	L, 197.025-197.600
March 18	Big Ten Championships #	7th, 196.200
March 30	NCAA Regionals vs. Towson <sup>^</sup>	W, 195.700-195.450
March 31	NCAA Regional Semifinals <sup>^</sup>	5th, 196.825
<i>April 13</i>	<i>National Championships @</i>	<i>2 p.m.</i>

\* Big Ten Opponent  
<sup>^</sup> Pittsburgh, Pa.  
% Lincoln, Neb.  
# Coralville, Iowa  
@ Fort Worth, Texas

All Times Eastern  
**HOME MEETS IN BOLD CAPS**  
*Current meet in italics*

## PENN STATE SET FOR COMPETITION IN PITTSBURGH REGIONAL SEMIFINAL

NCAA Regional Semifinal: March 31, 2023 • Pittsburgh

### NITTANY NOTES

- Penn State is sending two individual competitors to Fort Worth, in senior Cassidy Rushlow and freshman Ava Piedrahita.
- It marks the first time that the Nittany Lions have athletes competing in the National Championships since Jessie Bastardi and Sabrina Garcia qualified in 2019.
- Rushlow is the only Penn State athlete ever to accumulate three-or-more 9.95+ bars scores in the same season, heading into the championships with four-such tallies in 2023.
- Piedrahita set the second-best all-around score in regional competition in school history with a 39.525 in Pittsburgh. She scored 9.9s on three events, qualifying for Nationals on vault.
- Both Rushlow and Piedrahita seek to cap off successful seasons following recognition on the All-Big Ten Second Team.

### Career Best Scores

Gymnast	AA	V	UB	BB	FX
Ayers	-	9.775	9.725	9.675	9.775
Beckwith	-	-	9.900	-	-
Bladon	-	9.750	-	9.825	9.775
Duhe	-	-	-	-	-
Gallentine	-	-	9.950*	-	-
Gibble	-	-	-	9.900	9.775
Harrell	-	-	-	-	-
Herring	-	9.800	-	9.925	9.925
Johanson	39.350	9.900	9.850	9.850	9.900
Johnston	39.425	9.875	9.900	9.900	9.850
Leary	-	-	-	-	-
Mace	-	-	9.775	-	-
Piedrahita	39.525	9.950	9.900	9.875	9.900
Romagnano	-	-	9.850	9.825	-
Rushlow	39.475	9.900	9.975	9.925	9.875
Salcedo	-	9.875	-	9.950	9.950
Vihrova	38.425	9.875	9.850	9.700	9.925
Yarussi	-	-	-	-	-

\* - at Florida

### Season Best Scores

Gymnast	AA	V	UB	BB	FX
Ayers	-	-	-	-	-
Beckwith	-	-	-	-	-
Bladon	-	-	-	-	-
Duhe	-	-	-	-	-
Gallentine	-	-	9.900	-	-
Gibble	-	-	-	9.900	9.775
Harrell	-	-	-	-	-
Herring	-	9.800	-	9.925	9.925
Johanson	39.350	9.850	9.850	9.850	9.900
Johnston	39.425	9.875	9.900	9.900	9.850
Leary	-	-	-	-	-
Mace	-	-	9.775	-	-
Piedrahita	39.525	9.950	9.900	9.875	9.900
Romagnano	-	-	-	-	-
Rushlow	39.275	9.850	9.975	9.875	9.825
Salcedo	-	9.850	-	9.950	9.900
Vihrova	-	9.875	9.825	-	9.925
Yarussi	-	-	-	-	-

### Team Season Highs

Overall: 197.025 - at Auburn

Vault: 49.375 - vs. William & Mary

Bars: 49.350 - at Auburn

Beam: 49.425 - at Auburn

Floor: 49.350 - at NCAA Regional Semifinal



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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.	Boys, 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/  
 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
Ava Piedrahita	Ava PEA-ed-RUH-HEAT-uh
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

## TEAM MEET-BY-MEET

Date - Opponent	Event Order	V	UB	BB	FX	TEAM
Jan. 6 - at Keystone Classic	BB-FX-V-UB	48.750	48.975	48.650	49.100	195.475
Jan. 8 - at Denver with TWU	UB-BB-FX-V	48.675	49.150	49.000	49.050	195.875
Jan. 13 - LIU, PENN, SCSU	V-UB-BB-FX	49.000	49.025	49.150	48.825	196.000
Jan. 21 - at Minnesota*	UB-V-FX-BB	48.925	49.000	48.975	48.625	195.525
Jan. 30 - RUTGERS*	V-UB-BB-FX	48.975	49.275	49.150	49.150	196.550
Feb. 4 - at Michigan State*	UB-V-FX-BB	49.125	48.875	48.775	48.700	195.475
Feb. 10 - NEBRASKA*	V-UB-BB-FX	48.975	49.225	49.175	48.975	196.350
Feb. 17 - OHIO STATE*	V-UB-BB-FX	49.275	49.125	48.825	48.900	196.125
Feb. 24 - at Big Five Meet*	FX-V-UB-BB-BYE	49.325	49.000	48.825	48.950	196.100
Mar. 3 - WILLIAM & MARY	V-UB-BB-FX	<b>49.375</b>	49.100	49.225	49.175	196.875
Mar. 10 - at Auburn	UB-VT-F-BB	49.075	<b>49.350</b>	<b>49.425</b>	49.175	<b>197.025</b>
Mar. 18 - at Big Ten Championships	VT-BYE-UB-BB-BYE-FX	49.000	49.250	48.925	49.025	196.200
March 30 - NCAA Regionals vs. Towson	UB-VT-FX-BB	48.950	49.100	48.425	49.225	195.700
Mar. 31 - NCAA Regional Semifinal	VT-UB-BB-FX	49.000	49.325	49.150	<b>49.350</b>	196.825

### SEASON HIGH IN BOLD

\* Indicates Big Ten Conference Meet

## SEASON TOP PERFORMANCES

Vault	(Rowland/Personett, 10.0)
Ava Piedrahita (at Big 5 Meet)	9.950
Maddie Johnston (vs. William & Mary)	9.875
Elina Vihrova (vs. William & Mary)	9.875
Isabella Salcedo (3x, Last vs. W&M)	9.850
Jessica Johanson (4x, Last at BIG Champs)	9.850
Cassidy Rushlow (at Big 5 Meet)	9.850
Amani Herring (3x, Last vs. Ohio State)	9.800

Balance Beam	(Leopoldus/Rowland/Smith, 10.0)
Isabella Salcedo (at Auburn)	9.950
Amani Herring (at Keystone Classic)	9.925
Haleigh Gibble (at Auburn)	9.900
Maddie Johnston (4x, Last at Reigonal Semis)	9.900
Ava Piedrahita (vs. William & Mary)	9.875
Cassidy Rushlow (vs. William & Mary)	9.875
Jessica Johanson (NCAA Regional vs Towson)	9.850

All-Around	(Rowland, 39.775)
Ava Piedrahita (NCAA Regional Semis)	39.525
Maddie Johnston (vs. William & Mary)	39.425
Jessica Johanson (at Auburn)	39.350
Cassidy Rushlow (vs. William & Mary)	39.275

Uneven Bars	(Bridgens, 10.0)
Cassidy Rushlow (vs. Nebraska)	9.975
Ava Piedrahita (NCAA Regional Semis)	9.900
Maddie Johnston (vs. Nebraska)	9.900
Gabbie Gallentine (at Denver Tri-Meet)	9.900
Jessica Johanson (at Auburn)	9.850
Elina Vihrova (3x, Last vs. Ohio State)	9.825
Maggie Mace (at Michigan State)	9.775

Floor Exercise	(Casey, 10.0)
Amani Herring (vs. Nebraska)	9.925
Elina Vihrova (vs. Rutgers)	9.925
Isabella Salcedo (NCAA Regional Semis)	9.900
Ava Piedrahita (2x, Last: Regional Semis)	9.900
Jessica Johanson (NCAA Regional Semis)	9.900
Maddie Johnston (vs. William & Mary)	9.850
Cassidy Rushlow (vs. William & Mary)	9.825
Haleigh Gibble (at Big 5 Meet)	9.775

National Rankings (Top 50)/Big Ten Rankings (Top 10)						Career Event Titles (Season Event Titles)					
Gymnast	AA	V	UB	BB	FX	Gymnast	AA	V	UB	BB	FX
Ayers	-	-	-	-	-	Ayers	-	-	-	-	-
Beckwith	-	-	-	-	-	Beckwith	-	-	1(-)	-	-
Bladon	-	-	-	-	-	Bladon	-	-	-	1(-)	-
Duhe	-	-	-	-	-	Duhe	-	-	-	-	-
Gallentine	-	-	-	-	-	Gallentine	-	-	2(2)	-	-
Gibble	-	-	-	-	-	Gibble	-	-	-	-	-
Harrell	-	-	-	-	-	Harrell	-	-	-	-	-
Herring	-	-	-	-	-	Herring	-	-	-	1(1)	2(2)
Johanson	-	-	-	-	-	Johanson	1(1)	2(-)	1(-)	1(1)	-
Johnston	-	-	-	-	-	Johnston	2(2)	-	-	2(2)	-
Leary	-	-	-	-	-	Leary	-	-	-	-	-
Mace	-	-	-	-	-	Mace	-	-	-	-	-
Piedrahita	-	23(T-8)	-	-	-	Piedrahita	3(3)	5(5)	-	1(1)	1(1)
Romagnano	-	-	-	-	-	Romagnano	-	-	1(-)	-	-
Rushlow	-	-	T-21(T-3)	-	-	Rushlow	6(-)	4(-)	7(4)	2(1)	-
Salcedo	-	-	-	-	-	Salcedo	-	3(1)	-	2(2)	5(-)
Vihrova	-	-	-	-	-	Vihrova	-	-	-	-	1(1)
Yarussi	-	-	-	-	-	Yarussi	-	-	-	-	-

INCLUDES TIES



# 2023 PENN STATE WOMEN'S GYMNASTICS

## GYMNAST MEET-BY-MEET

<b>Maggie Ayers</b>	<b>Jr.</b>
<b>Vault</b>	<b>(9.725, 3/31/21)</b>
<b>Uneven Bars</b>	<b>(9.725, 1/17/21)</b>
<b>Balance Beam</b>	<b>(9.675, 2/19/22)</b>
<b>Nikki Beckwith</b>	<b>So.</b>
<b>Uneven Bars</b>	<b>(9.900, 2/4/22)</b>

<b>Amy Bladon</b>	<b>Sr.</b>
<b>Vault</b>	<b>(9.750, 2/22/20)</b>
<b>Balance Beam</b>	<b>(9.825, 1/14/22)</b>
<b>Floor Exercise</b>	<b>(9.775, 2/21/21)</b>
<b>Sarah Duhe</b>	<b>Jr.</b>

<b>Gabbie Gallentine</b>	<b>Jr.</b>
<b>Uneven Bars</b>	<b>(9.950 with Florida)</b>
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	<b>9.900</b>
LIU, Penn, SCSU (1/13)	9.675
at Minnesota (1/21)	9.825
at Big 5 Meet (2/24)	9.700
WILLIAM & MARY (3/3)	9.850
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.875
NCAA Regional vs. Towson (3/30)	9.800
NCAA Regional Semifinal (3/31)	9.850

<b>Haleigh Gible</b>	<b>Fr.</b>
<b>Balance Beam</b>	<b>(9.900, 3/10/23)</b>
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.850
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.600
RUTGERS (1/30)	9.850
at Michigan State (2/4)	9.650
NEBRASKA (2/10)	9.875
OHIO STATE (2/17)	9.675
at Big 5 Meet (2/24)	9.775
WILLIAM & MARY (3/3)	9.600
at Auburn (3/10)	<b>9.900</b>
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	8.925
NCAA Regional Semifinal (3/31)	9.800

<b>Floor Exercise</b>	<b>(9.775, 2/24/23)</b>
at Big 5 Meet (2/24)	9.775
WILLIAM & MARY (3/3)	9.125

<b>Grace Harrell</b>	<b>So.</b>
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<b>Amani Herring</b>	<b>Fr.</b>
<b>Vault</b>	<b>(9.800, 3x, Last 2/17/23)</b>
at Keystone Classic (1/6)	<b>9.800</b>
at Denver Tri-Meet (1/8)	9.750
LIU, PENN, SCSU (1/13)	9.775
at Minnesota (1/21)	9.700
RUTGERS (1/30)	<b>9.800</b>
at Michigan State (2/4)	9.775
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	<b>9.800</b>

<b>Balance Beam</b>	<b>(9.925, 1/6/23)</b>
at Keystone Classic (1/6)	<b>9.925</b>
at Denver Tri-Meet (1/8)	9.875
LIU, Penn, SCSU (1/13)	9.850
at Minnesota (1/21)	9.825
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.650
NEBRASKA (2/10)	9.800
OHIO STATE (2/17)	9.750

<b>Floor Exercise</b>	<b>(9.925, 2/10/23)</b>
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.800
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.525
RUTGERS (1/30)	9.875
at Michigan State (2/4)	9.625
NEBRASKA (2/10)	<b>9.925</b>
OHIO STATE (2/17)	9.850
NCAA Regional vs. Towson (3/30)	9.850
NCAA Regional Semifinal (3/31)	9.850

<b>Jessica Johanson</b>	<b>So.</b>
<b>All-Around</b>	<b>(39.350, 3/10/23)</b>
at Keystone Classic (1/6)	38.500
at Denver Tri-Meet (1/8)	39.200
LIU, PENN, SCSU (1/13)	38.950
at Minnesota (1/21)	38.500
at Big 5 Meet (2/24)	39.050
WILLIAM & MARY (3/3)	39.200
at Auburn (3/10)	<b>39.350</b>
BIG 10 Championships (3/18)	38.725
NCAA Regional vs. Towson (3/30)	39.300
NCAA Regional Semifinal (3/31)	39.075

<b>Vault</b>	<b>(9.900, 2/19/22)</b>
at Keystone Classic (1/6)	9.625
at Denver Tri-Meet (1/8)	9.825
LIU, PENN, SCSU (1/13)	9.750
at Minnesota (1/21)	9.150
RUTGERS (1/30)	9.775
at Michigan State (2/4)	<b>9.850</b>
NEBRASKA (2/10)	9.825
OHIO STATE (2/17)	<b>9.850</b>
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	<b>9.850</b>
at Auburn (3/10)	9.825
BIG 10 Championships (3/18)	<b>9.850</b>
NCAA Regional vs. Towson (3/30)	9.775
NCAA Regional Semifinal (3/31)	9.700

<b>Uneven Bars</b>	<b>(9.850, 2x, Last 3/10/23)</b>
at Keystone Classic (1/6)	9.750
at Denver Tri-Meet (1/8)	9.800
LIU, PENN, SCSU (1/13)	9.700
at Minnesota (1/21)	9.750
RUTGERS	9.800
at Michigan State (2/4)	9.675
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.700
at Big 5 Meet (2/24)	9.700
WILLIAM & MARY (3/3)	9.800
at Auburn (3/10)	<b>9.850</b>
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	9.825
NCAA Regional Semifinal (3/31)	9.750

<b>Balance Beam</b>	<b>(9.850, 3/30/23)</b>
at Keystone Classic (1/6)	9.250
at Denver Tri-Meet (1/8)	9.700
LIU, PENN, SCSU (1/13)	9.750
at Minnesota (1/21)	9.825
at Big 5 Meet (2/24)	9.725
WILLIAM & MARY (3/3)	9.800
at Auburn (3/10)	9.825
BIG 10 Championships (3/18)	9.225
NCAA Regional vs. Towson (3/30)	<b>9.850</b>
NCAA Regional Semifinal (3/31)	9.725

<b>Floor Exercise</b>	<b>(9.900, 3/31/23)</b>
at Keystone Classic (1/6)	9.875
at Denver Tri-Meet (1/8)	9.875
LIU, PENN, SCSU (1/13)	9.750
at Minnesota (1/21)	9.775
at Michigan State (2/4)	9.700
OHIO STATE (2/17)	9.850
at Big 5 Meet (2/24)	9.800
WILLIAM & MARY (3/3)	9.750
at Auburn (3/10)	9.850
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.850
NCAA Regional Semifinal (3/31)	<b>9.900</b>

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

\* - School Record

# - NCAA Record

\$ - Big Ten Record

Season Highs in **BOLD**



# 2023 PENN STATE WOMEN'S GYMNASTICS

## GYMNAST MEET-BY-MEET

<b>Maddie Johnston</b>	<b>Jr.</b>
<b>All-Around</b>	<b>(39.425, 3/3/23)</b>
at Keystone Classic (1/6)	38.875
at Denver Tri-Meet (1/8)	38.925
LIU, PENN, SCSU (1/13)	39.150
at Minnesota (1/21)	38.225
RUTGERS (1/30)	39.175
NEBRASKA (2/10)	39.375
OHIO STATE (2/17)	39.100
at Big 5 Meet (2/24)	39.200
WILLIAM & MARY (3/3)	<b>39.425</b>
at Auburn (3/10)	39.400
BIG 10 Championships (3/18)	39.250
NCAA Regional vs. Towson (3/30)	39.100
NCAA Regional Semifinal (3/31)	39.350

<b>Vault</b>	<b>(9.875, 3/3/23)</b>
at Keystone Classic (1/6)	9.650
at Denver Tri-Meet (1/8)	9.675
LIU, PENN, SCSU (1/13)	9.775
at Minnesota (1/21)	9.800
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.750
NEBRASKA (2/10)	9.800
OHIO STATE (2/17)	9.800
at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	<b>9.875</b>
at Auburn (3/10)	9.825
BIG 10 Championships (3/18)	9.825
NCAA Regional vs. Towson (3/30)	9.750
NCAA Regional Semifinal (3/31)	9.800

<b>Uneven Bars</b>	<b>(9.900, 2/10/23)</b>
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.850
LIU, PENN, SCSU (1/13)	9.775
at Minnesota (1/21)	9.750
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.700
NEBRASKA (2/10)	<b>9.900</b>
OHIO STATE (2/17)	9.800
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	9.825
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.675
NCAA Regional Semifinal (3/31)	9.850

<b>Balance Beam</b>	<b>(9.900, 4x, Last 3/31/23)</b>
at Keystone Classic (1/6)	9.625
at Denver Tri-Meet (1/8)	9.750
LIU, PENN, SCSU (1/13)	<b>9.900</b>
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.825
NEBRASKA (2/10)	<b>9.900</b>
OHIO STATE (2/17)	9.775
at Big 5 Meet (2/24)	9.750
WILLIAM & MARY (3/3)	9.875
at Auburn (3/10)	<b>9.900</b>
BIG 10 Championships (3/18)	9.825
NCAA Regional vs. Towson (3/30)	9.850
NCAA Regional Semifinal (3/31)	<b>9.900</b>

<b>Floor Exercise</b>	<b>(9.850, 3/3/23)</b>
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.650
LIU, PENN, SCSU (1/13)	9.700
at Minnesota (1/21)	9.900
RUTGERS (1/30)	9.725
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.725
at Big 5 Meet (2/24)	9.775
WILLIAM & MARY (3/3)	<b>9.850</b>
at Auburn (3/10)	9.800
BIG 10 Championships (3/18)	9.750
NCAA Regional vs. Towson (3/30)	9.775
NCAA Regional Semifinal (3/31)	9.800

<b>Katie Leary</b>	<b>Fr.</b>
<b>Maggie Mace</b>	<b>Jr.</b>
<b>Uneven Bars</b>	<b>(9.775, 2x, Last 2/4/23)</b>
RUTGERS (1/30)	9.700
at Michigan State (2/4)	<b>9.775</b>
NEBRASKA (2/10)	9.725
OHIO STATE (2/17)	9.725

<b>Ava Piedrahita</b>	<b>Fr.</b>
<b>All-Around</b>	<b>(39.525, 3/31/23)</b>
at Keystone Classic (1/6)	39.175
at Denver Tri-Meet (1/8)	38.850
LIU, PENN, SCSU (1/13)	38.600
at Minnesota (1/21)	39.225
RUTGERS (1/30)	39.225
at Michigan State (2/4)	39.350
NEBRASKA (2/10)	39.175
OHIO STATE (2/17)	38.400
at Big 5 Meet (2/24)	39.300
WILLIAM & MARY (3/3)	39.425
at Auburn (3/10)	39.375
BIG 10 Championships (3/18)	39.175
NCAA Regional vs. Towson (3/30)	39.325
NCAA Regional Semifinal (3/31)	<b>39.525</b>

<b>Vault</b>	<b>(9.950, 2/24/23)</b>
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.725
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.875
RUTGERS (1/30)	9.800
at Michigan State (2/4)	9.925
NEBRASKA (2/10)	9.825
OHIO STATE (2/17)	9.925
at Big 5 Meet (2/24)	<b>9.950</b>
WILLIAM & MARY (3/3)	9.925
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.850
NCAA Regional vs. Towson (3/30)	9.850
NCAA Regional Semifinal (3/31)	9.900

<b>Uneven Bars</b>	<b>(9.900, 3/31/23)</b>
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.775
LIU, PENN, SCSU (1/13)	9.850
at Minnesota (1/21)	9.800
RUTGERS (1/30)	9.875
at Michigan State (2/4)	9.800
NEBRASKA (2/10)	9.850
OHIO STATE (2/17)	9.825
at Big 5 Meet (2/24)	9.825
WILLIAM & MARY (3/3)	9.725
at Auburn (3/10)	9.875
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	9.800
NCAA Regional Semifinal (3/31)	<b>9.900</b>

<b>Balance Beam</b>	<b>(9.875, 3/3/23)</b>
at Keystone Classic (1/6)	9.700
at Denver Tri-Meet (1/8)	9.750
LIU, PENN, SCSU (1/13)	9.175
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.725
at Michigan State (2/4)	9.800
NEBRASKA (2/10)	9.775
OHIO STATE (2/17)	9.725
at Big 5 Meet (2/24)	9.675
WILLIAM & MARY (3/3)	<b>9.875</b>
at Auburn (3/10)	9.775
BIG 10 Championships (3/18)	9.725
NCAA Regional vs. Towson (3/30)	9.825
NCAA Regional Semifinal (3/31)	9.825

<b>Floor Exercise</b>	<b>(9.900, 2x, Last 3/3/23)</b>
at Keystone Classic (1/6)	<b>9.850</b>
at Denver Tri-Meet (1/8)	9.650
LIU, PENN, SCSU (1/13)	9.725
at Minnesota (1/21)	9.775
RUTGERS (1/30)	9.825
at Michigan State (2/4)	9.825
NEBRASKA (2/10)	9.725
OHIO STATE (2/17)	8.925
at Big 5 Meet (2/24)	9.850
WILLIAM & MARY (3/3)	<b>9.900</b>
at Auburn (3/10)	9.850
BIG 10 Championships (3/18)	9.800
NCAA Regional vs. Towson (3/30)	9.850
NCAA Regional Semifinal (3/31)	<b>9.900</b>

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





# 2023 PENN STATE WOMEN'S GYMNASTICS

## GYMNAST MEET-BY-MEET

**Bella Romagnano** **Sr.**  
**Uneven Bars** (9.750, 3/19/22)

**Balance Beam** (9.825, 3/7/20)

**Cassidy Rushlow** **Sr.**  
**All-Around** (39.475, 2/5/21)

at Big 5 Meet (2/24) 39.200  
WILLIAM & MARY (3/3) **39.275**  
at Auburn (3/10) 39.100  
BIG 10 Championships (3/18) 38.875

**Vault** (9.900, 2/22/20)

at Big 5 Meet (2/24) **9.850**  
WILLIAM & MARY (3/3) 9.750  
at Auburn (3/10) 9.750  
BIG 10 Championships (3/18) 9.750  
NCAA Regional vs. Towson (3/30) 9.775  
NCAA Regional Semifinal (3/31) 9.800

**Uneven Bars** (9.975, 2/10/23)

at Keystone Classic (1/6) 9.800  
at Denver Tri-Meet (1/8) 9.825  
LIU, PENN, SCSU (1/13) 9.900  
at Minnesota (1/21) 9.800  
RUTGERS (1/30) 9.950  
at Michigan State (2/4) 9.850  
NEBRASKA (2/10) **9.975**  
OHIO STATE (2/17) 9.950  
at Big 5 Meet (2/24) 9.925  
WILLIAM & MARY (3/3) 9.825  
at Auburn (3/10) 9.875  
BIG 10 Championships (3/18) 9.925  
NCAA Regional vs. Towson (3/30) 9.900  
NCAA Regional Semifinal (3/31) 9.950

**Balance Beam** (9.925, 2/5/21)

at Keystone Classic (1/6) 9.600  
at Denver Tri-Meet (1/8) 9.825  
LIU, PENN, SCSU (1/13) 9.800  
at Minnesota (1/21) 9.775  
RUTGERS (1/30) 9.800  
at Michigan State (2/4) 9.775  
NEBRASKA (2/10) 9.275  
OHIO STATE (2/17) 9.700  
at Big 5 Meet (2/24) 9.850  
WILLIAM & MARY (3/3) **9.875**  
at Auburn (3/10) 9.850  
BIG 10 Championships (3/18) 9.700  
NCAA Regional vs. Towson (3/30) 9.100  
NCAA Regional Semifinal (3/31) 9.750

**Floor Exercise** (9.875, 2/26/22)

at Keystone Classic (1/6) 9.025  
LIU, PENN, SCSU (1/13) 9.150  
RUTGERS (1/30) 9.775  
at Michigan State (2/4) 9.700  
NEBRASKA (2/10) 9.800  
OHIO STATE (2/17) 9.725  
at Big 5 Meet (2/24) 9.575  
WILLIAM & MARY (3/3) **9.825**  
at Auburn (3/10) 9.625  
BIG 10 Championships (3/18) 9.500

**Isabella Salcedo** **So.**  
**Vault** (9.875, 2/26/22)

at Keystone Classic (1/6) 9.750  
at Denver Tri-Meet (1/8) 9.625  
LIU, PENN, SCSU (1/13) **9.850**  
at Minnesota (1/21) 9.775  
RUTGERS (1/30) 9.800  
at Michigan State (2/4) 9.800  
NEBRASKA (2/10) 9.500  
OHIO STATE (2/17) **9.850**  
at Big 5 Meet (2/24) 9.825  
WILLIAM & MARY (3/3) **9.850**  
at Auburn (3/10) 9.750  
BIG 10 Championships (3/18) 9.675  
NCAA Regional vs. Towson (3/30) 9.675  
NCAA Regional Semifinal (3/31) 9.800

**Balance Beam** (9.950, 3/10/23)

RUTGERS (1/30) **9.875**  
at Michigan State (2/4) 9.700  
NEBRASKA (2/10) 9.825  
OHIO STATE (2/17) **9.875**  
at Big 5 Meet (2/24) 9.725  
WILLIAM & MARY (3/3) 9.800  
at Auburn (3/10) 9.950  
BIG 10 Championships (3/18) 9.875  
NCAA Regional vs. Towson (3/30) 9.800  
NCAA Regional Semifinal (3/31) **9.875**

**Floor Exercise** (9.950, 3/13/22)

at Keystone Classic (1/6) 9.825  
at Minnesota (1/21) 9.825  
RUTGERS (1/30) 9.750  
at Michigan State (2/4) 9.825  
NEBRASKA (2/10) 9.525  
at Auburn (3/10) 9.800  
BIG 10 Championships (3/18) 9.850  
NCAA Regional vs. Towson (3/30) 9.850  
NCAA Regional Semifinal (3/31) **9.900**

**Elina Vihrova** **So.**  
**All-Around** (38.425, 1/29/22)

**Vault** (9.875, 3/3/23)

at Keystone Classic (1/6) 9.725  
at Denver Tri-Meet (1/8) 9.700  
LIU, PENN, SCSU (1/13) 9.625  
at Minnesota (1/21) 9.775  
RUTGERS (1/30) 9.725  
at Michigan State (2/4) 9.775  
NEBRASKA (2/10) 9.750  
OHIO STATE (2/17) 9.850  
at Big 5 Meet (2/24) 9.850  
WILLIAM & MARY (3/3) **9.875**  
at Auburn (3/10) 9.800  
BIG 10 Championships (3/18) 9.725  
NCAA Regional vs. Towson (3/30) 9.750  
NCAA Regional Semifinal (3/31) 9.075

**Uneven Bars** (9.850, 1/29/22)

at Keystone Classic (1/6) 9.775  
at Denver Tri-Meet (1/8) 9.775  
LIU, PENN, SCSU (1/13) 9.800  
at Minnesota (1/21) **9.825**  
RUTGERS (1/30) **9.825**  
at Michigan State (2/4) 9.750  
NEBRASKA (2/10) 9.725  
OHIO STATE (2/17) **9.825**  
at Big 5 Meet (2/24) 9.725  
WILLIAM & MARY (3/3) 9.800  
at Auburn (3/10) 9.800  
BIG 10 Championships (3/18) 9.625  
NCAA Regional vs. Towson (3/30) 9.775  
NCAA Regional Semifinal (3/31) 9.775

**Balance Beam** (9.175, 3/5/22)

**Floor Exercise** (9.925, 1/30/23)

at Keystone Classic (1/6) 9.775  
at Denver Tri-Meet (1/8) 9.725  
LIU, PENN, SCSU (1/13) 9.800  
at Minnesota (1/21) 9.725  
RUTGERS (1/30) **9.925**  
at Michigan State (2/4) 9.650  
NEBRASKA (2/10) 9.750  
OHIO STATE (2/17) 9.725  
at Big 5 Meet (2/24) 9.750  
WILLIAM & MARY (3/3) 9.850  
at Auburn (3/10) 9.875  
BIG 10 Championships (3/18) 9.775  
NCAA Regional vs. Towson (3/30) 9.825  
NCAA Regional Semifinal (3/31) 9.750

**Olivia Yarussi** **So.**

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

\* - School Record

# - NCAA Record

\$ - Big Ten Record

Season Highs in CAPS



# 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	<b>Ava Piedrahita</b>	<b>2/24/2023</b>
		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	4/12/2003
		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	<b>Cassidy Rushlow</b>	<b>2/10/2023</b>
		Natalie Ettl	2/18/2011
		Katie Perret	3/16/2007
5.	9.950	<b>Cassidy Rushlow</b>	<b>3/31/2023</b>
		<b>Cassidy Rushlow</b>	<b>2/17/2023</b>
		<b>Cassidy Rushlow</b>	<b>1/30/2023</b>
		Alissa Bonsall	3/13/2022
		Ava Verdeflor	2/27/2021
		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

### 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	<b>Isabella Salcedo</b>	<b>3/10/2023</b>
		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	<b>at Auburn</b>	<b>3/10/2023</b>
	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	<b>at Auburn</b>	<b>3/10/2023</b>
	49.425	Central Michigan	1/24/2004
5.	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
9.	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	<b>at Auburn</b>	<b>3/10/2023</b>
	197.025	Alabama	2/19/1999
	197.025	Michigan State	2/7/2015
9.	196.975	New Hampshire, Penn, Temple	3/9/2013
10.	196.875	<b>William &amp; Mary</b>	<b>3/3/2023</b>
		Pittsburgh	2/3/2001
12.	196.825	<b>NCAA Regional Semis</b>	<b>3/31/2023</b>
		at Arizona w/Kentucky, TWU	3/16/2007



# 2023 PENN STATE WOMEN'S GYMNASTICS

## INDIVIDUAL NCAA REGIONALS RECORDS (SINCE 2000)

### VAULT

1.	9.950	Brandi Personett	4/10/2010
	9.950	Lisa Clark	4/3/2004
	9.950	Katie Rowland	4/12/2003
4.	9.925	Sharaya Musser	4/7/2012
<b>5.</b>	<b>9.900</b>	<b>Ava Piedrahita</b>	<b>3/31/2023</b>
	9.900	Lauren Bridgens	4/7/2018
	9.900	Sidney Sanabria-Robles	4/5/2014
	9.900	Emma Sibson	4/5/2014
	9.900	Sharaya Musser	4/2/2011
	9.900	Brandi Personett	4/14/2007
	9.900	Meredith Hoover	4/3/2004
	9.900	Jennifer Orlando	4/3/2004
	9.900	Genavieve Shingle	4/3/2004
	9.900	Katie Rowland	4/6/2002

### UNEVEN BARS

<b>1.</b>	<b>9.950</b>	<b>Cassidy Rushlow</b>	<b>3/31/2023</b>
	9.950	Alissa Bonsall	4/2/2021
3.	9.925	Ava Verdeflor	4/2/2021
<b>4.</b>	<b>9.900</b>	<b>Ava Piedrahita</b>	<b>3/31/2023</b>
	<b>9.900</b>	<b>Cassidy Rushlow</b>	<b>3/30/2023</b>
	9.900	Sabrina Garcia	4/5/2019
	9.900	Sabrina Garcia	4/1/2017
	9.900	Kristal Uzelac	4/9/2005
9.	9.875	Kassidy Stauder	4/5/2014
	9.875	Natalie Ettl	4/10/2010
	9.875	Michelle Ilg	4/3/2004
	9.875	Katie McAvoy	4/12/2003

### BALANCE BEAM

<b>1.</b>	<b>9.900</b>	<b>Maddie Johnston</b>	<b>3/31/2023</b>
	9.900	Jessie Bastardi	4/5/2019
	9.900	Meredith Hoover	4/12/2003
<b>4.</b>	<b>9.875</b>	<b>Isabella Salcedo</b>	<b>3/31/2023</b>
	9.875	Tess McCracken	4/5/2019
	9.875	Sharaya Musser	4/2/2011
	9.875	Brandi Personett	4/10/2010
	9.875	Corissa Pirkel	4/3/2004
9.	9.850	Lauren Bridgens	4/5/2019
	9.850	Mason Hosek	4/7/2018
	9.850	Nicole Medvitz	4/1/2017
	9.850	Briannah Tsang	4/1/2017
	9.850	Sabrina Garcia	4/4/2016
	9.850	Sharaya Musser	4/6/2013
	9.850	Sharaya Musser	4/7/2012
	9.850	Brandi Personett	4/14/2007
	9.850	Kristal Uzelac	4/9/2005
	9.850	Meredith Hoover	4/3/2004
	9.850	Ashley Mehrer	4/3/2004
	9.850	Genavieve Shingle	4/3/2004
	9.850	Katie McAvoy	4/12/2003
	9.850	Maria Taylor	4/7/2001

### FLOOR EXERCISE

1.	9.950	Katie Rowland	4/12/2003
2.	9.925	Brandi Personett	4/10/2010
	9.925	Kate Stopper	4/12/2003
	9.925	Katie Rowland	4/7/2001
<b>5.</b>	<b>9.900</b>	<b>Jessica Johanson</b>	<b>3/31/2023</b>
	<b>9.900</b>	<b>Ava Piedrahita</b>	<b>3/31/2023</b>
	9.900	Briannah Tsang	4/4/2016
	9.900	Randi Lau	4/5/2014
	9.900	Lindsay Musgrove	4/5/2014
	9.900	Sidney Sanabria-Robles	4/5/2014
	9.900	Sharaya Musser	4/10/2010
	9.900	Brandi Personett	4/4/2009
	9.900	Brandi Personett	4/14/2007
	9.900	Lisa Clark	4/3/2004
	9.900	Katie McAvoy	4/12/2003

### ALL-AROUND

1.	39.550	Brandi Personett	4/10/2010
<b>2.</b>	<b>39.525</b>	<b>Ava Piedrahita</b>	<b>3/31/2023</b>
3.	39.450	Sharaya Musser	4/7/2012
4.	39.425	Sharaya Musser	4/2/2011
	39.425	Brandi Personett	4/14/2007
	39.425	Katie McAvoy	4/12/2003
7.	39.400	Brandi Personett	4/12/2008
8.	39.375	Briannah Tsang	4/4/2016
	39.375	Sidney Sanabria-Robles	4/5/2014
	39.375	Sharaya Musser	4/6/2013

*NOTES: Listed based on most recent performance.*

## TEAM NCAA REGIONAL RECORDS

### VAULT

1.	49.500	University Park, Pa.	4/3/2004
2.	49.300	University Park, Pa.	4/5/2014
3.	49.250	Raleigh, N.C.	4/4/2009
4.	49.225	Raleigh, N.C.	4/7/2012
5.	49.200	Norman, Okla.	4/4/2015
6.	49.175	Norman, Okla.	4/6/2013
7.	49.125	Seattle, Wash.	4/9/2005
	49.125	Ann Arbor, Mich.	4/12/2003
9.	49.100	University Park, Pa.	4/7/2018
	49.100	Denver, Colo.	4/14/2007
	49.100	Lincoln, Neb.	4/7/2001

### UNEVEN BARS

<b>1.</b>	<b>49.325</b>	<b>Pittsburgh, Pa.</b>	<b>3/31/2023</b>
2.	49.200	University Park, Pa.	4/1/2000
3.	49.150	University Park, Pa.	4/12/2008
4.	49.125	Ann Arbor, Mich.	4/5/2019
	49.125	Tuscaloosa, Ala.	4/2/2011
	49.125	Morgantown, W.V.	4/1/2021
<b>7.</b>	<b>49.100</b>	<b>Pittsburgh, Pa.</b>	<b>3/30/2023</b>
8.	49.050	Piscataway, N.J.	4/1/2017
	49.050	Norman, Okla.	4/4/2015
	49.050	University Park, Pa.	4/5/2014
	49.050	Raleigh, N.C.	4/7/2012

### BALANCE BEAM

<b>1.</b>	<b>49.150</b>	<b>Pittsburgh, Pa.</b>	<b>3/31/2023</b>
2.	49.125	Ann Arbor, Mich.	4/5/2019
3.	49.025	University Park, Pa.	4/3/2004
4.	48.950	University Park, Pa.	4/5/2014
	48.950	Denver, Colo.	4/14/2007
6.	48.850	Tuscaloosa, Ala.	4/2/2011
7.	48.800	University Park, Pa.	4/7/2018
	48.800	Piscataway, N.J.	4/1/2017
	48.800	University Park, Pa.	4/12/2008
10.	48.775	University Park, Pa.	4/10/2010
	48.775	Seattle, Wash.	4/9/2005

### FLOOR EXERCISE

1.	49.450	Ann Arbor, Mich.	4/12/2003
2.	49.425	University Park, Pa.	4/5/2014
<b>3.</b>	<b>49.350</b>	<b>Pittsburgh, Pa.</b>	<b>3/31/2023</b>
	49.350	University Park, Pa.	4/1/2000
<b>5.</b>	<b>49.225</b>	<b>Pittsburgh, Pa.</b>	<b>3/30/2023</b>
	49.225	University Park, Pa.	4/10/2010
	49.225	Raleigh, N.C.	4/4/2009
8.	49.150	Lincoln, Neb.	4/7/2001
9.	49.125	University Park, Pa.	4/3/2004
10.	49.100	Norman, Okla.	4/4/2016

### TEAM

<b>1.</b>	<b>196.825</b>	<b>Pittsburgh, Pa.</b>	<b>3/31/2023</b>
2.	196.725	University Park, Pa.	4/5/2014
3.	196.175	Ann Arbor, Mich.	4/12/2003
4.	196.075	University Park, Pa.	4/3/2004
5.	196.050	University Park, Pa.	4/10/2010
6.	195.925	University Park, Pa.	4/1/2000
7.	195.875	Norman, Okla.	4/6/2013
8.	195.850	Tuscaloosa, Ala.	4/2/2011
9.	195.800	Raleigh, N.C.	4/4/2009
10.	195.775	Denver, Colo.	4/14/2007





# 2023 PENN STATE WOMEN'S GYMNASTICS

## INDIVIDUAL NCAA CHAMPIONSHIPS RECORDS

### VAULT

1.	9.925	Allison Barber	4/24/1992
2.	9.900	Sharaya Musser	4/22/2010
	9.900	Whitney Bencsko	4/16/2009
	9.900	Missy Leopoldus	4/17/1997
5.	9.875	Brandi Personett	4/22/2010
	9.875	Lisa Clark	4/15/2004
	9.875	Ellen Casey	4/17/1997
8.	9.850	Sharaya Musser	4/19/2013
	9.850	Danielle Hoover	4/16/2009
	9.850	Allison Barber	4/15/1993

### UNEVEN BARS

1.	9.875	Lauren Bridgens	4/20/2018
	9.875	Sharaya Musser	4/19/2013
	9.875	Alexandra Brockway	4/16/2009
4.	9.850	Sharaya Musser	4/20/2012
	9.850	Brandi Personett	4/24/2008
	9.850	Joanna Knox	4/16/1998
	9.850	Ellen Casey	4/22/1999
	9.850	Gemma Cuff	4/16/1998
9.	9.825	Sharaya Musser	4/22/2010
	9.825	Brandi Personett	4/22/2010
	9.825	Danielle Hoover	4/16/2009
	9.825	Missy Leopoldus	4/16/1998
	9.825	Missy Leopoldus	4/25/1996

### BALANCE BEAM

1.	9.900	Sharaya Musser	4/20/2012
2.	9.875	Sharaya Musser	4/19/2013
	9.875	Brandi Personett	4/22/2010
	9.875	Brandi Personett	4/26/2008
5.	9.850	Sabrina Garcia	4/14/2017
	9.850	Sharaya Musser	4/22/2010
	9.850	Brandi Personett	4/24/2008
	9.850	Nikki Smith	4/22/1999
9.	9.8375	Brandi Personett	4/24/2010
10.	9.825	Nikki Smith	4/13/2000

### FLOOR EXERCISE

1.	9.900	Briannah Tsang	4/14/2017
	9.900	Brandi Personett	4/24/2010
	9.900	Brandi Personett	4/22/2010
	9.900	Gemma Cuff	4/13/2000
4.	9.8875	Brandi Personett	4/18/2009
5.	9.875	Sharaya Musser	4/22/2010
	9.875	Brandi Personett	4/16/2009
	9.875	Lisa Clark	4/21/2005
	9.875	Ellen Casey	4/22/1999
9.	9.850	Lindsay Musgrove	4/18/2014
	9.850	Krystal Welsh	4/18/2014
	9.850	Sharaya Musser	4/19/2013
	9.850	Sharaya Musser	4/20/2012
	9.850	Katie Rowland	4/24/2003
	9.850	Nikki Smith	4/13/2000
	9.850	Nikki Smith	4/22/1999
	9.850	Ellen Casey	4/16/1998
	9.850	Leigh Cappello	4/20/1995

### ALL-AROUND

1.	39.450	Sharaya Musser	4/19/2013
2.	39.300	Sharaya Musser	4/20/2012
	39.300	Whitney Bencsko	4/16/2009
4.	39.2125	Lauren Bridgens	4/20/2018
5.	39.200	Brandi Personett	4/16/2009
	39.200	Ellen Casey	4/22/1999
7.	39.175	Gemma Cuff	4/13/2000
8.	39.150	Sidney Sanabria-Robles	4/18/2014
	39.150	Krystal Welsh	4/18/2014
	39.150	Nikki Smith	4/22/1999
	39.150	Missy Leopoldus	4/17/1997

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

## TEAM NCAA CHAMPIONSHIP RECORDS

### VAULT

1.	49.100	Lincoln, Neb.	4/16/2009
2.	48.925	Birmingham, Ala.	4/18/2014
3.	48.850	Auburn, Ala.	4/21/2005
4.	48.800	Boise, Idaho	4/13/2000
	48.800	Gainesville, Fla.	4/17/1997
6.	48.550	Salt Lake City	4/22/1999
7.	48.475	Athens, Ga.	4/20/1995
8.	48.450	Los Angeles	4/16/1998
9.	48.300	Tuscaloosa, Ala.	4/19/1991
10.	48.250	Tuscaloosa, Ala.	4/25/1996

### UNEVEN BARS

1.	49.125	Los Angeles	4/16/1998
2.	49.075	Lincoln, Neb.	4/16/2009
3.	48.950	Salt Lake City	4/22/1999
4.	48.925	Auburn, Ala.	4/21/2005
5.	48.650	Birmingham, Ala.	4/18/2014
6.	48.575	Gainesville, Fla.	4/17/1997
	48.575	Athens, Ga.	4/20/1995
8.	48.550	Boise, Idaho	4/13/2000
9.	48.425	Tuscaloosa, Ala.	4/25/1996
10.	48.400	St. Paul, Minn.	4/24/1992

### BALANCE BEAM

1.	48.900	Lincoln, Neb.	4/16/2009
2.	48.825	Boise, Idaho	4/13/2000
3.	48.600	Salt Lake City	4/22/1999
4.	48.425	Los Angeles	4/16/1998
5.	48.325	Gainesville, Fla.	4/17/1997
6.	48.275	Athens, Ga.	4/20/1995
7.	48.125	Auburn, Ala.	4/21/2005
8.	48.075	Birmingham, Ala.	4/18/2014
9.	47.975	St. Paul, Minn.	4/24/1992
10.	47.800	Tuscaloosa, Ala.	4/25/1996

### FLOOR EXERCISE

1.	49.175	Birmingham, Ala.	4/18/2014
	49.175	Boise, Idaho	4/13/2000
3.	49.075	Auburn, Ala.	4/21/2005
4.	49.025	Lincoln, Neb.	4/16/2009
5.	48.825	Athens, Ga.	4/20/1995
6.	48.675	Salt Lake City	4/22/1999
7.	48.625	Los Angeles	4/16/1998
	48.625	Corvallis, Ore.	4/15/1993
9.	48.600	Gainesville, Fla.	4/17/1997
10.	48.275	St. Paul, Minn.	4/24/1992

### TEAM

1.	196.100	Lincoln, Neb.	4/16/2009
2.	195.350	Boise, Idaho	4/13/2000
3.	194.975	Auburn, Ala.	4/21/2005
4.	194.825	Birmingham, Ala.	4/18/2014
5.	194.775	Salt Lake City	4/22/1999
6.	194.625	Los Angeles	4/16/1998
7.	194.300	Gainesville, Fla.	4/17/1997
8.	194.150	Athens, Ga.	4/20/1995
9.	192.775	St. Paul, Minn.	4/24/1992
10.	192.700	Tuscaloosa, Ala.	4/25/1996
	192.700	Corvallis, Ore.	4/15/1993



# 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
<b>Total</b>	<b>51-49</b>
<b>Penn State</b>	<b>40-45</b>

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  
INNIS**  
ASSISTANT COACH  
THIRD SEASON  
AUBURN '12



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