

PENN STATE WOMEN'S GYMNASTICS

ONE TEAM, ONE JOURNEY



17 NCAA CHAMPIONSHIP APPEARANCES
(10th Nationally)

90 ALL-AMERICANS
Since 1974

NO. 9 NITTANY LIONS TRAVEL TO NO. 14 ILLINOIS FOR BIG TEN TEST

Penn State entered the top-10 of the national rankings for the first time since Feb. 20, 2012 and the No. 9 Nittany Lions will look to continue their solid start to the season when they travel to No. 14 Illinois for another Big Ten early season test on Saturday, Jan. 31.

The first meeting between the two programs came in 1992, Penn State's first year of Big Ten competition, and the Nittany Lions own a 10-2 regular season mark. Last season, the No. 21 Nittany Lions earned a 196.675-195.600 decision over the No. 14 Illini at Rec Hall. The first regular season meeting came in 1996 and Penn State is 3-1 in meets competed at Huff Hall.

Penn State improved to 4-1 overall and 1-1 in the Big Ten last weekend with a 196.550-194.450 victory over Maryland at Rec Hall. The Nittany Lions swept the individual event titles, posted the top team score on each apparatus and claimed the top three spots in the all-around.

For the second time this season **Briannah Tsang** was named the Big Ten Freshman of the Week after posting a winning total in the all-around. Tsang topped the all-around standings at 39.500 and won a pair of individual event titles. The rookie won the floor exercise with a 9.875 to cap the meet, after winning the balance beam crown with a 9.950, tying for the ninth highest score in school history on the event.

Fellow Freshman **Lauren Li** topped the charts on the vault, as her lead-off vault score of 9.875 stood as the top mark in the meet. Senior **Krystal Welsh** won the uneven bars crown with a career-best score of 9.900.

Senior **Sidney Sanabria-Robles** didn't finish outside the top-four on any of the four events and posted scores of 9.800 or better on each event to place second in the all-around at 39.350. She finished second on both the balance beam and floor exercise with scores of 9.850 and 9.875, respectively.

Illinois is coming off of a 196.850-195.475 setback against Michigan last weekend and also sit at 1-1 in the Big Ten, which is tied for third with Penn State and a host of other schools. The Illini sit No. 14 in the national rankings with a season average of 195.608 and rank among the top-10 nationally on the uneven bars and balance beam.

Against Michigan, junior Giana O'Connor led Illinois with a career-high 39.350 in the all-around. O'Connor tied for the event title on the vault with a score of 9.875, the only Illini event title in the meet. Sophomore Erin Buchanan also achieved a career-high all-around score of 39.150 vs. the Wolverines.

PENN STATE NITTANY LIONS 4-1, 1-1 Big Ten

DATE	OPPONENT	RESULT/TIME
Jan. 10	CORNELL, NEW HAMPSHIRE & RUTGERS	1st of 4 (194.675)
Jan. 17	at No. 8 Nebraska (BTN)	L, 166.025-197.125
Jan. 24	Maryland (DD) *	W, 196.550-194.450
Jan. 31	at Illinois *	5 p.m.
Feb. 7	MICHIGAN STATE *	4 p.m.
Feb. 14	OHIO STATE *	4 p.m.
Feb. 21	at Pittsburgh	1 p.m.
Feb. 28	IOWA STATE, PENN & SUNY-BROCKPORT	4 p.m.
March 8	at West Virginia	2 p.m.
March 14	at Minnesota w/ Iowa, Michigan & Rutgers *	5 p.m.
March 21	at Big Ten Championships	11:30 a.m./4:30 p.m.
April 4	at NCAA Regional Championships	TBA
April 17	at NCAA Championships - Semifinals	TBA
April 18	at NCAA Championships - Super Six	TBA
April 19	at NCAA Championships - Individual Finals	TBA

* - Big Ten Opponent | All Times Eastern
(DD) - Double Dual w/ Penn State men's Team
(BTN) - Meet Televised Live on the Big Ten Network
HOME MEETS IN BOLD CAPS

THE ROUND-OFF

9th

National team ranking entering the week for Penn State. It is their highest ranking since 2012.

More on page 5.

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Freshman of the Week honors for rookie Briannah Tsang, who won the award after last week's performance vs. Maryland.

More on page 3.

EVENT LEADERS	Vault	Uneven Bars	Balance Beam	Floor Exercise	All-Around
	BRIANNAH TSANG FRESHMAN	SIDNEY SANABRIA-ROBLES SENIOR	BRIANNAH TSANG FRESHMAN	EMMA SIBSON SOPHOMORE	BRIANNAH TSANG FRESHMAN
	2015 AVG: 9.875 2015 BEST: 9.950	2015 AVG: 9.842 2015 BEST: 9.850	2015 AVG: 9.883 2015 BEST: 9.950	2015 AVG: 9.862 2015 BEST: 9.900	2015 AVG: 39.358 2015 BEST: 39.500

INDIVIDUAL SEASON HIGHS

ALL-AROUND

Briannah Tsang	39.500	Maryland (1/24)
Sidney Sanabria-Robles	39.425	at Nebraska (1/17)
Krystal Welsh	39.325	Maryland (1/24)

Vault

Briannah Tsang	9.950	at Nebraska (1/17)
Sidney Sanabria-Robles	9.900	at Nebraska (1/17)
Lauren Li	9.875	Maryland (1/24)

UNEVEN BARS

Krystal Welsh	9.900	Maryland (1/24)
Sidney Sanabria-Robles	9.850	at Nebraska (1/17)
Briannah Tsang	9.850	at Nebraska (1/17)

BALANCE BEAM

Briannah Tsang	9.950	Maryland (1/24)
Sidney Sanabria-Robles	9.850	at Nebraska (1/17)
Two Gymnasts Tied	9.850	

FLOOR EXERCISE

Emma Sibson	9.900	at Nebraska (1/17)
Briannah Tsang	9.875	Maryland (1/24)
Krystal Welsh	9.850	Maryland (1/24)

TEAM SEASON HIGHS

TEAM

196.550	Maryland (1/24)
196.025	at Nebraska (1/17)
194.675	Cornell, UNH & Rutgers (1/10)

Vault

49.275	at Nebraska (1/17)
49.150	Maryland (1/24)
48.900	Cornell, UNH & Rutgers (1/10)

UNEVEN BARS

49.100	Maryland (1/24)
49.025	at Nebraska (1/17)
49.000	Cornell, UNH & Rutgers (1/10)

BALANCE BEAM

49.150	Maryland (1/24)
48.975	at Nebraska (1/17)
47.975	Cornell, UNH & Rutgers (1/10)

FLOOR EXERCISE

49.150	Maryland (1/24)
48.800	Cornell, UNH & Rutgers (1/10)
48.750	at Nebraska (1/17)

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NEXT UP		vs.		LOOKING BACK		vs.			vs.			at	
	Feb. 7, 2015 Rec Hall	host Michigan State	4 p.m.		Feb. 14, 2015 Rec Hall	host Ohio State	4 p.m.	Jan. 24, 2015 Rec Hall	host Maryland	W, 196.550-194.450	Jan. 17, 2015 Lincoln, Neb.	at No. 8 Nebraska	L, 196.025-197.125

Flip for a Cure

NOTE: Tsang win AA; PSU sweeps event titles

NOTE: Sanabria-Robles 2nd in all-around



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HEAD COACH JEFF THOMPSON



In his fifth season at the helm of the Penn State women's gymnastics program, Jeff Thompson has led the Nittany Lions program back onto the national scene. Named the ninth head coach in program history on July 15, 2010, Thompson helped the Nittany Lions end a four-year drought and return to the NCAA Championships in 2014.

It was memorable 2014 campaign, as the Blue and White posted one of its most consistent seasons in the gym and in the classroom. The Lions set a school record for the highest score in a road meet – ranking third all-time – and recorded the highest postseason score in school history to place second at the NCAA Regional and earn their 17th trip to the NCAA Championships in school history.

A trip to the NCAA Championships, hosting the NCAA Regional and Big Ten Championships in Rec Hall, eight Penn State all-time top-10 performances, five Academic All-Big Ten and NACGC/W Scholastic All-Americans, five Big Ten weekly award winners, three All-Big Ten honorees and one All-American highlighted the successful campaign.

Kassidy Stauder capped one of the most remarkable seasons in Penn State history with regular-season All-America honors on the balance beam. It was the first honor of her career and came on the heels of being named first team All-Big Ten and Big Ten All-Championship. Stauder won 16 individual titles, including three all-around, six balance beam and seven uneven bar crowns in 2014.

Sidney Sanabria-Robles and Krystal Welsh were named second team All-Big Ten, while freshman Emma Sibson posted two of the top-10 vaults in school history during her rookie campaign and was a two-time Big Ten Freshman of the Week award winner.

As a team, Penn State finished the season ranked No. 12 nationally and owned a 20-3 regular season record, including a third place finish in the Big Ten regular season standings. For the fourth straight year, the women's gymnastics program was awarded the Penn State Team Community Service Award for their work in the community during the 2013-14 academic year.

On the coaching front, Thompson guided the Lions to the first 20-win regular season in school history and became just the third head coach in NCAA history to lead two different programs to the NCAA Championships. He joined K.J. Kindler (Iowa State & Oklahoma) and Judi Avener-Markell (Penn State & Florida).

The 2013 season concluded with senior Sharaya Musser earning regular-season All-America honors on balance beam and in the all-around and also All-America honors on balance beam and in the all-around at the NCAA Championships to push her career total to eight All-America certificates. The Lions were ranked as high as No. 14 in the national rankings and ended the season at No. 15 with a National Qualifying Score of 392.375. Musser was also a first team All-Big Ten selection, Big Ten All-Championship Team pick and joined Lindsay Musgrove on the Big Ten Distinguished Scholars ledger. Madison Merriam was a first team All-Big Ten selection, as well.

Five gymnasts earned Academic All-Big Ten accolades for their work in the classroom, including Alex Witt, along with Merriam, Musgrove, Musser and Stauder. In 2013, the team was awarded the Penn State Team Community Service Award for the third straight year.

In 2012, Thompson and his staff helped Musser earn the distinction of Big Ten Gymnast of the Year, marking the seventh time in program history a Nittany Lion was bestowed the award. Musser's award marked the third time in a four year span that a Penn State gymnast won the Big Ten Gymnast of the Year award. Additionally, Musser advanced to the NCAA Championships where she was named an All-American on floor exercise and balance beam. Thompson also produced six Academic All-Big Ten selections and two NACGC/W scholar athletes. In 2012, the team was awarded the Penn State Team Community Service Award for the second straight year.

A two-time SEC Coach of the Year, Thompson joined the Penn State family in 2010 after 11 successful years at Auburn University.

In his first season at the helm of the Nittany Lion program, Thompson guided the Nittany Lions to a second place finish at the 2011 Big Ten Championships, with Natalie Ettl and Musser earning individual event titles on uneven bars and in the all-around, respectively. Penn State earned a berth to the NCAA Regional Championships as the No. 2 seed and narrowly missed advancing to the NCAA Championships.

Three Nittany Lions were selected to the 2011 All-Big Ten team, and Musser, a Honda Award nominee, advanced to the NCAA National Championships to represent Penn

State. Outside the gym, the Nittany Lions excelled in the classroom and community. Five gymnasts earned Academic All-Big Ten laurels and the team was awarded the Penn State Team Community Service Award.

In 11 years as the head of the Auburn University women's gymnastics program, Thompson was named both the SEC Coach of the Year and NCAA Regional Head Coach of the Year in 2003 and 2008. The Tigers qualified for NCAA Regionals under Thompson for the first time in 2003 and advanced to the NCAA Championship that same year. Auburn's women's gymnastics team continued to improve each year and qualified for the NCAA Regionals for eight consecutive years. In 2005, Auburn hosted the NCAA Women's Gymnastics Championships.

With the exception of the University of Alabama, Thompson's teams posted victories over every SEC team during his tenure. In his final season in 2010, Thompson led Auburn to upset victories over No. 8 Arkansas, No. 12 Kentucky and finally defeated 10-time National Champion and five-time defending SEC Champion Georgia for the first time in program history.

Thompson and his wife, Rachele, helped produced four NCAA All-Americans, four All-SEC selections, three SEC Gymnast of the Year winners and one SEC Freshman of the Year during their time at Auburn. They coached nine NCAA Championship individual qualifiers and four NCAA Regional Event Champions. Their gymnasts also excelled in the classroom and in the community in their 11 years with the program. There were three SEC Scholar-Athlete of the Year winners, three CoSIDA Academic All-District members, 41 NACGC/W Academic All-Americans and 53 SEC Academic Honor Roll selections.

Prior to arriving at Auburn, Thompson was the assistant coach at Louisiana State University from 1994-99 and was the Junior Olympic Program Director at the Cincinnati Gymnastics Academy in Fairfield, Ohio from 1993-94. Thompson also held assistant coaching positions at two Big Ten institutions, Illinois and Wisconsin, as well as serving as a graduate assistant coach at Kentucky.

Thompson earned a bachelor of arts in education with an emphasis in Physical Education from Kentucky in 1985. He went on to receive a Master of Science in Biomechanics in 1995.

A native of Highland Heights, Ky., Jeff is married to the former Rachele Fruge, who is the associate head coach for the Nittany Lions, and they have two sons, Parker and Griffin. Parker is a member of the Penn State men's volleyball team.

THOMPSON FILE

Thompson's Record

at Penn State: 64-16 (Fifth Season)
Career: 136-98 (16th Season)

Auburn - 2000-2010; Penn State 2011-Present - Regular Season Meets Only

Milestone Victories

Career

1 - Illinois State (W, 193.550-191.975; Feb. 11, 2000)
25 - at Kentucky w/ George Washington (195.550 pts; 1/30/2004)
50 - at Cancun Classic (194.150 pts; 1/5/2007)
75 - vs. North Carolina State (195.300-194.075; 1/28/2011)
100 - vs. Lindenwood (193.725-185.925; 1/5/2013)
125 - vs. Bridgeport, Western Michigan & Yale (196.600 pts; 2/28/2014)

at Penn State

1 - New Hampshire (W, 195.275-194.475; 1/22/2011)
25 - Michigan & North Carolina (196.00 pts; 3/2/2012)
50 - at Rutgers w/Temple & Ursinus (195.825 pts; 2/22/2014)

Career Honors

Southeastern Conference Coach of the Year - 2003 & 2008
Central Region Coach of the Year - 2003 & 2008
Regional Assistant Coach of the Year - 1995

Under Thompson

Two NCAA Championship Appearances (*Auburn, 2003; Penn State, 2014*)
Three NCAA All-Americans on 12 Occasions
48 NACGC/W Academic Honorees
21 Academic All-Big Ten Honorees
One Big Ten Gymnast of the Year
Six First Team All-Big Ten Selections
Four Big Ten Individual Event Champions
Three SEC Gymnasts of the Year
Three SEC Scholar-Athletes of the Year
Four All-SEC Selections
One SEC Freshman of the Year
53 SEC Academic Honor Roll Selections



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MEET FOUR: NEWS & NOTES

NATIONAL POLL

NOTHING UNEVEN ABOUT LIONS ON BARS

The uneven bars can be a daunting task for even the most seasoned gymnast. A slight over-shoot can send you tumbling to the mat, but Penn State has put together solid showings on the apparatus in its first three meets.

- Penn State currently ranks 10th nationally with a team average of 49.042 on the uneven bars and three gymnasts are ranked among the top-40 in the NCAA on the apparatus.
- The Nittany Lions swept the top six places in their quad-meet with Cornell, New Hampshire and Rutgers.
- Their 49.000 team score in the season opener is the highest to start a season on bars since Jan. 9, 1999 when they scored 49.125 vs. Rutgers.
- Penn State has posted the top team score on the event in each of their three meets, improving their season best score on each occasion.
- Sidney Sanabria-Robles has won or tied for the title on the uneven bars in each of her first two meets. She did so with scores of 9.850 in both competitions.
- Freshman Briannah Tsang tied with Sanabria-Robles and two Nebraska performers for the uneven bars title last weekend.
- Against Maryland, Penn State claimed three of the top four scores. Krystal Welsh won the event with a career-high 9.900, while Tsang finished second (9.850) and Sanabria-Robles tied for third (9.825).

LIONS ACHIEVE HISTORIC MARKS IN SWEEP OF MARYLAND

Penn State did something that not many teams have done in school history inside of the historic Recreation Building on Saturday, Jan. 24 vs. Maryland.

- Penn State posted a team score of 196.550, which is the second highest January score in school history. The 1999 squad posted a 196.750-193.550 win over Florida at home on Jan. 30, 1999.
- It is just the seventh time in program history that the Nittany Lions scored 196.000 or better before the calendar turned to February. Most recently the Lions logged a 196.025 vs. Cornell, Southeast Missouri and UIC on Jan. 18, 2014.
- Penn State swept all four individual event titles, posted the high score on all four team events and claimed the all-around title.

SWEEPING THE FLOOR

Penn State posted its highest floor exercise score of the season vs. Maryland on Jan. 24 and in the process swept the top six spots in the event.

- Freshman Briannah Tsang led the way for the Nittany Lions with an event winning and career-best score of 9.875. It was the first floor exercise title of her career.
- Krystal Welsh finished second at 9.850 and Emma Sibson claimed third on the event at 9.825.
- The trio of Lauren Li, Sidney Sanabria-Robles and Oni Timothy all tied for four at 9.800. No Terrapin competitor posted a score better than 9.775.
- It is the second time this season that Penn State swept the top six spots on an apparatus; doing so in their season opening quad meet on the uneven bars.

TSANG NABS SECOND FRESHMAN B1G HONOR VS. MARYLAND

Freshman Briannah Tsang continued her impressive rookie campaign on Saturday, Jan. 24 vs. Maryland and for her efforts collected the Big Ten Freshman of the Week award for the second time in three weeks.

- Tsang captured her second Big Ten Freshman of the Week honor after winning the all-around vs. Maryland with a career-best 39.500.
- Tsang posted the ninth highest score in school history to win the balance beam with a total of 9.950 and followed that up with a 9.875 on the floor exercise to capture the title.
- She also won the award after winning the all-around in the Lions season opening quad meet vs. Cornell, New Hampshire and Rutgers.
- Tsang and Michigan's Brianna Brown have each won the award twice this season, bringing the total of multi-time winners to 16 since the award was first selected in 2010.
- Penn State has seen a Big Ten-best four gymnasts earn multiple Freshman of the Week laurels; Sharaya Musser (3, 2010), Samantha Musto (2, 2013), Emma Sibson (2, 2014) and Tsang.
- Overall, Penn State ranks second in Big Ten history with 10 Freshman of the Week awards won since 2010. Michigan is first with 14, while Nebraska and Minnesota each have nine.

#	Team	Season Average	2015 High
1.	Oklahoma	197.325	197.850
2.	LSU	197.025	197.350
3.	Florida	196.975	197.200
4.	Michigan	196.808	196.975
5.	Utah	196.767	196.900
6.	Alabama	196.600	197.400
7.	Nebraska	196.225	197.125
8.	Arkansas	195.825	196.325
9.	PENN STATE	195.750	196.550
10.	Oregon State	195.713	195.975
11.	Georgia	195.669	196.975
T12.	Auburn	195.625	197.075
T12.	Boise State	195.625	196.725
14.	Illinois	195.608	196.175
15.	UCLA	195.567	196.000
16.	Ohio State	195.300	196.200
17.	Washington	195.275	195.950
18.	Arizona	195.244	196.050
19.	Stanford	195.225	196.275
20.	Denver	195.219	196.025
21.	Michigan State	195.150	195.750
22.	Southern Utah	195.058	195.750
23.	Cal	194.975	195.175
T24.	New Hampshire	194.933	195.900
T24.	Kentucky	194.933	195.600

2015 Opponents in Bold

PENN STATE WEEK-BY-WEEK RANKING

Preseason	16
Jan. 12	T15
Jan. 19	13
Jan. 26	9
Feb. 2	--
Feb. 9	--
Feb. 16	--
Feb. 23	--
March 2	--
March 9	--
March 16	--
March 23	--
March 30	--
April 6	--
EOS	--

2015 ROSTER

Name	Event	Yr.	Ht.	Hometown/High School
Lexi Carroll	AA	Sr.	5-3	Olney, Md./Magruder
Lauren Li	AA	Fr.	5-4	Plano, Texas/Plano East
Nicole Medvitz	AA	So.	5-1	Paramus, N.J./Paramus
Christina Postiglione	AA	Sr.	5-0	Selden, N.Y./Newfield
Chanen Raygoza	AA	Fr.	5-6	Upland, Calif./San Dimas
Sidney Sanabria-Robles	AA	Sr.	5-1	Caguas, Puerto Rico/Antilles (LSU)
Emma Sibson	AA	So.	5-1	Allen, Texas/Spring Creek
Oni Timothy	AA	Fr.	4-11	Rochester, N.Y./Joseph C. Wilson Magnet
Briannah Tsang	AA	Fr.	5-1	Vancouver, British Columbia/Burnaby Central Secondary
Krystal Welsh	AA	Sr.	5-7	Bowie, Md./Archbishop Spalding
Alex Witt	V, UB	Sr.	5-4	Odessa, Fla./Steinbrenner

Head Coach: Jeff Thompson (*Fifth Season*)

Associate Head Coach: Rachele Thompson (*Fifth Season*)

Assistant Coach: Jeff Richards (*First Season*)

Volunteer Assistant Coach: Kera Molinaro (*First Season*)

Undergraduate Assistant Coach: Taylor Alotta



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QUICK FACTS

UNIVERSITY INFORMATION

Location University Park, Pa.
 Founded 1855
 Enrollment 48,184
 Colors Blue and White
 Conference Big Ten
 Nickname Nittany Lions
 President Dr. Eric Barron
 Director of Athletics Sandy Barbour
 Assoc. Athletics Director/SWA Charmelle Green
 Athletic Website www.GoPSUsports.com

COACHING STAFF

Head Coach Jeff Thompson
 Penn State Record (Years) 64-16 (5th)
 Career Record (Years) 136-98 (16th)
 Associate Head Coach/Years Rachelle Thompson
 Fifth Season
 Assistant Coach/Years Jeff Richards
 First Season
 Volunteer Assistant/Years Kera Molinaro
 First Season
 Undergraduate Assistant/Years Taylor Alotta
 First Season
 Office 110A White Building
 Telephone (814) 863-7461
 Fax (814) 865-8149

TEAM INFORMATION

Home Arena (Capacity) Rec Hall (5,812)
 Twitter @PennStateWGYM
 Facebook /PennStateWomen'sGymnastics

2014 RECAP

2014 Regular Season Record 20-3
 Big Ten Regular Season Record 5-2
 Big Ten Championships/finish T-3rd
 2014 NCAA Regional Finish 2nd
 2014 NCAA Championships Finish 12th
 Final National Ranking No. 12
 All-Americans Returning/Lost 0/1
 Letterwinners Returning/Lost 7/6
 Newcomers 4

PROGRAM HISTORY

First Year of Gymnastics 1965
 All-Time Record (Years) 531-259-4 (51st) *
 National Championships 2
 (1978, 80)
 NCAA Championship Team Appearances 17
 (1982, '84, '85, '86, '88, '91, '92, '93,
 '95, '96, '97, '98, '99, 2000, '05, '09, '14)
 AIAW Championship Appearances 7
 (1975, '76, '77, '78, '79, '80, '81)

* - Includes Regular Season Meets Only

PROJECTED LINEUP

VAULT

Lauren Li 9.833
 Oni Timothy 9.750
 Krystal Welsh 9.758
 Sidney Sanabria-Robles 9.842
 Emma Sibson 9.775
 Briannah Tsang 9.875

UNEVEN BARS

Lexi Carroll 9.692
 Lauren Li 9.733
 Alex Witt 9.783
 Briannah Tsang 9.833
 Sidney Sanabria-Robles 9.842
 Krystal Welsh 9.822

BALANCE BEAM

Lauren Li 9.275
 Emma Sibson 9.725
 Nicole Medvitz 9.462
 Briannah Tsang 9.883
 Krystal Welsh 9.808
 Sidney Sanabria-Robles 9.583

FLOOR EXERCISE

Lauren Li 9.742
 Sidney Sanabria-Robles 9.775
 Oni Timothy 9.692
 Emma Sibson 9.862
 Brianna Tsang 9.767
 Krystal Welsh 9.767

ALL-AROUND

Briannah Tsang 39.358
 Krystal Welsh 39.167
 Sidney Sanabria-Robles 39.042
 Lauren Li 38.583

*Lineups based on last week's competition
 Scores listed are season averages*

TSANG ENTERS RECORD BOOKS

After winning the all-around title in her first collegiate meet, freshman Briannah Tsang followed that up by entering the Penn State record books in her second career competition.

- The rookie wrote her name into the record books in back-to-back weeks, doing so on the vault vs. No. 8 Nebraska on Jan. 17 and the balance beam vs. Maryland on Jan. 24.
- In the second event of the afternoon at No. 8 Nebraska, Tsang logged a vault score of 9.950 to tie for ninth in school history on the event.
- It is the second straight season that a freshman has written its name into the record books, with Emma Sibson posting scores 9.975 (T5th) and 9.950 (T9th) during the 2014 season.
- Tsang currently ranks tied for 23rd nationally on the vault with a season average of 9.875.
- Vs. Maryland, Tsang produced a balance beam routine that earned a 9.950 from the judges, which is also tied for ninth in school history.
- She currently ranks No. 7 nationally on the balance beam with a 9.883 season average.

SENIOR CAMPAIGN OFF TO GOOD START FOR SANABRIA-ROBLES

After earning second team All-Big Ten last season, senior Sidney Sanabria-Robles is leading by example for the Blue and White in 2015.

- Sanabria-Robles has finished second overall in the all-around in the last two meets. At No. 8 Nebraska she logged a career-high-tying score of 39.425 (Illinois, 2014) and last weekend vs. Maryland posted a 39.350.
- She won or tied for the title on the uneven bars in each of the first two meets of the season.
- Her uneven bars average of 9.842 ranks 31st nationally entering the weekend.
- Her 9.900 score on the vault at Nebraska equals her career-best score, which she also accomplished three times last season.
- She tied her career-high with a 9.875 on the balance beam vs. the Terrapins to finish second overall on the apparatus.

TSANG SHINES IN SEASON OPENER; EARNS B1G ROOKIE OF THE WEEK

It's not often that a freshman bursts onto the collegiate gymnastics scene and claims the all-around in their first competition, but Briannah Tsang did just that for Penn State on Jan. 10.

- Tsang shook off the nerves and won a pair of event titles and the all-around in the Nittany Lions' season opener vs. Cornell, New Hampshire and Rutgers.
- Her all-around score of 39.225 was the highest by a freshman in the season opener in school history and was the highest all-around score by a freshman since Sharaya Musser posted a score of 39.500 at the Big Ten Championships in 2010.
- For her performance in the season opener, she earned Co-Big Ten Freshman of the Week, sharing the honor with Michigan's Brianna Brown.
- Tsang becomes the second straight Penn State rookie to win the initial FOTW honor from the Big Ten, as Nicole Medvitz did so to start the 2014 campaign.
- The rookie posted the 10th highest all-around score in the nation during the opening weekend at 39.225.

CARROLL BACK IN FORM AFTER INJURY FILLED 2014 SEASON

Junior Lexi Carroll missed 11 of Penn State's 14 meets in 2014 due to a pair of injuries, but the senior opened 2015 with a bang on Jan. 10 by competing in three of four events for the Blue and White.

- In the season opener, Carroll hit on all three of her routines and posted scores of 9.725 or aboves on the uneven bars, balance beam and floor exercise.
- She tied for third overall on the floor exercise and ranked among the top three for PSU on the balance beam and floor exercise.
- The senior took home the Ann Carr Award - given to the gymnast with the most inspirational performance at each Penn State home meet - vs. Cornell, New Hampshire and Rutgers on Jan. 10.
- Carroll missed the first six meets of the 2014 season due to a finger injury before returning for an exhibition performance against No. 15 Illinois on Feb. 15.
- After competing in three meets, she suffered an Achilles injury on March 8 and missed the remaining five meets of the season.



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NITTANY LIONS RETURN TO TOP-10

Penn State has a rich and storied tradition in women's gymnastics and another chapter is unfolding this season, as the Nittany Lions returned to the NCAA top-10 for the first time since 2012.

- Penn State entered the top-10 in the national rankings on Jan. 26, 2015 with a season average of 195.750.
- It is the first time Penn State has been among the top-10 in the national rankings since Feb. 20, 2012 when they sat at 10th.
- It is their highest ranking since Jan. 23 of the 2012 campaign when the Lions were No. 9 in the national polls with a scoring average of 196.000.

THOMPSON CLOSING IN ON 150 VICTORIES

Head coach Jeff Thompson is in his 16th season as a collegiate head coach and is closing in on his 150th career regular season victory. In his career, Thompson has compiled a 136-97 record.

- In his fifth season at the helm of Penn State, Thompson has earned 63 regular season victories and is 64-15 overall.
- Add those 64 wins to his 72 while at Auburn and the Highland Heights, Ky., native sits at 136 career wins. His overall record while at Auburn was 72-82.
- Last season, the Nittany Lions owned a 20-3 regular season record and set a school record for regular season victories.
- The previous school record was held by the 2007 squad, which finished 19-4 and placed third at the NCAA Regional Championships.

LIONS POST SIXTH BEST SEASON OPENING SCORE IN SCHOOL HISTORY

You always want to start the season off on a high note and the 2015 edition of the Blue and White did just that with a team score of 194.675.

- The tally of 194.675 is the sixth highest season opening score in school history and their best first meet mark since a school-record 195.775 in 2012.
- Two of the top-10 scores have come under the watch of head coach Jeff Thompson.
- Four of them have been recorded at home, with four others accomplished at the Super Six Challenge; 2003, 2004, 2005 and 2007.

1.	195.775	Morgantown, W.Va.	2012
2.	195.075	University Park, Pa.	1999
3.	194.875	University Park, Pa.	2006
4.	194.850	Gainesville, Fla.	2005
5.	194.800	University Park, Pa.	2009
6.	194.675	University Park, Pa.	2015
7.	194.600	Tuscaloosa, Ala.	2004
8.	194.575	Fayetteville, Ark.	2007
9.	194.375	Athens, Ga.	2003
10.	194.050	Pittsburgh, Pa.	2008

IT'S ALL ABOUT FAMILY

The Penn State women's gymnastics program is all about family and there are numerous connections within the Nittany Lion family and the NCAA gymnastics community in 2015.

Head coach Jeff Thompson is married to associate head coach Rachelle Thompson. The tandem have coached side by side since their time at Auburn and have two sons, Parker and Griffin. Parker is a member of the Penn State's men's volleyball program.

Junior Sidney Sanabria-Robles transferred to Penn State after spending a season at LSU and one of the main factors in that move was being close to family. Sanabria-Robles competes for the women's squad, while her brother, Ismail Sanabria, is a part of the Penn State men's program.

The gymnastics community is a tight-knit group and Krystal Welsh knows that all too well. The senior not only competed on the same floor as her brother, Jakob, last season, but also made up the only brother-sister duo to compete at the NCAA Championships in 2014. Jakob was a freshman on the Temple men's gymnastics team. The pair competed inside Rec Hall when the women's team faced Nebraska and Temple competed against the Nittany Lions men's squad on Feb. 8 last season.

NITTANY LIONS AMONG TOP-10 IN NCAA CHAMPIONSHIPS APPEARANCES

Penn State has qualified for the NCAA Women's Gymnastics Championships on 17 occasions since the event began in 1982.

Their 17 appearances rank 10th all-time and are third in the Big Ten, behind Michigan (21) and Nebraska (22).

Utah has advanced to all 33 of the women's gymnastics championship events, while Alabama and Florida have competed at 32 of the 33 meets.

Here is the complete top-10 list;

1.	Utah	33
2.	Alabama	32
	Florida	32
4.	Georgia	30
	UCLA	30
6.	LSU	25
7.	Nebraska	22
8.	Michigan	21
9.	Arizona State	19
10.	Penn State	17

LIONS POST TOP NCAA POSTSEASON SCORE AT NCAA REGIONAL

When Penn State notched a 196.725 team score at the 2014 NCAA University Park Regional it was the second highest team score for the Nittany Lions that season.

It was also the highest NCAA postseason score in school history, ranking 11th overall in program history.

Of the NCAA postseason team scores, nine of the top-10 have been accomplished at the NCAA Regional, with the only NCAA Championship score coming in 2009.

Three of the top 10 NCAA postseason scores have come under the watch of head coach Jeff Thompson. His 2013 squad scored 195.875 at the NCAA Regional and the 2011 squad totaled 195.850 in his first NCAA Regional with the Blue and White.

Below are the top 10 NCAA postseason scores in Penn State history.

2014	NCAA Regional	196.725
2001	NCAA Regional	196.425
1999	NCAA Regional	196.335
2003	NCAA Regional	196.175
2009	NCAA Championships	196.100
2004	NCAA Regional	196.075
2010	NCAA Regional	196.050
2000	NCAA Regional	196.925
2013	NCAA Regional	195.875
2011	NCAA Regional	195.850

BIG TEN STANDINGS

	BIG TEN		OVERALL	
	W-L	%	W-L	%
Nebraska	2-0	1.000	5-0	1.000
Michigan	2-0	1.000	3-0	1.000
Penn State	1-1	.500	4-1	.800
Ohio State	1-1	.500	3-1	.750
Illinois	1-1	.500	2-1	.667
Michigan State	1-1	.500	2-2	.500
Minnesota	1-1	.500	2-2	.500
Maryland	1-1	.500	1-3	.250
Rutgers	0-2	.000	3-4	.429
Iowa	0-2	.000	1-3	.250

THIS WEEK IN THE BIG...

Jan. 30

Iowa hosts Maryland, 7 p.m.

Jan. 31

Penn State at Illinois, 5 p.m.

Minnesota hosts Ohio State, 7 p.m.

Michigan hosts Nebraska, 3 p.m.

Rutgers hosts Michigan State, 4 p.m.

All Times Eastern

BIG TEN WEEKLY AWARDS:

Jan. 12

G: Nicole Artz, Michigan & Lindsay Mable, Minnesota

E: Talia Chiarelli, Michigan

F: Brianna Brown, Michigan & Brianna Tsang, Penn State

Jan. 19

G: Hollie Blanske, Nebraska

E: Sunny Kato, Illinois

F: Brianna Brown, Michigan

Jan. 26

G: Lindsay Mable, Minnesota

E: Ashley Lambert, Nebraska

F: Briannah Tsang, Penn State

G - Gymnast; E - Event Specialist; F - Freshman



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2014

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SIBSON VAULTS INTO RECORD BOOKS

Emma Sibson didn't know when or how her freshman season would start after an offseason injury in 2014, but she made an immediate impact in the season opener at Iowa State.

She competed on the vault in all 14 of the team's competitions and topped the 9.850 mark in seven of those meets. Over the final month, Sibson found her footing – literally – sticking vaults in five of the last eight competitions.

At the Big Ten Championships, the rookie boasted a score of 9.900 to tie for fifth on the event and tie for the team's highest score with Krystal Welsh. She duplicated that score a week later to tie for third at the NCAA Regional.

In the Nittany Lions meet at New Hampshire with Bridgeport and George Washington, she stuck her vault and collected new personal-best of 9.975. That score was tied for third highest in the Big Ten in 2014 and trailed only a perfect 10.000 from Illinois' Amber See and Minnesota's Lindsay Mable.

Her 9.975 is tied for fifth on Penn State's all-time list, while her 9.950 against No. 10 Nebraska on Feb. 8 is tied for ninth all-time. Only Brandi Personett and Katie Rowland have better scores on the vault for the Nittany Lions, each collecting a perfect 10.0 twice in their careers.

THOMPSON IN ELITE COMPANY

Head coach Jeff Thompson headed back to the NCAA Championships for the second time as a head coach and his first as the leader of the Nittany Lions in 2014.

Thompson's first appearance at the national meet came with Auburn in 2003 and he led the Nittany Lions back to the national summit for the first time since the program went in 2009.

He is just the third head coach in NCAA history to navigate two different programs to the NCAA Championships, joining K.J. Kindler (Iowa State & Oklahoma) and Judi Markell (Penn State and Florida).

Thompson took Auburn to the championships during his fourth season at the helm of the program. The Tigers finished 12th at the 2003 NCAA Championships, posting a team score of 193.525.

The Highland Heights, Ky., native guided Penn State to their 17th appearance at the NCAA Championships in his fourth year, as well. The Blue and White finished 12th with a team score of 194.825.

Kindler and Thompson are still active head coaches and both led their respective teams, Oklahoma & Penn State, to the Championships last season.

EVENT LEADERS**MEET-BY-MEET TEAM LEADERS**

Includes Ties

	V	UB	BB	FX	AA
Lauren Li	1	-	-	1	-
S. Sanabria-Robles	-	2	-	-	1
Emma Sibson	-	-	-	1	-
Briannah Tsang	2	1	3	1	2
Krystal Welsh	-	1	1	-	-

EVENT WINNERS**INDIVIDUAL EVENT TITLES****Briannah Tsang****All-Around (2)**

1/10 Cornell, New Hampshire & Rutgers	39.225
1/24 Maryland	39.550

Vault (1)

1/10 Cornell, New Hampshire & Rutgers	9.850
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Uneven Bars (1)

1/17 at No. 8 Nebraska	*9.850
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Balance Beam (2)

1/10 Cornell, New Hampshire & Rutgers	*9.800
1/24 Maryland	9.950

Floor Exercise (1)

1/24 Maryland	9.875
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Sidney Sanabria-Robles**Uneven Bars (2)**

1/10 Cornell, New Hampshire & Rutgers	9.800
1/17 at No. 8 Nebraska	*9.850

Krystal Welsh**Uneven Bars (1)**

1/24 Maryland	9.900
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Balance Beam (1)

1/10 Cornell, New Hampshire & Rutgers	*9.800
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Lauren Li**Vault (1)**

1/24 Maryland	9.875
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Floor Exercise (1)

1/10 Cornell, New Hampshire & Rutgers	*9.800
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* - Shared event title

CAREER INDIVIDUAL EVENT TITLES**Gymnast****2015****Career****Krystal Welsh**

Vault	--	1
Uneven Bars	1	4
Balance Beam	1	1
Floor Exercise	--	3

Sidney Sanabria-Robles

Vault	--	3
Uneven Bars	2	2
Floor Exercise	--	1
All-Around	--	1

Emma Sibson

Vault	--	4
	--	4

Briannah Tsang

Vault	1	1
Uneven Bars	1	1
Balance Beam	2	2
Floor Exercise	1	1
All-Around	2	2

Lexi Carroll

Floor Exercise	--	2
	--	2

Lauren Li

Vault	1	1
Floor Exercise	1	1

Nicole Medvitz

Uneven Bars	--	1
Balance Beam	--	1

TEAM EVENT TITLES**Vault****(2)**

1/10 Cornell, New Hampshire & Rutgers	48.900
1/24 Maryland	49.150

Uneven Bars**(3)**

1/10 Cornell, New Hampshire & Rutgers	49.000
1/17 at No. 8 Nebraska	49.025
1/24 Maryland	49.100

Balance Beam**(2)**

1/10 Cornell, New Hampshire & Rutgers	49.000
1/24 Maryland	49.150

Floor Exercise**(2)**

1/10 Cornell, New Hampshire & Rutgers	48.800
1/24 Maryland	49.150



RICHARDS, MOLINARO JOIN STAFF

Head coach Jeff Thompson added a pair of experienced and talented members to his coaching staff this offseason in Jeff Richards and Kera Molinaro.

Richards has over 25 years of collegiate coaching experience across Divisions I, II and III. Most recently he served as an assistant coach at George Washington University in 2014. Prior to joining the staff at GWU, he served as the head women's gymnastics coach at Utah State University from 2009-13. Richards is familiar with Big Ten gymnastics, as well, spending four seasons at the University of Iowa.

He spent five seasons at the helm of the Aggies program and was named the 2011 NCAA Division I National Association of Collegiate Gymnastics Coaches North Central Region Co-Head Coach of the Year. His stay in Logan, Utah included 19 student-athletes advancing to the NCAA Regionals and 22 Academic All-WAC picks.

Molinaro enters her 10th season involved with collegiate gymnastics, which includes two years as the volunteer assistant coach at her alma mater, Oregon State, and three seasons on the coaching staff at Rutgers. She competed for the Beavers from 2006-09 and helped them to four consecutive appearances at the NCAA Championships.

A native of Lake Oswego, Ore., Molinaro ventured to the east coast and spent the last three seasons as an assistant coach at Rutgers. She had an immediate impact on the Scarlet Knights' program, helping them earn a berth at the 2014 NCAA Regional Championships. The NCAA Regional appearance was the programs' first since 2007.

THREE ADDED IN EARLY SIGNING PERIOD

Sabrina Garcia, Mason Hosek and Jessica Jones each signed a National Letters of Intent to attend Penn State University and participate in women's gymnastics starting in the 2015-16 academic year.

Garcia, who trains at Prestige Gymnastics in Lancaster, Pennsylvania, is coached by Tony and Jen Fatta and was the 2014 Pennsylvania Level 10 state champion on uneven bars and balance beam as well as finishing fourth vault and third in the all-around. She went on to compete in the USA Junior Olympic National Championships where she finished second in the nation on uneven bars and 19th in the all-around.

Hosek currently trains at Capital Gymnastics in Austin, Texas, and is coached by Barry Hyder. In 2013, Hosek claimed the national championship on both balance beam and floor exercise at the USA Gymnastics Junior Olympic National Championships. During that same season, she won balance beam at the Region Three Championships after earning the title of Texas State All-Around Champion. In 2012, she had top-six finishes at the Region Three Championship on both vault and floor exercise, along with a sixth place showing in the All-Around. Hosek followed that with a seventh place finish in the all-around at the Junior Olympic National Championships. Hosek did not compete in 2014 due to injury.

Jones, who trains at Youngstown Gymnastics Center in Youngstown, Ohio, is coached by Sandy Sabo and Chad Cleland and comes to Penn State with a superb gymnastics background. In 2014, Jones finished seventh in the nation on balance beam at the Junior Olympic National Championships. She was also named the Ohio State Vault Champion in 2012, as well as the national champion on vault at the National Invitational Tournament in 2010 followed by a runner-up finish in 2011.

NATIONAL NITS**TEAM RANKINGS****Team Score**

9.	Penn State	195.750
	<i>Season High Score</i>	196.550

Vault

12.	Penn State	49.108
	<i>Season High Score</i>	49.275

Uneven Bars

10.	Penn State	49.042
	<i>Season High Score</i>	49.100

Balance Beam

21.	Penn State	48.700
	<i>Season High Score</i>	49.150

Floor Exercise

14.	Penn State	48.900
	<i>Season High Score</i>	49.150

INDIVIDUAL RANKINGS (Top 75)**Vault**

T23.	Briannah Tsang	9.875
	<i>Season High Score</i>	9.950
T61.	Sidney Sanabria-Robles	9.842
	<i>Season High Score</i>	9.900
T69.	Lauren Li	9.833
	<i>Season High Score</i>	9.875

Uneven Bars

T31.	Sidney Sanabria-Robles	9.842
	<i>Season High Score</i>	9.850
T37.	Briannah Tsang	9.822
	<i>Season High Score</i>	9.850
T37.	Krystal Welsh	9.833
	<i>Season High Score</i>	9.900

Balance Beam

7.	Briannah Tsang	9.883
	<i>Season High Score</i>	9.950
T43.	Krystal Welsh	9.808
	<i>Season High Score</i>	9.850

Floor Exercise

24.	Emma Sibson	9.862
	<i>Season High Score</i>	9.900

All-Around

9.	Briannah Tsang	39.358
	<i>Season High Score</i>	39.500
T26.	Krystal Welsh	39.167
	<i>Season High Score</i>	39.325
39.	Sidney Sanabria-Robles	39.042
	<i>Season High Score</i>	39.425



MEET RESULTS

<p>host Cornell, UNH & Rutgers January 10, 2015 Recreation Building University Park, Pa. Attendance: 1,275</p> <p>No. 16 Penn State 194,675 New Hampshire 193,450 Rutgers 191,825 Cornell 186,725</p> <p>VAULT 48,900 L 9,750 Timothy 9,725 Welsh 9,725 Sanabria-Robles 9,775 Sibson 9,800 Tsang 9,850</p> <p>UNEVEN BARS 49,000 Carroll 9,725 L 9,775 Witt 9,750 Tsang 9,800 Sanabria-Robles 9,850 Welsh 9,825</p> <p>BALANCE BEAM 47,975 L 9,550 Medvitz 9,075 Carroll 9,750 Tsang 9,800 Welsh 9,800 Sanabria-Robles 9,025</p> <p>FLOOR EXERCISE 48,600 L 9,800 Carroll 9,775 Timothy 9,600 Sanabria-Robles 9,700 Tsang 9,775 Welsh 9,750</p> <p>ALL-AROUND Tsang 39,225 Welsh 39,100 L 38,875 Sanabria-Robles 38,350</p> <p>Rotation Order: V, UB, BB, FX</p>	<p>at No. 8 Nebraska January 17, 2015 Devaney Center Lincoln, Neb. Attendance: 1,212</p> <p>No. 15 Penn State 196,025</p> <p>VAULT 49,275 L 9,875 Timothy 9,725 Welsh 9,750 Sanabria-Robles 9,900 Sibson 9,800 Tsang 9,950</p> <p>UNEVEN BARS 49,025 Carroll 9,628 L 9,750 Witt 9,800 Tsang 9,850 Sanabria-Robles 9,850 Welsh 9,775</p> <p>BALANCE BEAM 48,975 L 9,100 Sibson 9,750 Carroll 9,625 Tsang 9,900 Welsh 9,850 Sanabria-Robles 9,850</p> <p>FLOOR EXERCISE 48,750 L 9,625 Sanabria-Robles 9,825 Timothy 9,675 Sibson 9,900 Tsang 9,650 Welsh 9,700</p> <p>ALL-AROUND Sanabria-Robles 39,425 Tsang 39,350 Welsh 39,075 L 38,350</p> <p>Rotation Order: UB, V, FX, BB</p>	<p>host Maryland January 24, 2015 Recreation Building University Park, Pa. Attendance: 2,385</p> <p>No. 12 Penn State 196,550 Maryland 194,450</p> <p>VAULT 49,150 L 9,875 Timothy 9,800 Welsh 9,800 Sanabria-Robles 9,850 Sibson 9,725 Tsang 9,825</p> <p>UNEVEN BARS 49,100 Carroll 9,725 L 9,675 Witt 9,800 Tsang 9,850 Sanabria-Robles 9,825 Welsh 9,900</p> <p>BALANCE BEAM 49,150 L 9,175 Sibson 9,700 Medvitz 9,850 Tsang 9,950 Welsh 9,775 Sanabria-Robles 9,875</p> <p>FLOOR EXERCISE 49,150 L 9,800 Sanabria-Robles 9,800 Timothy 9,800 Sibson 9,825 Tsang 9,875 Welsh 9,850</p> <p>ALL-AROUND Tsang 39,500 Sanabria-Robles 39,350 Welsh 39,325 L 38,525</p> <p>Rotation Order: V, UB, BB, FX</p>				
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TV/MEDIA ROSTER



Lexi Carroll
Sr. § 5-3 § All-Around
Olney, Md.



Lauren Li
Fr. § 5-4 § All-Around
Plano, Texas

*Pronunciation:
Lauren Lee*



Nicole Medvitz
So. § 5-1 § All-Around
Paramus, N.J.



Christina Postiglione
So. § 5-0 § All-Around
Selden, N.Y.

*Pronunciation:
Christina Poe-stig-lee-own*



Chanan Raygoza
Fr. § 5-6 § All-Around
Upland, Calif.

*Pronunciation:
Shannon Ray-go-zuh*



Sidney Sanabria-Robles
Sr. § 5-1 § All-Around
Caguas, Puerto Rico

*Pronunciation:
Suh-na-bree-uh-Row-bliss*

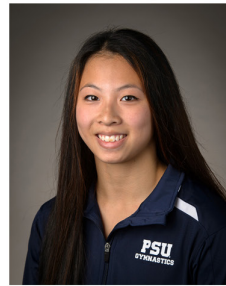


Emma Sibson
So. § 5-1 § All-Around
Allen, Texas



Oni Timothy
Fr. § 4-11 § All-Around
Rochester, N.Y.

*Pronunciation:
Own-E Timothy*



Briannah Tsang
Fr. § 5-0 § All-Around
Vancouver, British Columbia

*Pronunciation:
Bree-awn-uh Sang*



Krystal Welsh
Sr. § 5-7 § All-Around
Bowie, Md.



Alex Witt - Jr.
Sr. § 5-4 § V, UB
Odessa, Fla.



Jeff Thompson
Head Coach
Fifth Season



Rachelle Thompson
Associate Head Coach
Fifth Season

*Pronunciation:
Ruh-shell Thompson*



Jeff Richards
Assistant Coach
First Season



Kera Molinaro
Volunteer Assistant Coach
First Season

*Pronunciation:
Kara Mullin-air-o*



Taylor Alotta
Undergraduate Assistant Coach
First Season

*Pronunciation:
Taylor Uh-lotta*



INDIVIDUAL SCHOOL RECORDS

VAULT

1.	10.00	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	1/17/2015
		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	2/1/2011
		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.	9.975	Natalie Ettl	2/18/2011
		Katie Perret	3/16/2007
3.	9.950	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

BALANCE BEAM

1.	10.00	Katie Rowland	3/14/2003
		Nikki Smith	3/18/2000
		Missy Leopoldus	2/19/1999
		Missy Leopoldus	1/30/1999
5.	9.975	Meredith Hoover	2/25/2006
		Richelle Simpson	2/17/2001
		Maria Taylor	2/17/2001
		Nikki Smith	1/22/2000
9.	9.950	Briannah Tsang	1/24/15
		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

FLOOR EXERCISE

1.	10.00	Ellen Casey	2/19/1999
2.	9.975	Katie Rowland	3/14/2003
		Ellen Casey	1999
		Gemma Cuff	2/23/2001
5.	9.950	Sharaya Musser	3/17/2012
		Sharaya Musser	3/4/2011
		Sharaya Musser	2/18/2011
		Brandi Personett	3/27/2010
		Brandi Personett	3/20/2010
		Brandi Personett	2/20/2010
		Brandi Personett	3/21/2009
		Brandi Personett	3/8/2009
		Brandi Personett	3/1/2009
		Brandi Personett	3/1/2008
		Brandi Personett	2/24/2007
		Kate Stopper	2/6/2004
		Katie Rowland	4/12/2003
		Katie Rowland	3/1/2003
		Katie Rowland	2/16/2003
		Katie Rowland	2/1/2003
		Katie Rowland	3/16/2002
		Katie Rowland	2/23/2001
		Katie Rowland	2/3/2001
		Leslie Bair	2/23/2001
		Richelle Simpson	2/23/2001
		Heather Duggan	2/19/2000
		Missy Leopoldus	3/14/1998
		Ellen Casey	1999
		Ellen Casey	2/28/1998
		Ellen Casey	3/16/1997

ALL-AROUND

1.	39.775	Katie Rowland	3/14/2003
2.	39.725	Sharaya Musser	3/4/2011
		Katie Rowland	3/9/2002
4.	39.700	Brandi Personett	2/20/2010
5.	39.675	Katie Rowland	2/16/2003
6.	39.650	Sharaya Musser	3/16/2013
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/2/2012
		Katie Rowland	2/23/2001
		Katie Rowland	2/17/2001
11.	39.625	Katie Rowland	3/29/2003
		Katie Rowland	3/8/2003
		Katie Rowland	3/1/2003
		Missy Leopoldus	1/17/1998
15.	39.600	Sharaya Musser	3/7/2010
		Brandi Personett	2/13/2010
		Brandi Personett	2/6/2010
		Brandi Personett	3/1/2009
		Katie Rowland	3/16/2002
		Gemma Cuff	3/28/1998

NOTES: Listed alphabetically based on most recent performance.

TEAM SCHOOL RECORDS

VAULT

1.	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
4.	49.475	Kentucky	3/16/2013
	49.475	at West Virginia w/ Ball State	2/13/2005
6.	49.450	at N.H. w/Bridgeport, G. Wash.	3/8/2014
7.	49.425	Nebraska, Rutgers, Yale	2/10/2006
8.	49.400	at Pittsburgh	2/13/2010
9.	49.375	Nebraska	3/20/2010
10.	49.350	Florida, Temple, Yale	3/14/2003

UNEVEN BARS

1.	49.500	Massachusetts	2/23/2001
2.	49.425	Nebraska	3/1/2003
3.	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
5.	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	at N.H. w/Bridgeport, G. Wash.	3/8/2014
	49.375	at Pittsburgh	2/28/2004
	49.375	Pennsylvania Championships	2/28/1997
7.	49.350	Maryland, Michigan, Bridgeport	3/7/2010
	49.350	at Illinois	1/13/2001
9.	49.300	Kentucky	3/16/2013
	49.300	Massachusetts	2/23/2001

FLOOR EXERCISE

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

TEAM

1.	197.450	Massachusetts	2/23/2001
2.	197.325	Kentucky	3/16/2013
3.	197.200	at N.H. w/Bridgeport, G. Wash.	3/8/2014
4.	197.075	Maryland, North Carolina State	3/4/2011
5.	197.025	Alabama	2/19/1999
6.	196.975	New Hampshire, Penn, Temple	3/9/2013
7.	196.875	Pittsburgh	2/3/2001
8.	196.825	at Arizona w/Kentucky, TWU	3/16/2007
9.	196.775	at Rhode Island	2/17/2001
10.	196.750	Florida	1/30/1999



TOP PERFORMERS

Vault		(Rowland/Personett, 10.00)		Balance Beam		(Rowland/Smith, 10.00)		All Around		(Rowland, 39.775)	
Briannah Tsang	9.950	1/17/15	Briannah Tsang	9.950	1/24/15	Briannah Tsang	39.500	1/24/15	Sidney Sanabria-Robles	39.425	1/17/15
Sidney Sanabria-Robles	9.900	1/17/15	Sydney Sanabria-Robles	9.875	1/24/15	Sidney Sanabria-Robles	39.325	1/24/15	Krystal Welsh	38.875	1/10/15
Lauren Li	9.875	1/24/15	Krystal Welsh	9.850	1/17/15	Krystal Welsh			Lauren Li		
Emma Sibson	9.800	1/17/15	Nicole Medvitz	9.850	1/24/15						
Oni Timothy	9.800	1/24/15	Christina Postiglione	^ 9.775	1/24/15						
Uneven Bars		(Perret/Ettl, 9.975)		Floor Exercise		(Ellen Casey, 10.00)					
Krystal Welsh	9.900	1/24/15	Emma Sibson	9.900	1/17/15	Briannah Tsang	9.875	1/24/15			
Sidney Sanabria-Robles	9.850	1/17/15	Briannah Tsang	9.875	1/24/15	Sidney Sanabria-Robles	9.825	1/17/15			
Briannah Tsang	9.850	1/24/15	Sidney Sanabria-Robles	9.825	1/17/15	Krystal Welsh	9.850	1/24/15			
Alex Witt	9.800	1/24/15	Krystal Welsh	9.850	1/24/15	Oni Timothy	9.800	1/24/15			
Lauren Li	9.775	1/10/15	Oni Timothy	9.800	1/24/15	Lauren Li	9.800	1/24/15			
			Lauren Li	9.800	1/24/15						

TOP TEAM PERFORMANCES

Vault		(2003, 04, 10, 49.500)		Balance Beam		(2001, 49.650)		Team Score		(2001, 197.450)	
at Nebraska	49.275	1/17/15	vs. Maryland	49.150	1/24/15	vs. Maryland	196.550	1/24/15	at Nebraska	196.025	1/17/15
vs. Maryland	49.150	1/24/15	at Nebraska	48.975	1/17/15	at Nebraska	194.675	1/10/15	Cornell, UNH & Rutgers	194.675	1/10/15
Cornell, UNH & Rutgers	48.900	1/10/15	Cornell, UNH & Rutgers	47.975	1/10/15						
Uneven Bars		(2001, 49.500)		Floor Exercise		(2001, 49.725)					
vs. Maryland	49.100	1/24/15	vs. Maryland	49.150	1/24/15	Cornell, UNH & Rutgers	48.800	1/10/15			
at Nebraska	49.025	1/17/15	Cornell, UNH & Rutgers	48.800	1/10/15	at Nebraska	48.750	1/17/15			
Cornell, UNH & Rutgers	49.000	1/10/15	at Nebraska	48.750	1/17/15						

SCHEDULE & RESULTS

Date	Opponent	Time/Result	Record
JAN. 10	CORNELL, NEW HAMPSHIRE & RUTGERS	1st of 4 (194.675 pts)	3-0
Jan. 17	at No. 8 Nebraska *	L, 196.025-197.125	3-1
JAN. 24	MARYLAND *	W, 196.550-194.450	4-1
Jan. 31	at Illinois *	5 p.m.	
FEB. 7	MICHIGAN STATE *	4 p.m.	
FEB. 14	OHIO STATE *	4 p.m.	
Feb. 21	at Pittsburgh	1 p.m.	
FEB. 28	IOWA STATE, PENN & SUNY-BROCKPORT	4 p.m.	
March 8	at West Virginia	2 p.m.	
March 14	at Minnesota w/ Iowa, Michigan & Rutgers *	5 p.m.	
March 21	Big Ten Championships	11:30 a.m./4:30 p.m.	
April 4	vs. NCAA Regional Championships	TBA	
April 17	vs. NCAA Championships	TBA	

HOME MEETS IN BOLD CAPS | All Times Eastern | * - Big Ten Competition | Rankings From GymInfo



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MEET BY MEET

Date	Event Order	V	UB	BB	FX	TEAM
CORNELL, NEW HAMPSHIRE & RUTGERS (1/10)	V, UB, BB, FX	48.900	49.000	47.950	48.800	194.675
at No. 8 Nebraska * (1/17)	UB, V, FX, BB	49.275	49.025	48.975	48.750	196.025
MARYLAND * (1/24)	V, UB, BB, FX	49.150	49.100	49.150	49.150	196.650
at Illinois * (1/31)						
MICHIGAN STATE * (2/7)						
OHIO STATE * (2/14)						
at Pittsburgh (2/21)						
IOWA STATE, PENN & SUNY-BROCKPORT (2/28)						
at West Virginia (3/8)						
at Minnesota w/ Iowa, Michigan & Rutgers * (3/14)						
Big Ten Championships (3/21)						
NCAA Regional Championships (4/4)						
NCAA Championships (4/17)						

SEASON HIGH IN BOLD

TOP PERFORMANCES

Vault (Rowland/Personett, 10.00)				Balance Beam (Rowland/Smith, 10.00)				All Around (Rowland, 39.775)			
1.	Briannah Tsang	9.950	1/17/15	1.	Briannah Tsang	9.950	1/24/15	1.	Briannah Tsang	39.500	1/24/15
2.	Sidney Sanabria-Robles	9.900	1/17/15	2.	Briannah Tsang	9.900	1/17/15	2.	Sidney Sanabria-Robles	39.425	1/17/15
3.	Lauren Li	9.875	1/17/15	3.	Sidney Sanabria-Robles	9.875	1/24/15	3.	Briannah Tsang	39.350	1/17/15
	Lauren Li	9.875	1/24/15	4.	Sidney Sanabria-Robles	9.850	1/17/15		Sidney Sanabria-Robles	39.350	1/24/15
5.	Briannah Tsang	9.850	1/10/15		Krystal Welsh	9.850	1/17/15	5.	Krystal Welsh	39.325	1/24/15
	Sydney Sanabria-Robles	9.850	1/24/15		Nicole Medvitz	9.850	1/24/15	6.	Briannah Tsang	39.225	1/10/15
7.	Briannah Tsang	9.825	1/24/15	7.	Briannah Tsang	9.800	1/10/15	7.	Krystal Welsh	39.100	1/10/15
8.	Emma Sibson	9.800	1/10/15		Krystal Welsh	9.800	1/10/15	8.	Krystal Welsh	39.075	1/17/15
	Emma Sibson	9.800	1/17/15	9.	Krystal Welsh	9.775	1/24/15	9.	Lauren Li	38.875	1/10/15
	Oni Timothy	9.800	1/24/15	10.	Lexi Carroll	9.750	1/10/15	10.	Lauren Li	38.525	1/24/15
	Krystal Welsh	9.800	1/24/15		Emma Sibson	9.750	1/17/15	11.	Sidney Sanabria-Robles	38.350	1/10/15
12.	Sidney Sanabria-Robles	9.775	1/10/15	12.	Emma Sibson	9.725 ^	1/10/15		Lauren Li	38.350	1/17/15
13.	Lauren Li	9.750	1/10/15	13.	Emma Sibson	9.700	1/24/15				
	Krystal Welsh	9.750	1/17/15	14.	Lexi Carroll	9.625	1/17/15				
15.	Oni Timothy	9.725	1/17/15	15.	Lauren Li	9.550	1/10/15				
	Oni Timothy	9.725	1/10/15								
	Krystal Welsh	9.725	1/10/15								
	Emma Sibson	9.725	1/24/15								
Uneven Bars (Perret/Ettl, 9.975)				Floor Exercise (Ellen Casey, 10.00)							
1.	Krystal Welsh	9.900	1/24/15	1.	Emma Sibson	9.900	1/17/15				
2.	Sidney Sanabria-Robles	9.850	1/10/15	2.	Briannah Tsang	9.875	1/24/15				
	Sidney Sanabria-Robles	9.850	1/17/15	3.	Krystal Welsh	9.850	1/24/15				
	Briannah Tsang	9.850	1/17/15	4.	Sidney Sanabria-Robles	9.825	1/17/15				
	Briannah Tsang	9.850	1/24/15		Emma Sibson	9.825	1/24/15				
6.	Krystal Welsh	9.825	1/10/15	6.	Lauren Li	9.800	1/10/15				
	Sidney Sanabria-Robles	9.825	1/24/15		Lauren Li	9.800	1/24/15				
8.	Briannah Tsang	9.800	1/10/15		Sidney Sanabria-Robles	9.800	1/24/15				
	Alex Witt	9.800	1/17/15		Oni Timothy	9.800	1/24/15				
	Alex Witt	9.800	1/24/15	10.	Christina Postiglione	9.775	1/17/15				
11.	Lauren Li	9.775	1/10/15		Lexi Carroll	9.775	1/10/15				
	Krystal Welsh	9.775	1/17/15		Briannah Tsang	9.775	1/10/15				
13.	Alex Witt	9.750	1/10/15	13.	Krystal Welsh	9.750	1/10/15				
	Lauren Li	9.750	1/17/15	14.	Sidney Sanabria-Robles	9.700	1/10/15				
15.	Christina Postiglione	9.725 ^	1/17/15		Krystal Welsh	9.700	1/17/15				
	Lexi Carroll	9.725	1/10/15								
	Lexi Carroll	9.725	1/24/15								



GYMNAST MEET-BY-MEET

Lexi Carroll Sr.	Sidney Sanabria-Robles Sr.	Oni Timothy Fr.
All-Around (38.850, 1/26/13) <i>Has Not Competed in 2015</i>	All Around (39.425, 1/17/15) at Nebraska (1/17) 39.425 (2) Maryland (1/24) 39.350 (2) Cornell, UNH & Rutgers (1/10) 38.350	Vault (9.800, 1/24/15) Maryland (1/24) 9.800 at Nebraska (1/17) 9.725 Cornell, UNH & Rutgers (1/10) 9.725
Vault (9.875, 3/2/13) <i>Has Not Competed in 2015</i>	Vault (9.900, 1/17/15) at Nebraska (1/17) 9.900 Maryland (1/24) 9.850 (T2) Cornell, UNH & Rutgers (1/10) 9.775	Floor Exercise (9.800, 1/24/15) Maryland (1/24) 9.800 at Nebraska (1/17) 9.675 Cornell, UNH & Rutgers (1/10) 9.600
Uneven Bars (9.775, 1/19/13) Maryland (1/24) 9.725 Cornell, UNH & Rutgers (1/10) 9.725 at Nebraska (1/17) 9.625	Uneven Bars (9.875, 3/22/14) at Nebraska (1/17) 9.850 (T1) Cornell, UNH & Rutgers (1/10) 9.850 (1) Maryland (1/24) 9.825 (T3)	Briannah Tsang Fr.
Balance Beam (9.850, 3/16/13) Cornell, UNH & Rutgers (1/10) 9.750 at Nebraska (1/17) 9.625	Balance Beam (9.875, 1/24/15) Maryland (1/24) 9.875 (2) at Nebraska (1/17) 9.850 (T3) Cornell, UNH & Rutgers (1/10) 9.025	All-Around (39.500, 1/24/15) Maryland (1/24) 39.500 (1) at Nebraska (1/17) 39.350 (4) Cornell, UNH & Rutgers (1/10) 39.225 (1)
Floor Exercise (9.925, 3/9/13) Maryland (1/24) 9.775 ^ Cornell, UNH & Rutgers (1/10) 9.775 (T3)	Floor Exercise (9.900, 4/5/14) at Nebraska (1/17) 9.825 Maryland (1/24) 9.800 Cornell, UNH & Rutgers (1/10) 9.700	Vault (9.950, 1/17/15) at Nebraska (1/17) 9.950 (T3) Cornell, UNH & Rutgers (1/10) 9.850 (1) Maryland (1/24) 9.825
Lauren Li Fr.	Emma Sibson So.	Uneven Bars (9.850, 1/17/15) Maryland (1/24) 9.850 (2) at Nebraska (1/17) 9.850 (T1) Cornell, UNH & Rutgers (1/10) 9.825 (3)
All-Around (38.875, 1/10/15) Cornell, UNH & Rutgers (1/10) 38.875 (3) Maryland (1/24) 38.525 (4) at Nebraska (1/17) 38.350	Vault (9.975, 3/8/14) at Nebraska (1/17) 9.800 Cornell, UNH & Rutgers (1/10) 9.800 (T2) Maryland (1/24) 9.725	Balance Beam (9.950, 1/24/15) Maryland (1/24) 9.950 (1) at Nebraska (1/17) 9.900 (2) Cornell, UNH & Rutgers (1/10) 9.800 (T1)
Vault (9.875, 1/17/15) Maryland (1/24) 9.875 (1) at Nebraska (1/17) 9.875 Cornell, UNH & Rutgers (1/10) 9.750	Uneven Bars (9.700 ^, 1/10/15) Cornell, UNH & Rutgers (1/10) 9.700 ^	Floor Exercise (9.875, 1/24/15) Maryland (1/24) 9.875 (1) Cornell, UNH & Rutgers (1/10) 9.775 (T3) at Nebraska (1/17) 9.650
Uneven Bars (9.775, 1/10/15) Cornell, UNH & Rutgers (1/10) 9.775 at Nebraska (1/17) 9.750 Maryland (1/24) 9.675	Balance Beam (9.825, 4/5/14) at Nebraska (1/17) 9.750 Cornell, UNH & Rutgers (1/10) 9.725 ^ Maryland (1/24) 9.700	Krystal Welsh Sr.
Balance Beam (9.550, 1/10/15) Cornell, UNH & Rutgers (1/10) 9.550 Maryland (1/24) 9.175 at Nebraska (1/17) 9.100	Floor Exercise (9.900, 1/17/15) at Nebraska (1/17) 9.900 (2) Maryland (1/24) 9.825 (3) Cornell, UNH & Rutgers (1/10) 9.650 ^	All Around (39.500, 3/22/14) Maryland (1/24) 39.325 (3) Cornell, UNH & Rutgers (1/10) 39.100 (2) at Nebraska (1/17) 39.075
Floor Exercise (9.800, 1/10/15) Cornell, UNH & Rutgers (1/10) 9.800 (T1) Maryland (1/24) 9.800 at Nebraska (1/17) 9.625		Vault (9.900, 3/22/14) Maryland (1/24) 9.800 at Nebraska (1/17) 9.750 Cornell, UNH & Rutgers (1/10) 9.725
Nicole Medvitz So.		Uneven Bars (9.900, 1/24/15) Maryland (1/24) 9.900 (1) Cornell, UNH & Rutgers (1/10) 9.825 (2) at Nebraska (1/17) 9.775
Uneven Bars (9.850, 3/22/14) <i>Has Not Competed in 2015</i>		Balance Beam (9.850, 1/17/15) at Nebraska (1/17) 9.850 (T3) Cornell, UNH & Rutgers (1/10) 9.800 (T1) Maryland (1/24) 9.775
Balance Beam (9.875, 3/22/14) Maryland (1/24) 9.850 (T3) Cornell, UNH & Rutgers (1/10) 9.075		Floor Exercise (9.925, 1/18/14) Maryland (1/24) 9.850 (2) Cornell, UNH & Rutgers (1/10) 9.750 at Nebraska (1/17) 9.700
Christina Postiglione So.		
Uneven Bars (9.725 ^, 1/17/15) at Nebraska (1/17) 9.725 ^		
Balance Beam (9.775 ^, 1/24/15) Maryland (1/24) 9.775 ^ at Nebraska (1/17) 9.250 ^		
Floor Exercise (9.775 ^, 1/17/15) at Nebraska (1/17) 9.775 ^		
Chanen Raygoza Fr.		
Uneven Bars (9.725 ^, 1/24/15) Maryland (1/24) 9.725 ^		



<p>Alex Witt Sr.</p> <p>Vault (9.800, 3/2/12)</p> <p><i>Did Not Competed in 2015</i></p> <p>Uneven Bars (9.875, 2/28/14)</p> <p>Maryland (1/24) 9.800</p> <p>at Nebraska (1/17) 9.800</p> <p>Cornell, UNH & Rutgers (1/10) 9.750</p>		
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LEXI CARROLL **SENIOR**
 All-Around Olney, Md. Hills Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/3	3/3	2/3	1/3	--/3
2014	--/14	--/14	1/14	1/14	--/14
2013	12/13	5/13	12/13	13/13	4/13
2012	9/13	--/13	--/13	7/13	--/13
Career	21/43	8/43	15/43	22/43	4/43

2015 Averages

Vault	--
Season Best	--
Uneven Bars	9.692
Season Best	9.725
Balance Beam	9.688
Season Best	9.750
Floor Exercise	9.775
Season Best	9.775
All-Around	--
Season Best	--

2015 (Senior Year)

Has competed in all three of the team's meets... Has competed on the uneven bars, balance beam and floor exercise...Competed on three events in the season opener vs. Cornell, New Hampshire and Rutgers (1/10) after missing most of 2014 due to injury...Placed third on the floor exercise at 9.775 in the season opener.

2014 (Junior Year)

Competed one of the team's 14 meets...Also contributed exhibition performances in two meets... Missed 11 meets due to two separate injuries...Did not compete in the team's first six meets due to a finger injury and missed the final five meets with an Achilles injury...Competed on the balance beam and floor exercise...Returned from a finger injury to post an exhibition score of 9.800 on the balance beam and 9.500 on the floor exercise vs. Illinois (2/15)...Scored 9.750 in an exhibition performance on the floor exercise at Rutgers with Temple and Ursinus (2/22)... Returned to the balance beam and floor exercise lineups against Bridgeport, Western Michigan & Yale (2/28), scoring 9.750 on both events...Suffered an Achilles injury at New Hampshire on March 8.

2013 (Sophomore Year)

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Competed on vault, uneven bars, balance beam and floor exercise... Also competed in the all-around...Led the team on the floor exercise...Ranked tied for third on vault, tied for fourth on the balance beam and fifth on the team in the all-around...Scored for 9.850 on the floor exercise to finish tied for ninth at the NCAA Regional Championships (4/6)...Also competed on the balance beam (9.600) and vault (9.800) at the NCAA Regional Championships (4/6)...At the Big Ten Championships (3/23), competed on vault (9.750), balance beam (9.550) and floor exercise (9.850)...Posted a career-best score of 38.850 in the all-around vs. Iowa, Pitt and Rutgers (1/26)...Also competed in the all-around in a tri-meet at Denver with Lindenwood (38.525; 1/5), at Michigan (38.350; 2/16) and at UIC (37.950; 1/12)...Posted a career-best effort on vault with a score of 9.875 at Illinois (3/2) and in a tri-meet at Denver with Lindenwood (1/5)...Notched a career-

best score of 9.775 vs. Minnesota, Towson and Kent State (1/19) on the uneven bars...Posted a career-best tally of 9.850 on the balance beam vs. Kentucky (3/16)...Also scored 9.800 on the balance beam at Michigan (2/16)...Won the floor exercise twice during the season; posting a career-best score of 9.925 vs. New Hampshire, Temple and Penn (3/9) and a tally of 9.875 vs. Michigan State (2/23)...Also scored 9.875 on the floor exercise vs. Kentucky (3/16) and at Illinois (3/2).

2012 (Freshman Year)

Competed in eight of the team's 12 meets and at the NCAA Regional Championships...Competed on vault and floor exercise...Notched a season-best 9.850 on vault and scored 9.750 on the floor exercise at the NCAA Regional (4/7)...Competed on vault (9.775) and the floor exercise (9.725) at the Big Ten Championships (3/24)...Scored a 9.825 on vault vs. North Carolina State, George Washington and William & Mary (2/11)...Also posted a score of 9.800 on vault twice; in a tri-meet with Michigan and North Carolina (3/2) and vs. SUNY-Brockport (2/18)...Owned a season-best mark of 9.850 on the floor exercise at Pittsburgh (3/11)...Scored 9.800 on the floor exercise vs. North Carolina State, George Washington and William & Mary (2/11).

Gymnastics Background

Competed for Hills Gymnastics in Gaithersburg, Md. under the direction of Kelli Hill...Attended the 2008 Visa Championships...Competed in the 2009, 2010 & 2011 Junior Olympic Nationals... Two-time Maryland State champion in all-around (2009 & 2010)...2010 Junior Olympics National Vault Champion...Placed second in the all-around at Level 9 Eastern Championships...Qualified for the Nastia Liukin Cup.

Personal

Born Alexis Lynae Carroll in Stanford, Conn. on June 22, 1993...Daughter of Rich and Dori Carroll... Has five siblings; C.J., Mackenzie, Ryan, Jason and Shane...Majoring in broadcast journalism with a minor in communication arts...Is a member of the Athletic Director's Leadership Institute at Penn State.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	--	9.725	9.750	9.775	--
@ Nebraska	--	9.625	9.625	--	--
Maryland	--	9.725	--	9.775	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	9.725	9.750	9.775	--
Career Best	9.875	9.775	9.850	9.925	38.850



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LAUREN LI **FRESHMAN**
 All-Around Plano, Texas World Olympic
 Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	3/3	3/3	3/3	3/3	3/3
Career	3/3	3/3	3/3	3/3	3/3

2015 Averages

Vault	9.833
Season Best	9.875
Uneven Bars	9.733
Season Best	9.775
Balance Beam	9.275
Season Best	9.550
Floor Exercise	9.742
Season Best	9.800
All-Around	38.583
Season Best	38.875

2015 (Freshman Year)

Has competed in all three of the team's meets...
 Competed in the all-around in all three meets...
 Won the floor exercise with a score of 9.800 and placed third overall in the all-round vs. Cornell, New Hampshire and Rutgers (1/10) with a total score of 38.875...Recorded a career-high 9.875 on the vault at No. 8 Nebraska (1/17)...Won the vault title with a season-high effort of 9.875 against Maryland (1/24)... Also tied her season-high of 9.800 on the floor exercise vs. the Terrapins.

Gymnastics Background

Trained at World Olympic Gymnastics Academy under coaches Laurent Landi and Cecile Canqueteau-Landi...Four-time Junior Olympic National qualifier... Finished 17th in the all-around at the 2014 USA Junior Olympic Championships...Won the Region 3 uneven bars and balance beam championships and was the Texas State Champion in the all-around... Was the 2013 USA Gymnastics Level 10 Region 3 all-around and uneven bars champion...Also placed third at the Level 10 Region 3 meet on vault... Competed at the USA Junior Olympic National Championships and finished eighth on balance beam and 13th in the all-around...In 2012, won the Region 3 uneven bars championships and finished 17th at the JO Nationals...Claimed the Region 3 all-around title in 2011 and placed 25th at the Junior Olympic Nationals.

Personal

Born Lauren Marie Li in Dallas, Texas on November 22, 1995...Daughter of Forest and Norma Li... Has two younger sisters, Lianna and Lindsey, and one younger brother, Lenneth...Her father was a collegiate athlete in China, competing in gymnastics, swimming and track...Intends on majoring in nutritional sciences.



*** - Event Winner**

	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.750	9.775	9.550	9.800 *	38.875
@ Nebraska	9.875	9.750	9.100	9.625	38.350
Maryland	9.875 *	9.675	9.175	9.800	38.525
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.875	9.775	9.550	9.800	38.875
Career Best	9.875	9.775	9.550	9.800	38.875





NICOLE MEDVITZ SOPHOMORE
 All-Around Paramus, N.J. ENA Paramus

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/3	--/3	2/3	--/3	--/3
2014	--/14	13/14	14/14	--/14	--/14
Career	--/17	13/17	16/17	--/17	--/17

2015 Averages

Vault	--
Season Best	--
Uneven Bars	--
Season Best	--
Balance Beam	9.462
Season Best	9.850
Floor Exercise	--
Season Best	--
All-Around	--
Season Best	--

2014 (Freshman Year)

Has competed in two of the team's three meets... Has competed on the balance beam in both meets... Competed on the balance beam in the season opener vs. Cornell, New Hampshire and Rutgers (1/10)...Recorded a season-high on the balance beam and tied for third with a score of 9.850 against Maryland (1/24).

2014 (Freshman Year)

Competed in all 14 of the team's meets, including the NCAA Regional Championships and at the NCAA Championships... Competed on the uneven bars and balance beam...Competed on the balance beam in every meet...Earned Big Ten Freshman of the Week once (1/6)...Ranked tied for second on the team on the balance beam and tied for fifth on the uneven bars...Tallied scores of 9.700 on the balance beam and 9.675 on the uneven bars at the NCAA Championships (4/18)...Scored a career-best 9.850 on the uneven bars three times; Big Ten Championships (3/22), at New Hampshire with Bridgeport and George Washington (3/8) and against Cornell, Southeast Missouri and UIC (1/18)...Tied for the event title at New Hampshire with Bridgeport and George Washington (3/8)...Swung to a 9.775 on the uneven bars vs. Illinois (2/15) and at Ohio State (2/1)...Boasted a career-high 9.875 on the balance beam at the Big Ten Championships (3/22) and at New Hampshire with Bridgeport and George Washington (3/8), finishing tied for fourth in both meets...Tied for the event title with a 9.850 vs. Bridgeport, Western Michigan and Yale (2/28).

Jersey State Championship in the all-around in 2011 and 2012 and was runner-up in 2010...Named 2010-11 New Jersey Gymnast of the Year...Was a National Honor Society and high honor roll member in high school...Also competed for the swimming and diving team at Paramus and was the Big North Conference diving champion.

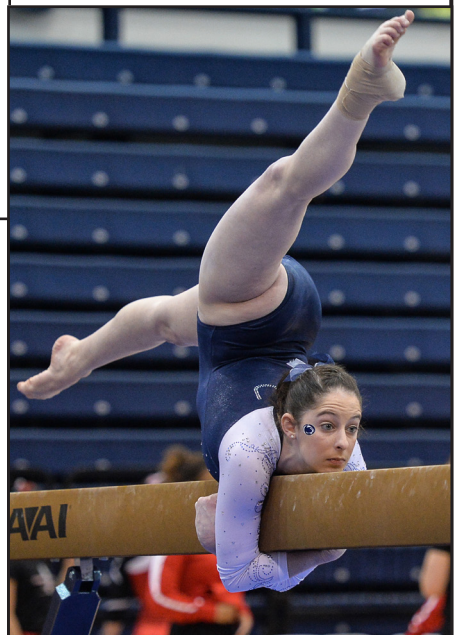
Personal

Born Nicole Marie Medvitz in Ridgewood, N.J. on April 29, 1995...Daughter of Bob and Denise Medvitz...Has two younger brothers, David and Eric...Intends on majoring in business administration.

Gymnastics Background

Competed for ENA Paramus under coaches Craig and Jen Zappa and John Wojtczuk...Competed as a Level 10 gymnast from 2009-13...Five-time Junior Olympic National Championship qualifier...Won the Junior Olympic National Championship on the balance beam in 2011, 2012 and 2013...Won four balance beam titles and two uneven bar crowns at the Regional Championships...Finished runner-up in the all-around at the 2010, 2011 and 2012 Regional Championships...Claimed three uneven bar championships and four balance beam titles at the New Jersey State Championships...Won the New

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	--	--	9.075	--	--
@ Nebraska	--	--	--	--	--
Maryland	--	--	9.850	--	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	--	9.850	--	--
Career Best	--	9.850	9.875	--	--



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TINA POSTIGLIONE SOPHOMORE

All-Around Selden, N.Y. Gold Medal
Gymnastics Center

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/3	--/3	--/3	--/3	--/3
2014	--/14	--/14	--/14	--/14	--/14
Career	--/17	--/17	--/17	--/17	--/17

2015 Averages

Vault	--
Season Best	--
Uneven Bars	--
Season Best	--
Balance Beam	--
Season Best	--
Floor Exercise	--
Season Best	--
All-Around	--
Season Best	--

2015 (Sophomore)

Has not officially competed in 2015...Performed exhibition routines on the uneven bars, balance beam and floor exercise at No. 8 Nebraska (1/17)... Exhibited on the balance beam vs. Maryland (1/24) and scored 9.775.

2014 (Freshman)

Did not officially compete during the 2014 season... Performed only in exhibition on the balance beam... Missed the first two weeks of the season due to a knee injury and missed the final eight weeks of the season after re-aggravating the injury...Scored 9.600 in an exhibition performance on the balance beam vs. Cornell, Southeast Missouri and UIC (1/18)... Exhibited on the balance beam and scored 9.750 at No. 21 Ohio State (2/1)...Totaled a 9.750 on the balance beam in an exhibition performance against No. 8 Nebraska (2/8).

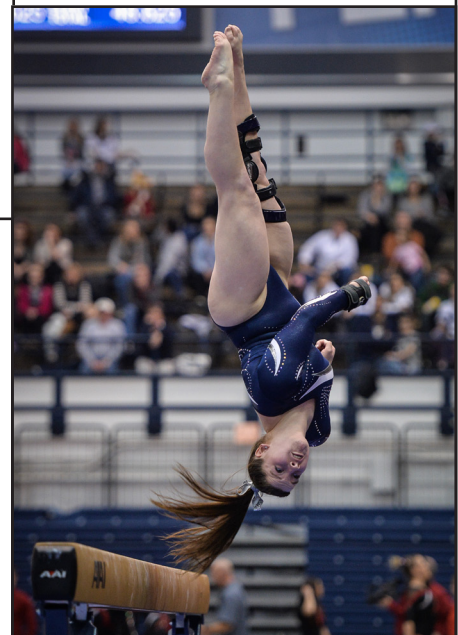
Gymnastics Background

Competed for Gold Medal Gymnastics Center under coach Tammy Marshall...Competed as a Level 10 gymnast from 2008-13...Four-time Junior Olympic National Championship qualifier..Won the 2013 Region 6 Championship on the uneven bars and finished second in the all-around..Won all four events and claimed the all-around title at the 2012 Region 6 Championships...In 2009, claimed vault, uneven bars and floor exercise on her way to the all-around title at the New York State Championships...Was a member of the Spanish Honor Society in high school.

Personal

Born Christina Marie Postiglione in Selden, N.Y. on January 16, 1995...Daughter of Jim and Ginger Postiglione...Has one older brother, Andrew, and one younger brother, Matthew...Is majoring in psychology.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	--	--	--	--	--
@ Nebraska	--	9.725	9.250	9.775	--
Maryland	--	--	9.775	--	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--



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CHANEN RAYGOZA FRESHMAN

All-Around Upland, California Wildfire Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/3	--/3	--/3	--/3	--/3
Career	--/3	--/3	--/3	--/3	--/3

2015 Averages

Vault	--
Season Best	--
Uneven Bars	--
Season Best	--
Balance Beam	--
Season Best	--
Floor Exercise	--
Season Best	--
All-Around	--
Season Best	--

2015 (Freshman Year)

Has not officially competed in 2015...Performed an exhibition routine on the uneven bars vs. Maryland (1/24) and scored 9.725.

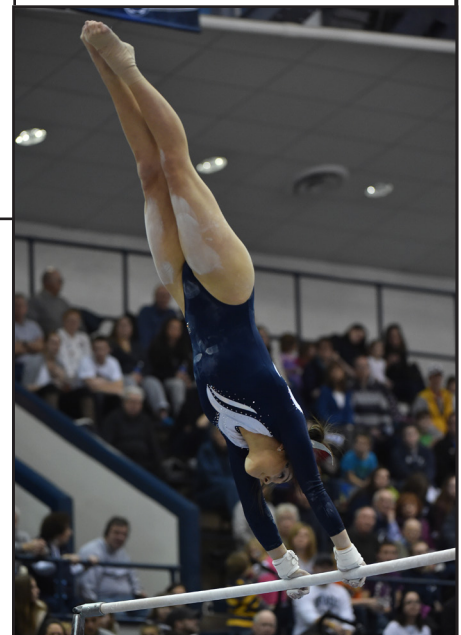
Gymnastics Background

Trained at Wildfire Gymnastics with Rick Watson, Tom Wakeling, Rhonda Schwandt-Haffman, Stephanie Calvert and Whitney Watson...Competed as a Level 10 gymnast from 2008-14...Was a Junior Olympic National Team member, two-time VISA U.S. National qualifier and a Junior International Elite gymnast...Missed her junior and senior seasons due to injury...Won the Region 1 Championship on the uneven bars and in the all-around in 2012...Placed 12th at the 2012 Junior Olympic Nationals in the all-around...Placed third in the all-around at the 2011 Junior Olympic Nationals, placing fourth on vault, fifth on the uneven bars and ninth on the floor exercise... Was the 2011 Region I all-around runner-up and won the title on vault and floor exercise.

Personal

Born Chanen Aubre Raygoza in Pomona, Calif. on March 14, 1996...Daughter of Joe and Shery Raygoza...Is majoring in communications.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers			DNP - Injury (Foot)		
@ Nebraska			DNP - Injury (Foot)		
Maryland	--	9.725	--	--	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	--	--	--	--
Career Best	--	--	--	--	--



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SIDNEY SANABRIA-ROBLES SENIOR

All-Around Caguas, P.R. Orlando Metro Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	3/3	3/3	3/3	3/3	3/3
2014	14/14	14/14	14/14	14/14	14/14
2013	12/13	12/13	13/13	3/13	3/13
2012	Did Not Compete - Injury				
2011*	Did Not Compete - Injury				
Career	29/30	29/30	30/30	20/30	20/30

* - at LSU

2015 Averages

Vault	9.842
Season Best	9.900
Uneven Bars	9.842
Season Best	9.850
Balance Beam	9.583
Season Best	9.875
Floor Exercise	9.775
Season Best	9.825
All-Around	39.042
Season Best	39.425

2015 (Senior Year)

Has competed in all three of the team's meets...Has competed in the all-around in all three meets and in 17 straight dating back to the start of 2014...Won the uneven bars crown vs. Cornell, New Hampshire and Rutgers (1/10) with a score of 9.850 and competed in the all-around...Tied for first on the uneven bars against No. 8 Nebraska (1/17) with a score of 9.850 and finished second with a career-high tying 39.425 in the all-around...Also tied her career-high with a 9.900 on the vault...Tied her career-high and placed second on the balance beam with a score of 9.875 against Maryland (1/24).

2014 (Junior Year)

Competed in all 14 of the team's meets, including the NCAA Regional Championships and at the NCAA Championships...Competed in the all-around in each of the team's meets...Named second team All-Big Ten...Ranked tied for second on the team on vault, uneven bars and balance beam...Sits third on the team on the floor exercise and in the all-around...Tied for the team's top score at the NCAA Championships (4/18) on vault (9.825) and uneven bars (9.750)...Posted a score of 9.750 on the balance beam and 9.825 on the floor exercise to post an all-around score of 39.150 at the NCAA Championships (4/18)...Won the all-around with a career-best score of 39.425 vs. Illinois (2/15)...Scored 39.375 at the NCAA Regional (4/5) and 39.350 at the Big Ten Championships (3/22) in the all-around...Scored a career-best 9.900 on vault three times...Tied for third at 9.900 on the event at the NCAA Regional (4/5)...Finished third with a 9.900 at New Hampshire with Bridgeport and George Washington (3/8)...Won vault at 9.900 at Rutgers with Temple and Ursinus (2/22)...Also won vault at 9.875 vs. Bridgeport, Western Michigan and Yale and against Illinois (2/15)...Scored a career-high 9.875 on the uneven bars at the Big Ten Championships (3/22)...Tied for second vs. Cornell, Southeast Missouri and UIC and tied for third vs. Illinois (2/15) on the uneven bars with a score of 9.850...Posted a career-best score of 9.875 on the balance beam twice; at No. 8 Michigan with Iowa and No. 13 Minnesota and at New Hampshire with Bridgeport and George Washington...Set a career-high of 9.900 on the floor exercise at the

NCAA Regional (4/5)...Also scored 9.850 on the floor exercise twice; vs. Illinois (2/15) and against Cornell, Southeast Missouri and UIC (1/18).

2013 (Sophomore Year)

Competed in 12 of the team's 13 meets, including at the NCAA Regional Championships... Competed on vault, uneven bars, balance beam and floor exercise...Also competed in the all-around three times...Ranked second on the team in the all-around, was tied for third on the squad on vault and tied for fifth on the team on the uneven bars...Placed eighth on the uneven bars with a season-best score of 9.850 at the NCAA Regional (4/6)...Also scored 9.825 on vault and 9.650 on the balance beam at the NCAA Regional (4/6)...Competed on vault (9.700), uneven bars (9.800) and balance beam (9.200) at the Big Ten Championships (3/23)...Set a season-best on vault against Kentucky (3/16) with a mark of 9.875...Boasted a vault score of 9.800 on four occasions; vs. New Hampshire, Temple and Penn (3/9), at Michigan (2/16), at Nebraska (2/10) and vs. Ohio State (2/2)...Scored 9.850 on the uneven bars vs. Kentucky (3/16) and vs. Iowa, Pitt and Rutgers (3/9)...Posted a season-best score of 9.825 on the balance beam vs. Michigan State (2/23)...Scored 9.800 on the balance beam vs. New Hampshire, Temple and Penn (3/9)...Notched a season-best 9.775 on the floor exercise vs. Iowa, Pitt and Rutgers (1/26).

2011 (Louisiana State University)

Did not compete due to a knee injury she suffered while a student-athlete at LSU.

Gymnastics Background

Trained at Orlando Metro Gymnastics with Jeff Wood and Christi Barineau-Mitchell...Also competed as an international elite gymnast in Puerto Rico...Led Puerto Rico to the title at the 2010 National Championships in Puerto Rico...Helped the Puerto Rican National Team to a third place finish at the 2010 Central American Games...Placed fifth on vault at the 33rd Turnier der Meister World Cup in Germany in 2009...Received the bronze medal on vault and finished seventh on the balance beam and floor exercise at the Pan-Am Games in 2008...Placed fifth on floor exercise and sixth on the balance beam at the World

Cup in Doha, Qatar in 2008...Captured second place on the floor exercise at the 2006 Central American Games in Colombia...Attended Freedom High School where she maintained a 4.0 GPA.

Personal

Born Sidney Sanabria-Robles in Killeen, Texas on Feb. 6, 1992...Daughter of Ismael Sanabria and DoryJean Robles...Has one brother, Ismael, who attends Penn State and is on the men's gymnastics team...Majoring in kinesiology.



*** - Event Winner**

	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.775	9.850 *	9.025	9.700	38.350
@ Nebraska	9.900	9.850 *	9.850	9.825	39.425
Maryland	9.850	9.825	9.875	9.800	39.350
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.900	9.850	9.875	9.825	39.425
Career Best	9.900	9.875	9.875	9.900	39.425



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EMMA SIBSON SOPHOMORE

All-Around Allen, Texas Zenith Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	3/3	--/3	2/3	2/3	--/3
2014	14/14	--/14	10/14	11/14	--/14
Career	17/17	--/17	12/17	13/17	--/17

2015 Averages

Vault	9.775
Season Best	9.800
Uneven Bars	--
Season Best	--
Balance Beam	9.725
Season Best	9.750
Floor Exercise	9.862
Season Best	9.900
All-Around	--
Season Best	--

2015 (Sophomore Year)

Has competed in all three of the team's meets... Has competed on the vault, balance beam and floor exercise...Competed on the vault and finished second with a score of 9.800 vs. Cornell, New Hampshire and Rutgers (1/10), also exhibiting on uneven bars, balance beam and floor exercise. Finished second place on the floor exercise with a career-high-tying 9.000 at No. 8 Nebraska (1/17). Finished third on the floor exercise with a score of 9.825 against Maryland (1/24).

2014 (Freshman Year)

Competed in all 14 of the team's meets, including the NCAA Regional Championships and at the NCAA Championships... Competed on vault, balance beam and floor exercise...Twice earned Big Ten Freshman of the Week (3/3 & 3/10)...Led the team on vault...Ranked tied for third on the team on the floor exercise...Tied for fifth and ninth on the Penn State career vaulting charts...Tied for the team lead on vault at the NCAA Championships (4/18) with a score of 9.825...Scored 9.450 on the floor exercise and 9.050 on the balance beam at the NCAA Championships (4/18)...Posted a career-best score of 9.975 on vault at New Hampshire with Bridgeport and George Washington (3/8) to win the event...Notched a score of 9.950 on vault to tie for the event victory against Nebraska (2/8)...Totaled a score of 9.900 at the Big Ten Championships (3/22) and the NCAA Regional (4/5)...Tied for vault title with a 9.875 against Bridgeport, Western Michigan and Yale (2/28)...Also won vault title vs. Cornell, Southeast Missouri and UIC (1/18; 9.850)...Posted a career-best score of 9.825 on the balance beam at the NCAA Regional (4/5)...Scored 9.825 on the balance beam at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15) and against Bridgeport, Western Michigan and Yale (2/28), finishing third in the later meet...Tallied a 9.900 on the floor exercise at the Big Ten Championships (3/22) and at New Hampshire with Bridgeport and George Washington (3/8)... Scored 9.850 on the event at the NCAA Regional (4/5) and against Illinois (2/15).

Gymnastics Background

Competed for Zenith Gymnastics under coaches Alex Atomas, J.P. Lavachery and Tatiana Schegolkova... Competed as an Elite Level gymnast from 2010-12...Missed most of the 2013 competition schedule due to injury...Won vault title at the 2013 Alamo Classic... Qualified for the 2011 and 2012 Canadian Championships...Qualified for the 2010 Junior Olympic National Championships...Won vault title at the 2010 Junior Olympic National Championships... Helped British Columbia to a Silver medal at the Canadian Winter Games in 2010...Competed at the VISA Championships in 2010...Won vault and floor exercise titles at the 2010 Region 3 Championships.

Personal

Born Emma Kate Sibson in Victoria, British Columbia on June 26, 1995...Daughter of Byron and Cheryl Sibson...Has one younger sister, Abby...Is majoring in liberal arts.



* - Event Winner

	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.800	9.700	9.725	9.650	--
@ Nebraska	9.800	--	9.750	9.900	--
Maryland	9.725	--	9.700	9.825	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.800	--	9.750	9.900	--
Career Best	9.975	--	9.825	9.900	--



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ONI TIMOTHY **FRESHMAN**
 All-Around Rochester, New York Rochester
 Gymnastics Academy

MEETS COMPETED

	V	UB	BB	FX	AA
2015	3/3	--/3	--/3	3/3	--/3
Career	3/3	--/3	--/3	3/3	--/3

2015 Averages

Vault	9.750
Season Best	9.800
Uneven Bars	--
Season Best	--
Balance Beam	--
Season Best	--
Floor Exercise	9.692
Season Best	9.800
All-Around	--
Season Best	--

2015 (Freshman Year)

Has competed in all three of the team's meets...Has competed on the vault and floor exercise in all three meets...Competed on the vault (9.725) and floor exercise (9.600) in the season opener vs. Cornell, New Hampshire and Rutgers (1/10)...Recorded a career-high on the vault and floor exercise with a score of 9.800 on each event vs. Maryland (1/24).

Gymnastics Background

Competed for Rochester Gymnastics Academy for coaches Julia and Barry Coss...Competed as a Level 10 gymnast from 2009-14...Won the Region 6 all-around title four straight years from 2010-13...Placed 17th in the all-around at the 2013 Junior Olympic Nationals...Claimed a pair of top-10 event finishes, placing sixth on vault and ninth on the balance beam, to place 26th at the 2012 Junior Olympic National Championships...Finished tied for 17th at the 2011 Junior Olympic Championships, placing second on the floor exercise and third on the balance beam...Placed fifth on vault and tied for eighth on the floor exercise to complete a 27th place showing at the 2012 Junior Olympic Nationals...Was also a four-time New York State event champion and claimed one New York State Championship in the all-around.

Personal

Born Oni Olufemi Timothy in Rochester, N.Y. on December 22, 1995...Daughter of Lancelot and Jacquelyn Timothy...Has four siblings, Talibah, Osaza, Tobari and Teshi...Is undecided on a major.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.725	--	--	9.600	--
@ Nebraska	9.725	--	--	9.675	--
Maryland	9.800	--	--	9.800	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.800	--	--	9.800	--
Career Best	9.800	--	--	9.800	--





BRIANNAH TSANG FRESHMAN

All-Around Vancouver, British Columbia Flicka Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	3/3	3/3	3/3	3/3	3/3
Career	3/3	3/3	3/3	3/3	3/3

2015 Averages

Vault	9.875
Season Best	9.950
Uneven Bars	9.833
Season Best	9.850
Balance Beam	9.883
Season Best	9.950
Floor Exercise	9.767
Season Best	9.875
All-Around	39.358
Season Best	39.500

2015 (Freshman Year)

Has competed in all three of the team's meets... Started her career by competing in the all-around in each meet...Has earned Big Ten Freshman of the Week twice in 2015; Jan. 12 & Jan. 26...Posted the highest all-around score by a freshman in a season-opening meet with a tally of 39.225 vs. Cornell, New Hampshire and Rutgers (1/10)...Also won the vault (9.850) and tied for the title on balance beam (9.800) in the season opening quad-meet victory... Finished fourth in the all-around at No. 8 Nebraska (1/17)...Tied for first on the uneven bars with a score of 9.850 and finished second on the balance beam with a career-best score of 9.900 vs. the Huskers... Won the all-around with a score of 39.500 against Maryland (1/24), winning the balance beam (9.950) and floor exercise (9.875).

Gymnastics Background

Competed for Flicka Gymnastics and coach Dorina Stan...Posted an eighth place showing in the all-around at the 2014 Canadian National Championships, winning vault crown and placing eighth on the uneven bars...Was the champion on vault the 2013 Elite Canada competition and placed 11th on the floor exercise at the event...Finished eighth on the floor exercise at the Senior Pan-Am Games in 2013...Claimed a pair of top-10 showings at the Challenge Cup in Portugal, finishing sixth on vault and seventh on the floor exercise...Placed fifth on vault and seventh on the floor exercise at the 2012 Canadian Championships...Claimed the 2011 Canada Winter Games vault title, placed third on the floor exercise and seventh in the all-around.

Personal

Born Briannah Bik-Yee Tsang in Vancouver, British Columbia on January 26, 1996...Daughter of Tom and Veronica Tsang...Has one older brother, Nick, and one younger sister, Kaitlyn...Is majoring in bio-behavioral health.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.850 *	9.800	9.800 *	9.775	39.225 *
@ Nebraska	9.950	9.850 *	9.900	9.650	39.350
Maryland	9.825	9.850	9.950 *	9.875 *	39.500 *
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.950	9.850	9.950	9.875	39.500
Career Best	9.950	9.850	9.950	9.875	39.500



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KRYSTAL WELSH SENIOR

All-Around Bowie, Md. Docksidiers Gymnastics

MEETS COMPLETED

	V	UB	BB	FX	AA
2015	3/3	3/3	3/3	3/3	3/3
2014	14/14	14/14	14/14	14/14	14/14
2013	--/13	10/13	11/13	--/13	--/13
2012	12/13	13/13	12/13	12/13	12/13
Career	29/43	40/43	40/43	29/43	29/43

2015 Averages

Vault	9.758
Season Best	9.800
Uneven Bars	9.833
Season Best	9.900
Balance Beam	9.808
Season Best	9.850
Floor Exercise	9.767
Season Best	9.850
All-Around	39.167
Season Best	39.325

2015 (Senior Year)

Has competed in all three of the team's meets...Has competed in the all-around in all three meets in 2015 and in 17 straight competitions dating back to the start of 2014...Tied for the balance beam title with a score of 9.800 in the season opener vs. Cornell, New Hampshire and Rutgers (1/10) and placed second in the all-around (39.100)...Recorded a career-best and tied for third on the balance beam with a 9.850 at No. 8 Nebraska (1/17)...Won the uneven bars title vs. Maryland (1/24) with a score of 9.900...Tallied a career-high 9.900 on the balance beam vs. Terrapins...Placed second on the floor vs. Maryland with a 9.850.

2014 (Junior Year)

Competed in all 14 of the team's meets, including the NCAA Regional Championships and at the NCAA Championships... Competed in the all-around in each of the team's meets...Named second team All-Big Ten...Tied for the team lead on the floor exercise and led the team in the all-around...Ranked second on the team on vault and tied for second on the uneven bars...Topped the team charts on the balance beam with a 9.800 and tied for the team-high on the floor exercise with a 9.850 at the NCAA Championships (4/18)...Also scored 9.700 on the uneven bars and 9.800 on vault at the NCAA Championships (4/18) to finish fourth...Placed second in the all-around at Rutgers with Temple and Ursinus (2/22; 39.325) and at Kentucky with Ball State and West Virginia (1/10; 39.925)...Set a career-high of 9.900 on vault at the Big Ten Championships (3/22)...Scored 9.875 four times on vault, including vs. Bridgeport, Western Michigan and Yale (2/28) to tie for the event title...Logged a career-best 9.875 on the uneven bars at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15)...Scored 9.850 on the event four times; at Big Ten Championships (3/22), vs. Illinois (2/15) and did so in tying for the event title at Rutgers with Temple and Ursinus (2/22) and at Ohio State (2/1)...Set a career-best mark at 9.850 on the balance beam at the Big Ten Championships (3/22)...Scored a career-high 9.925 to win the floor exercise vs. Cornell,

Southeast Missouri and UIC (1/18)...Logged a 9.900 at the Big Ten Championships (3/22) and won the event with that score vs. Illinois (2/15).

2013 (Sophomore Year)

Competed in 11 of the team's 13 meets, including at the NCAA Regional Championships...Competed on the uneven bars and balance beam...Ranked fourth on the team on the uneven bars...Scored 9.775 on the uneven bars and 9.625 on the balance beam at the NCAA Regional (4/6)...Competed on the uneven bars (9.750) and the balance beam (9.750) at the Big Ten Championships (3/23)...Set a season-best on the uneven bars with a mark of 9.875 to win the event vs. New Hampshire, Temple and Penn (3/9)... Scored 9.825 on the uneven bars at Illinois (3/2)... Tallied a score of 9.800 twice on the uneven bars; vs. Michigan State (2/23) and at Michigan (2/16)...Had a season-best score of 9.825 on the balance beam vs. Kentucky (3/16)...Tallied a balance beam score of 9.800 vs. Michigan State (2/23)...Scored 9.775 twice on the balance beam; at Illinois (3/2) and at Michigan (2/16).

2012 (Freshman Year)

Competed in all 13 of the team's meets, including at the NCAA Regional Championships... Competed on vault, uneven bars, balance beam and floor exercise... Also competed in the all-around in 12 meets...Posted a score of 9.800 to finish tied for 12th on the floor exercise at the NCAA Regional (4/7), helping her to a 12th place showing in the all-around with a score of 38.575...Scored 9.750 on vault, 9.800 on the uneven bars and 9.225 on the balance beam at the NCAA Regional (4/6)...Competed in the all-around (38.650) at the Big Ten Championships (3/24)...Scored 9.750 on vault, 9.700 on the uneven bars, 9.500 on the balance beam and 9.700 on the floor exercise at the Big Ten Championships (3/24)...Set a season-best score of 9.825 on vault twice; at North Carolina State with George Washington and William & Mary (2/11) and vs. SUNY-Brockport (2/18)...Notched a season-best showing of 9.825 on the uneven bars against Maryland (3/17)...Scored 9.800 twice on the uneven bars; vs. Pittsburgh (3/11) and at the NCAA Regional (4/6)...Posted a season-best showing of 9.825 on the balance beam at Iowa (2/3)...Set a season-high

with a score of 9.875 on the floor exercise against Pittsburgh (3/11)...Posted a score of 9.850 twice on the floor exercise; vs. SUNY-Brockport (2/18) and vs. Michigan State, Cornell and Alabama (1/21)...Scored a season-best 39.150 in the all-around at North Carolina State with George Washington and William & Mary (2/11).

Gymnastics Background

Competed for Docksidiers Gymnastics in Millersville, Md. for Bob Quellette...Was a five-time Regional qualifier and a four-time National qualifier...Spent seven years in Level 10 gymnastics...Member of the 2009 All-Star Team...Finished second on floor exercise and ninth in the all-around at the 2009 Junior Olympic Nationals...Finished second on uneven bars in the 2010 Maryland State Championships... Placed second on floor exercise and eighth in the all-around at 2010 Regional...Finished sixth on bars at the 2010 Junior Olympic Nationals...2011 Maryland State Champion on vault and floor exercise...Also placed second on uneven bars and in the all-around at the 2011 Maryland State Championships... 2011 Regional Champion on the uneven bars...Was a member of the National Honor Society at Archbishop Spalding High School.

Personal

Born Krystal Kate Welsh in Maryland on March 21, 1993...Daughter of Jeff and Lisa Welsh...Has two sisters, Bonnie and Victoria, and one brother, Jakob, who competed in gymnastics at Temple in 2014... Majoring in bio-behavioral health with a minor of human development and family studies.



* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.725	9.825	9.800 *	9.750	39.100
@ Nebraska	9.750	9.775	9.850	9.650	39.075
Maryland	9.800	9.900	9.775	9.850	39.325
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.800	9.900	9.850	9.850	39.325
Career Best	9.900	9.900	9.850	9.925	39.500



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MEETS COMPLETED

	V	UB	BB	FX	AA
2015	--/3	3/3	--/3	--/3	--/3
2014	--/14	6/14	--/14	--/14	--/14
2013	4/13	1/13	--/13	--/13	--/13
2012	5/13	--/13	--/13	--/13	--/13
Career	9/43	10/43	--/43	--/43	--/43

2015 Averages

Vault	--
Season Best	--
Uneven Bars	9.783
Season Best	9.800
Balance Beam	--
Season Best	--
Floor Exercise	--
Season Best	--
All-Around	--
Season Best	--

2015 (Senior Year)

Has competed in all three of the team's meets...Has competed on the uneven bars in all three meets... Competed on the uneven bars in the season opener vs. Cornell, New Hampshire and Rutgers (1/10), posting a score of 9.750...Posted a season-high on the uneven bars with a score of 9.800 at No. 8 Nebraska (1/17)...Tied her season-high on the bars with a score of 9.800 against Maryland (1/24).

2014 (Junior Year)

Competed on uneven bars in six of the team's 14 meets, including the NCAA Regional Championships and at the NCAA Championships...Missed the first eight meets of the season due to a thumb injury... Named Academic All-Big Ten...Ranked tied for second on the team on the uneven bars... Scored 9.675 on the uneven bars at the NCAA Championships (4/18)...Placed second and scored a career-best 9.875 on the uneven bars in her return from injury against Bridgeport, Western Michigan and Yale (2/28)...Tallied a 9.850 on the event in the NCAA Regional (4/5) and scored 9.800 at the Big Ten Championships (3/22)...Scored 9.775 on the uneven bars at New Hampshire with Bridgeport and George Washington (3/8) and at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15).

2013 (Sophomore Year)

Competed in four of the team's 12 meets... Competed on vault and uneven bars...Named Academic All-Big Ten...Posted a season-best score of 9.725 on vault twice; vs. Ohio State (2/2) and in a tri-meet at Denver with Lindenwood (1/5)...Scored 9.700 on vault twice; vs. Iowa, Pitt and Penn (3/9) and at UIC (1/12)... Posted a career-best score of 9.650 on the uneven bars in a tri-meet at Denver with Lindenwood (1/5).

2012 (Freshman Year)

Competed in five of the team's 12 meets... Competed on vault...Earned a career-high score of 9.800 vs. Michigan and North Carolina (3/2)...Boasted a score of 9.725 on vault at Ohio State (2/25) and vs. New Hampshire (1/15).

Gymnastics Background

Competed for LaFleur's Gymnastics in Tampa, Fla. under the direction of Jeff LaFleur, Amanda Stroud and Billy West...Missed her senior season due to injury...Placed first on the uneven bars at the 2008 State meet ...Won floor exercise at the 2009 State meet...Finished eighth in the all-around, seventh on the floor exercise and fourth on vault at the 2010 Junior Olympic Nationals...Member of the National Honor Society and Florida Bright Futures at Steinbrenner High School.

Personal

Born Alexandra Nicole Witt in Tampa, Fla. on May 19, 1993...Daughter of Jeffrey and Barbara Witt...Has one brother, Ryan...Majoring in kinesiology.



* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	--	9.750	--	--	--
@ Nebraska	--	9.800	--	--	--
Maryland	--	9.800	--	--	--
@ Illinois					
Michigan State					
Ohio State					
@ Pittsburgh					
Iowa State, Penn & Brockport					
@ West Virginia					
@ B1G Qualifier					
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	9.800	--	--	--
Career Best	9.800	9.875	--	--	--



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Nittany Lion Freshmen 'Stick It' In Double Dual



By **Gabrielle Richards**, *GoPSUsports Student Staff Writer*

UNIVERSITY PARK, Pa. - From the solid landings to the explosive execution, the Nittany Lion women's gymnastics freshman class delivered a stellar performance in Saturday's meet against Big Ten newcomer, Maryland. In the 196.55-194.45 win over the Terrapins, freshmen Briannah Tsang, Oni Timothy and Lauren Li put up big numbers in their respective events, shattering personal best records and setting new team records in the process.

"That was beautiful, wasn't it?" head coach Jeff Thompson said. "We have been waiting years for this class to finally get here. They are starting to figure it out."

So far this season, these gymnasts have been explosive, electric and surprising, constantly proving their worth and solidifying their spots in the Nittany Lions' rotations.

Li Delivers on Vault

The Plano, Texas, native was a solid opener for Penn State on vault; she opened the meet with a 9.875. It is never easy for anyone to open a meet or an event, but that pressure is even more daunting for a rookie. Li rose to the occasion and delivered an impressive performance. Not only did the freshman win the event and set a personal best, she set a new team record.

Li delivered on floor as well, tying three other Nittany Lions for fourth with a 9.80 finish, tying her personal best. The freshman led the team with the opening performance on beam, but came up just shy in her bid to stick a landing.

"Beam is one of the hardest events," Thompson said. "It is just as much mental as it is physical. Unfortunately, Lauren [Li] hasn't been able to do what we see her do in practice in the meets. She is solid on beam, but when she is out in front of the crowd she focuses more on not falling than performing. I talked to her right after she finished the routine and I asked her, 'Why do you think we have you first?' We have more confidence in her than anyone else."

Timothy Shines On Floor

With every press off the mat and ever leap into the air, Timothy is explosive. There is so much power in her performance that you expect her to stick every landing. The New York native switched up her vault routine, landing an impressive turn for a rookie, earning her a 9.80, a personal best.

"We upgraded her vault this week," Thompson said. "She went from a full to a one and a half. She has been able to perform this fault before, but she has struggled with consistency. Today she nailed it and I think people saw just how confident Oni [Timothy] could be today. She was the second vault of the meet and she was able to stick such an impressive turn; I don't think the judges knew how to react to it."

Her floor routine was impressive, too. She stuck a double layout in her first pass of the routine, followed by two other combinations that were just as impressive, finishing with a personal best and fourth overall, while matching the team record.

"She did a really nice job on floor," Thompson said. "She even made a flub in her second pass but you wouldn't know it because of her confidence."

Tsang Is Pure Magic

There really are no words to describe this young gymnast. Her performance is effortless and truly beautiful. Tsang has been a firecracker in the all-around competition, shattering personal bests and team records with every tumble and leap.

Saturday's performance was special. Not only did she win the all-around title, she won floor and beam with near perfect scores. Tsang opened her floor routine with a complex pass combination that involved so many rotations you weren't sure how she could stay in the air that long. She finished with a 9.875, setting a team-high and new personal best.

"When you put her [Tsang] in the lineup on events that she is comfortable with, it is as easy and effortless as flicking a switch," Thompson said.

Her beam routine was one for the record books, too. Finishing with a stellar 9.950, the freshman set a new team high and personal best. Her all-around performance contributed to her 39.500 finish on the day, clinching the all-around title.

"Briannah [Tsang] is a different kind of gymnast," Thompson said. "She isn't your typical freshman. Before coming to us, she competed internationally for her country [Canada] and she has a gold medal from the World Cup. Gymnastics is something that comes to her. I don't know if there is anyone else in college who has a gold medal from the World Cup. It is truly magical to watch."

Daily Collegian – Jan. 25, 2015

Penn State Women's Gymnastics Defeats Maryland in Dual Meet

By **Carl Pietrusinski, Collegian Staff Writer**

UNIVERSITY PARK, Pa. – The Penn State women's gymnastics team had Rec Hall nearly full on Saturday afternoon as it outperformed Maryland for a 196.550-194.450 win.

It was a solid performance by the Nittany Lions, who swept all four events (vault, beam, uneven bars, and floor exercise), which led to a season high on the scoreboard for the young season.

One of the highlights of the meet came by way of freshman Briannah Tsang, who was honored after the meet with the Ann Carr award for her all-around performance. The award is given to the gymnast with the most inspirational performance.

Tsang's work on the balance beam earned her a score of 9.950, good enough for ninth all-time in school history.

"She's really just a tremendous all around gymnast," coach Jeff Thompson said. "We knew that whenever she joined the team that she had the potential to be one of the best on the team and maybe even school history."

Tsang showed poise and confidence in each of her events.

"After she finished on the beam, she told me that she just felt comfortable up there. Nothing fazed her out there," Thompson said of the Canadian. "That's an amazing thing to hear out of an 18-year old kid from another country in only her third collegiate meet.

In addition to Tsang's solid outing, seniors Sidney Sanabria-Robles and Krystal Welsh finished second and third, respectively, with their all-around scores of 39.350 and 39.325.

Sanabria-Robles showed versatility and consistency in scoring among the top four in each event.

Welsh had a nearly flawless routine on the uneven bars, which the judges awarded a 9.900. Her floor exercise was second to only Tsang, as she scored a 9.850.

With it being a dual meet with the men's team, who hosted Michigan, Rec Hall drew a sizeable crowd.

Coach Thompson and the team fed off the energy of the crowd.

"The girls love competing at home," he said. "A big crowd makes it even better. They were a knowledgeable crowd too. They cheered and were loud at the right times. That type of energy can really feed you and motivate you during your performance."

Additions to Coaching Roster 'Vault' Program to New Heights



By **Gabrielle Richards**, *GoPSUsports Student Staff Writer*

UNIVERSITY PARK, Pa. - At the end of each season, collegiate programs graduate seniors and look for recruits to fill open spots on the roster. It is almost second nature for coaches and teammates to have to adjust to new faces, techniques and strengths as a new season rolls around. Sometimes, these adjustments are not only made with new teammates, but with coaches as well.

At the start of the 2014-'15 season, two new faces, techniques and strengths found their way to Happy Valley, where they would contribute to Penn State's women's gymnastics program. Kera Molinaro and Jeff Richards have begun their Penn State careers this season, bringing experience, charisma and unique approaches to the team.

"They have been great additions to our program already," head coach Jeff Thompson said. "Every day they surprise me and I am thankful to be able to work with them."

The Richards File

There isn't a division that Jeff Richards hasn't coached in. Over the past 25 years, Richards has been either an assistant or head coach at every level of collegiate gymnastics. From Iowa to George Washington and now Penn State, Richards brings unrivaled experience to the Nittany Lion program.

"It has been a really smooth transition," coach Jeff Thompson said. "Jeff [Richards] is a really likeable guy. It is nice because we have developed this kind of 'partner coaching' style, which is really helpful because we have such a small group this year."

Richards began his coaching portfolio at Utah State as a student-assistant from 1988-'90. While assisting the Aggies, Richards helped the program to the NCAA Regionals, along with an NCAA Championship all-around competitor. From Utah State, he made his way to University of Wisconsin-Stout and Winona University, where he served as head coach of the programs, respectively. Richards' transition to Big Ten gymnastics came in 2005 when he began his tenure as assistant coach at Iowa. While he was only a part of the Hawkeyes' program from 2005-'08, the impact he made was enough to earn him the 2008 North Central Region Assistant Co-Coach of the Year title.

"When you are coaching floor routines, it helps to have a coach spotting you who you feel comfortable with," Jeff Thompson said. "Jeff [Richards]'s build, as crazy as that sounds, allows for the girls to be more comfortable doing the extra turn or committing to a rotation. He has a lot of experience and is a big, strong guy, so he can step right in. They know that he is going to catch them. There is a trust level there that you can see already."

When Richards' tenure came to an end at Iowa, he made his way back to his stomping grounds at Utah State, where he coached until 2013. In his time at the helm of the Aggies' program, he sent five qualifiers to the NCAA Regionals and nine of his pupils earned All-Western Athletics Conference honors on 13 occasions. He has mastered the art of developing well-rounded student athletes, as 22 of his team members earned Academic All-WAC.

Richards' contributions to the team can be seen already, as last weekend's floor performance proves. In the match against Nebraska, the Nittany Lions had five floor routines open with an "E" level tumbling pass, compared to the Cornhuskers' one. Because the team has developed a comfort level with him, coupled with their already great relationship with head coach Jeff Thompson, they are able to maneuver through these hard routines early.

"I think that is something that will pay dividends for us later," Jeff Thompson said.

The Molinaro File

If you are wondering why the name Molinaro sounds familiar, it is because that name is familiar to the Penn State community. Frank Molinaro, Kera's husband, was a four-time All-American wrestler and National Champion (2012) for the Nittany Lions during the 2007-12 seasons. When Frank decided to come back to his Happy Valley roots and help coach his alma mater, it was only fitting for Kera to tag along.

"Back in October I said to myself, 'Wow, I am so glad she is a part of our program,'" coach Rachelle Thompson said. "She is a volunteer assistant coach, which says a lot about her as a person. She does this because she loves it; you can see it. When you look at coaching as not a 'job' but a passion, you really see the impact you can have as a mentor by helping these young women improve day in and day out. I have already seen the impact she has made on this team."

Prior to making the move to Penn State as a volunteer assistant coach, Molinaro was an assistant women's gymnastics coach at Rutgers, where she helped the program secure its first NCAA Tournament berth since 2007. Kera's strength is taking floor routines to the next level, as she did for Rutgers during the 2013 and 2014 seasons when the Knights set school records.

"She really made an impact [at Rutgers]," Rachelle Thompson said. "Kera has a great little spirit about her. Our coaching techniques complement each other really well. She has a laid back, yet aggressive coaching style that the girls really seem to be responding to."

Before assisting at Rutgers, Molinaro volunteered at her alma mater, Oregon State. Molinaro took over the Beaver's strength and conditioning program and helped shape their beam routines. During her time on the coaching staff, Oregon State finished eighth in 2010 and 2011, the program's first top-ten finish in 13 years.

Gymnastics is in her blood, as Molinaro began her collegiate gymnastics career as a walk-on for the Beavers; it only took her a year to earn scholarship standing. She not only made touches in every event, but she was a three-time Pac-10 All-Academic selection and earned NACGC Scholastic All-American honors.

"Being able to have someone who is qualified to be a full-time, Division I coach, volunteer their time with you has been an amazing experience," Jeff Thompson said.

Women's Gymnastics Set For First Big Ten Meet of the Season



By **Gabrielle Richards**, *GoPSUsports Student Staff Writer*

UNIVERSITY PARK, Pa. - Coaches Jeff and Rachelle Thompson have always employed creative team building strategies into their coaching routine. From "words of the week" to "captains of the week," changing it up week and week out has proved to be a useful tactic for the Nittany Lions.

While it is understood that winning each meet is always the goal, this season the team has taken on a new approach to "sticking" the win week in and week out.

"I asked one of our freshmen last week, 'Who are you competing against this weekend,'" coach Jeff Thompson said. "I was waiting for her to say Nebraska, but she surprised me; she said herself. Gymnastics is very much a team sport, but if our girls continue to get better, individually, each week, the sky is the limit."

Heading into Sunday's matchup against No. 8 Nebraska, Penn State women's gymnastics fans will see some changes in the lineup. With several previously injured gymnasts making their way back into the rotation, the team is starting to come full circle.

"Each week is a learning experience for us as coaches," Thompson said. "If you think about it, last meet was our first chance to see how the girls handle pressure in a collegiate meet."

Adrenaline Advantage

As Coach Thompson said, while gymnastics is a "team sport," individual performances can make or break a meet. The biggest obstacle gymnasts have to overcome is channeling their adrenaline in the right places.

"The girls learn how to use their adrenaline or nerves to their advantage as they become more comfortable," Jeff Thompson said. "Coming from a local gym or their home gym into the collegiate competition is a transition that doesn't just happen overnight. Gymnastics is very much a competition against the opposing team as it is against yourself."

Strong Freshman Class

Despite anticipated first meet jitters; the Nittany Lions' freshman class is already proving to be an asset to

this 'Big Ten Championship' hungry team. In the first week out, Briannah Tsang, not only clinched the all-around title with a pair of event titles but was named Big Ten Rookie of the Week.

"We knew she was going to be one of our strongest gymnasts when she came to us," Jeff Thompson said. "She was an incredibly successful gymnast in Canada, having won nationals on vault. We expect to see her become one of the top ten best in the country. What you see is what you get with her; her performance in the gym at practice is the same as her performance in the meet."

Looking Ahead

Seniors Krystal Welsh and Sidney Sanabria-Robles will be taking on a leadership role in the all-around competition. The two seasoned competitors will be paving the way for the young Nittany Lions, especially freshman all-arounders Tsang and Lauren Li.

"We made a couple changes in the lineup this week," Thompson said. "As we start out early in the season, we are still getting to know this team; what they are capable of competitively."

No. 15 Penn State takes on No. 8 Nebraska Sunday at 4 p.m. on the Big Ten Network.

"This season is going to be a great one to watch," Thompson said. "We are excited to see what this team can do."