



# 2023 WOMEN'S GYMNASTICS

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

## 2023 SCHEDULE

6-2, 0-0 Big Ten

Date	Opponent	Result/Time
Jan. 6	at Keystone Invitational <sup>^</sup> Pitt, Temple, Penn	195.475 (2nd)
Jan. 8	at Denver (with TWU)	195.875 (2nd)
<b>JAN. 13</b>	<b>QUAD MEET (LIU, PENN, SCSU)</b>	<b>196.000 (1st)</b>
<i>JAN. 21</i>	<i>at Minnesota*</i>	<i>5 PM</i>
<b>JAN. 30</b>	<b>RUTGERS*</b>	<b>8 PM</b>
Feb. 4	at Michigan State*	7 PM
<b>FEB. 10</b>	<b>NEBRASKA*</b>	<b>6 PM</b>
<b>FEB. 17</b>	<b>OHIO STATE*</b>	<b>6 PM</b>
Feb. 24	at Big Five Meet% Illinois*, Iowa*, Maryland*, Michigan*	TBA
<b>Mar. 3</b>	<b>WILLIAM &amp; MARY</b>	<b>6 PM</b>
Mar. 10	at Auburn	8 PM
Mar. 18	Big Ten Championships#	TBA

\* Big Ten Opponent  
<sup>^</sup> Pittsburgh, Pa.  
 % Uniondale, N.Y.  
 # Iowa City, Iowa

All Times Eastern

**HOME MEETS IN BOLD CAPS**  
Current meet in italics

## PENN STATE TRAVELS TO NO. 16 MINNESOTA FOR FIRST BIG TEN DUAL OF 2023

Meet 4: January 21, 2023 • Minneapolis, Minn.

### NITTANY NOTES

- Penn State enters competition fresh off a 196.000 score in its home opener, its highest total of the season. Heading into Minneapolis, the Nittany Lions have improved their overall score in each meet of the season and seek to do so once more against No. 16 Minnesota.
- With Maddie Johnston's all-around victory on Friday, Penn State recorded its third all-around champion in its first three meets of the 2023 season.
- Johnston set a personal best with a 9.900 to win the balance beam and tied a career high with a 39.150 in her all-around win.
- Contributions by freshmen have boosted the Nittany Lions efforts all season. Amani Herring's 9.925 on beam is Penn State's highest score on any apparatus this year and Ava Piedrahita has competed in the all around in all three meets in 2023.

### 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	-	-	9.950*	-	-
Gibble	-	-	-	9.850	-
Harrell	-	-	-	-	-
Herring	-	9.800	-	9.925	9.850
Johanson	39.200	9.900	9.850	9.750	9.875
Johnston	39.150	9.825	9.875	9.900	9.775
Leary	-	-	-	-	-
Mace	-	-	9.775	-	-
Piedrahita	39.175	9.850	9.850	9.750	9.850
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	-	-	9.900	-	-
Gibble	-	-	-	9.850	-
Harrell	-	-	-	-	-
Herring	-	9.800	-	9.925	9.850
Johanson	39.200	9.825	9.800	9.750	9.875
Johnston	39.150	9.775	9.850	9.900	9.775
Leary	-	-	-	-	-
Mace	-	-	-	-	-
Piedrahita	39.175	9.850	9.850	9.750	9.850
Romagnano	-	-	-	-	-
Rushlow	-	-	9.900	9.825	9.150
Salcedo	-	9.850	-	-	9.825
Vihrova	-	9.725	9.800	-	9.800
Yarussi	-	-	-	-	-

### Team Season Highs

Overall: 196.000 - vs. LIU, Penn, SCSU

Vault: 49.000 - vs. LIU, Penn, SCSU

Bars: 49.150 - at Denver Tri-Meet

Beam: 49.150 - vs. LIU, Penn, SCSU

Floor: 49.100 - at Keystone Classic



@PennStateWGYM



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Communications Contact: Matt Rudisill  
mpr5529@psu.edu  
814-321-8341



# 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	<b>49.100</b>	195.475
Jan. 8 - at Denver Tri-Meet	UB-BB-FX-V	48.675	<b>49.150</b>	49.000	49.050	195.875
Jan. 13 - Penn State Quad Meet	V-UB-BB-FX	<b>49.000</b>	49.025	<b>49.150</b>	48.825	<b>196.000</b>
Jan. 21 - at Minnesota*	-	-	-	-	-	-
Jan. 30 - Rutgers*	-	-	-	-	-	-
Feb. 4 - at Michigan State*	-	-	-	-	-	-
Feb. 10 - Nebraska*	-	-	-	-	-	-
Feb. 17 - Ohio State*	-	-	-	-	-	-
Feb. 24 - at Big Five Meet*	-	-	-	-	-	-
Mar. 3 - William & Mary	-	-	-	-	-	-
Mar. 10 - at Auburn	-	-	-	-	-	-
Mar. 18 - Big Ten Championships	-	-	-	-	-	-

### SEASON HIGH IN BOLD

\* Indicates Big Ten Conference Meet

## SEASON TOP PERFORMANCES

Vault	(Rowland/Personett, 10.0)	Balance Beam (Leopoldus/Rowland/Smith, 10.0)	All-Around	(Rowland, 39.775)
Isabella Salcedo (vs. LIU, Penn, SCSU)	9.850	Amani Herring (at Keystone Classic)	Jessica Johanson (at Denver Tri-Meet)	39.200
Ava Piedrahita (vs. LIU, Penn, SCSU)	9.850	Maddie Johnston (vs. LIU, Penn, SCSU)	Ava Piedrahita (at Keystone Classic)	39.175
Jessica Johanson (at Denver Tri-Meet)	9.825	Haleigh Gibble 2x, Last: (vs. LIU, Penn, SCSU)	Maddie Johnston (vs. LIU, Penn, SCSU)	39.150
Amani Herring (at Keystone Classic)	9.800	Cassidy Rushlow (at Denver Tri-Meet)		
Maddie Johnston (vs. LIU, Penn, SCSU)	9.775	Jessica Johanson (vs. LIU, Penn, SCSU)		
Elina Vihrova (at Keystone Classic)	9.725	Ava Piedrahita (at Keystone Classic)		
Uneven Bars	(Bridgens, 10.0)	Floor Exercise	(Casey, 10.0)	
Cassidy Rushlow (vs. LIU, Penn, SCSU)	9.900	Jessica Johanson 2x, Last: (at Denver Tri-Meet)	9.875	
Gabbie Gallentine (at Denver Tri-Meet)	9.900	Amani Herring (vs. LIU, Penn, SCSU)	9.850	
Maddie Johnston (at Denver Tri-Meet)	9.850	Ava Piedrahita (at Keystone Classic)	9.850	
Jessica Johanson (at Denver Tri-Meet)	9.800	Isabella Salcedo (at Denver Tri-Meet)	9.825	
Ava Piedrahita (vs. LIU, Penn, SCSU)	9.850	Elina Vihrova (vs. LIU, Penn, SCSU)	9.800	
Elina Vihrova (vs. LIU, Penn, SCSU)	9.800	Maddie Johnston (at Keystone Classic)	9.775	
		Cassidy Rushlow (vs. LIU, Penn, SCSU)	9.150	

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	-	-	1(1)	-	-
Gibble	-	-	-	-	-	Gibble	-	-	-	-	-
Harrell	-	-	-	-	-	Harrell	-	-	-	-	-
Herring	-	-	-	32(6)	-	Herring	-	-	-	-	1(1)
Johanson	-	-	-	-	-	Johanson	1(1)	2(-)	1(-)	-	-
Johnston	-	-	-	-	-	Johnston	1(1)	-	-	1(1)	-
Leary	-	-	-	-	-	Leary	-	-	-	-	-
Mace	-	-	-	-	-	Mace	-	-	-	-	-
Piedrahita	-	-	-	-	-	Piedrahita	1(1)	1(1)	-	-	-
Romagnano	-	-	-	-	-	Romagnano	-	-	1(-)	-	-
Rushlow	-	-	-	-	-	Rushlow	6(-)	4(-)	4(1)	1(-)	-
Salcedo	-	-	-	-	-	Salcedo	-	3(1)	-	-	5(-)
Vihrova	-	-	-	-	-	Vihrova	-	-	-	-	-
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>
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<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)	9.900
vs. LIU, Penn, SCSU (1/13)	9.675

<b>Haleigh Gible</b>	<b>Fr.</b>
<b>Balance Beam</b>	<b>(9.850, 1/8 and 1/13/23)</b>
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.850
vs. LIU, Penn, SCSU (1/13)	9.850

<b>Grace Harrell</b>	<b>So.</b>
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<b>Amani Herring</b>	<b>Fr.</b>
<b>Vault</b>	<b>(9.800, 1/6/23)</b>
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.750
vs. LIU, Penn, SCSU (1/13)	9.775

<b>Balance Beam</b>	<b>(9.925, 1/6/23)</b>
at Keystone Classic (1/6)	9.925
at Denver Tri-Meet (1/8)	9.875
vs. LIU, Penn, SCSU (1/13)	9.850

<b>Floor Exercise</b>	<b>(9.850, 1/13/23)</b>
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.800
vs. LIU, Penn, SCSU (1/13)	9.850

<b>Jessica Johanson</b>	<b>So.</b>
<b>All-Around</b>	<b>(39.200, 1/8/23)</b>
at Keystone Classic (1/6)	38.500
at Denver Tri-Meet (1/8)	39.200
vs. LIU, Penn, SCSU (1/13)	38.950

<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
vs. LIU, Penn, SCSU (1/13)	9.750

<b>Uneven Bars</b>	<b>(9.850, 2/26/22)</b>
at Keystone Classic (1/6)	9.750
at Denver Tri-Meet (1/8)	9.800
vs. LIU, Penn, SCSU (1/13)	9.700

<b>Balance Beam</b>	<b>(9.750, 1/13/23)</b>
at Keystone Classic (1/6)	9.250
at Denver Tri-Meet (1/8)	9.700
vs. LIU, Penn, SCSU (1/13)	9.750

<b>Floor Exercise</b>	<b>(9.875, 1/8/23)</b>
at Keystone Classic (1/6)	9.875
at Denver Tri-Meet (1/8)	9.875
vs. LIU, Penn, SCSU (1/13)	9.750

<b>Maddie Johnston</b>	<b>Jr.</b>
<b>All-Around</b>	<b>(39.150, 3/20/23)</b>
at Keystone Classic (1/6)	38.875
at Denver Tri-Meet (1/8)	38.925
vs. LIU, Penn, SCSU (1/13)	39.150

<b>Vault</b>	<b>(9.825, 1/30/21)</b>
at Keystone Classic (1/6)	9.650
at Denver Tri-Meet (1/8)	9.675
vs. LIU, Penn, SCSU (1/13)	9.775

<b>Uneven Bars</b>	<b>(9.875, 3/19/22)</b>
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.850
vs. LIU, Penn, SCSU (1/13)	9.775

<b>Balance Beam</b>	<b>(9.900, 1/13/23)</b>
at Keystone Classic (1/6)	9.625
at Denver Tri-Meet (1/8)	9.750
vs. LIU, Penn, SCSU (1/13)	9.900

<b>Floor Exercise</b>	<b>(9.775, 1/6/23)</b>
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.650
vs. LIU, Penn, SCSU (1/13)	9.700

<b>Katie Leary</b>	<b>Fr.</b>
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<b>Maggie Mace</b>	<b>Jr.</b>
<b>Uneven Bars</b>	<b>(9.775, 1/7/22)</b>

<b>Ava Piedrahita</b>	<b>Fr.</b>
<b>All-Around</b>	<b>(39.175, 1/6/23)</b>
at Keystone Classic (1/6)	39.175
at Denver Tri-Meet (1/8)	38.850
vs. LIU, Penn, SCSU (1/13)	38.600

<b>Vault</b>	<b>(9.850, 1/13/23)</b>
at Keystone Classic (1/6)	9.825
at Denver Tri-Meet (1/8)	9.725
vs. LIU, Penn, SCSU (1/13)	9.850

<b>Uneven Bars</b>	<b>(9.850, 1/13/23)</b>
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.775
vs. LIU, Penn, SCSU (1/13)	9.850

<b>Balance Beam</b>	<b>(9.750, 1/8/23)</b>
at Keystone Classic (1/6)	9.700
at Denver Tri-Meet (1/8)	9.750
vs. LIU, Penn, SCSU (1/13)	9.175

<b>Floor Exercise</b>	<b>(9.850, 1/6/23)</b>
at Keystone Classic (1/6)	9.850
at Denver Tri-Meet (1/8)	9.650
vs. LIU, Penn, SCSU (1/13)	9.725

<b>Bella Romagnano</b>	<b>Sr.</b>
<b>Uneven Bars</b>	<b>(9.750, 3/19/22)</b>
<b>Balance Beam</b>	<b>(9.825, 3/7/20)</b>

<b>Cassidy Rushlow</b>	<b>Sr.</b>
<b>All-Around</b>	<b>(39.475, 2/5/21)</b>
<b>Vault</b>	<b>(9.900, 2/22/20)</b>

<b>Uneven Bars</b>	<b>(9.925, 1/23/21)</b>
at Keystone Classic (1/6)	9.800
at Denver Tri-Meet (1/8)	9.825
vs. LIU, Penn, SCSU (1/13)	9.900

<b>Balance Beam</b>	<b>(9.925, 2/5/21)</b>
at Keystone Classic (1/6)	9.600
at Denver Tri-Meet (1/8)	9.825
vs. LIU, Penn, SCSU (1/13)	9.800

<b>Floor Exercise</b>	<b>(9.875, 2/26/22)</b>
at Keystone Classic (1/6)	9.025
vs. LIU, Penn, SCSU (1/13)	9.150

<b>Isabella Salcedo</b>	<b>So.</b>
<b>Vault</b>	<b>(9.875, 2/26/22)</b>
at Keystone Classic (1/6)	9.750
at Denver Tri-Meet (1/8)	9.625
vs. LIU, Penn, SCSU (1/13)	9.850

<b>Balance Beam</b>	<b>(9.850, 3/13/22)</b>
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<b>Floor Exercise</b>	<b>(9.950, 3/13/22)</b>
at Keystone Classic (1/6)	9.825

<b>Elina Vihrova</b>	<b>So.</b>
<b>All-Around</b>	<b>(38.425, 1/29/22)</b>

<b>Vault</b>	<b>(9.825, 2/26/22)</b>
at Keystone Classic (1/6)	9.725
at Denver Tri-Meet (1/8)	9.700
vs. LIU, Penn, SCSU (1/13)	9.625

<b>Uneven Bars</b>	<b>(9.850, 1/29/22)</b>
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.775
vs. LIU, Penn, SCSU (1/13)	9.800

<b>Balance Beam</b>	<b>(9.175, 3/5/22)</b>
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<b>Floor Exercise</b>	<b>(9.900, 2/26/22)</b>
at Keystone Classic (1/6)	9.775
at Denver Tri-Meet (1/8)	9.725
vs. LIU, Penn, SCSU (1/13)	9.800

<b>Olivia Yarussi</b>	<b>So.</b>
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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	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	Alicia 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
<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  
INNISS**  
ASSISTANT COACH  
THIRD SEASON  
AUBURN '12



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