

PENN STATE WOMEN'S GYMNASTICS

ONE TEAM, ONE JOURNEY



17 NCAA CHAMPIONSHIP APPEARANCES
(10th Nationally)

92 ALL-AMERICANS
Since 1974

NO. 11 NITTANY LIONS HEAD TO B1G CHAMPIONSHIPS WITH MOMENTUM

Championship season has arrived for the No. 11 Penn State women's gymnastics team, as the 10 Big Ten gymnastics program will descend on Ann Arbor, Mich. for the 34th Big Ten Women's Gymnastics Championships. This will be the 24th time the Nittany Lions will compete in the event, joining the conference in 1992, as they have finished runner-up a Big Ten record 11 times.

The event will be comprised of two sessions, with the competitors in each session being determined by their finish at last weekend's B1G Five Meets. Iowa, Maryland, Michigan State and Rutgers will compete in the morning session at 11:30 a.m. The evening session will begin at 4:30 and feature Penn State, Illinois, Michigan, Minnesota, Nebraska and Ohio State. Both sessions will be aired live on the Big Ten Network.

Three Nittany Lions earned All-Big Ten honors earlier this week, with senior **Sidney Sanabria-Robles**, sophomore **Emma Sibson** and freshman **Briannah Tsang** all earning second-team honors.

Tsang finished the regular season ranked 17th nationally in the all-around and is one of only three rookies ranked among the top-25. She sits among the top-55 on three events, including 30th on the vault, 41st on the balance beam and 53rd on the floor exercise. She also won a Penn State record four Big Ten Freshman of the Week awards in 2015.

After a solid freshman season, Sibson enjoyed a stellar sophomore campaign that included five individual event titles. She won four crowns on the vault and garnered her first career floor exercise title, finishing among the top performers in the Big Ten on each apparatus.

Sanabria-Robles earned second-team All-B1G honors for the second straight season after finishing 22nd in the NCAA in the all-around with a RQS of 39.360. She finished among the top-55 nationally on the vault (53rd) and balance beam (27th), while setting personal-bests on three of the four events.

Six of the 10 Big Ten teams are among the top-25 entering the Championships, led by No. 6 Michigan's regional qualifying score of 197.185. Nebraska (10th), Penn State (11th), Illinois (16th), Minnesota (19th) and Iowa (24th) round out the conference's top-25 squads.

Minnesota's Lindsay Mable leads all Big Ten gymnasts with a 39.585 RQS in the all-around to rank second in the NCAA. Michigan's Nicole Artz ranks fifth among the national all-arounders with a 39.535 RQS. Mable and Artz also rank fifth and sixth, respectively, on the balance beam, while Michigan freshman Brianna Brown ranks fifth nationally on the uneven bars.

PENN STATE NITTANY LIONS

14-3, 6-3 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, 196.025-197.125
Jan. 24	MARYLAND (DD) *	W, 196.550-194.450
Jan. 31	at No. 14 Illinois *	L, 195.600-196.400
Feb. 7	No. 24 MICHIGAN STATE *	W, 197.025-193.425
Feb. 14	No. 24 OHIO STATE *	W, 196.275-195.200
Feb. 21	at Pittsburgh	W, 196.175-193.350
Feb. 28	IOWA STATE, PENN & SUNY-BROCKPORT	1st of 4 (196.650)
March 8	at West Virginia	W, 196.750-195.900
March 14	at Minnesota w/ Iowa, Michigan & Rutgers *	2nd of 5 (196.650)
March 21	at Big Ten Championships	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

3

Penn State gymnasts earned All-Conference honors from the conference office on Monday.

More on page 6.

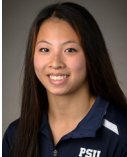
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B1G Freshman of the Week awards won by Briannah Tsang to set a Penn State record.

More on page 5, 6, 10 & 28.

EVENT LEADERS

Vault
BRIANNAH TSANG
FRESHMAN
2015 RQS: 9.890
2015 BEST: 9.950



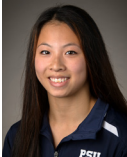
Uneven Bars
SIDNEY SANABRIA-ROBLES
SENIOR
2015 RQS: 9.845
2015 BEST: 9.900



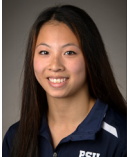
Balance Beam
SIDNEY SANABRIA-ROBLES
SENIOR
2015 RQS: 9.870
2015 BEST: 9.950



Floor Exercise
BRIANNAH TSANG
FRESHMAN
2015 RQS: 9.865
2015 BEST: 9.925



All-Around
BRIANNAH TSANG
FRESHMAN
2015 RQS: 39.350
2015 BEST: 39.500



INDIVIDUAL SEASON HIGHS

ALL-AROUND

Sidney Sanabria-Robles	39.500	at Illinois (1/31)
Briannah Tsang	39.500	Maryland (1/24)
Two Gymnasts Tied	39.400	---

Vault

Briannah Tsang	9.950	Twice; Last at Illinois (1/31)
Krystal Welsh	9.950	at Illinois (1/31)
Two Gymnasts Tied	9.925	---

UNEVEN BARS

Krystal Welsh	9.950	at West Virginia (3/8)
Three Gymnasts Tied	9.900	---

BALANCE BEAM

Sidney Sanabria-Robles	9.950	at Illinois (1/31)
Briannah Tsang	9.950	Maryland (1/24)
Two Gymnasts Tied	9.900	---

FLOOR EXERCISE

Emma Sibson	9.950	at West Virginia (3/8)
Briannah Tsang	9.925	Ohio State (2/14)
Two Gymnasts Tied	9.900	---

TEAM SEASON HIGHS

TEAM

197.025	Michigan State (2/7)
196.750	at West Virginia (3/8)
196.650	Two Scores Tied

Vault

49.550	at Illinois (1/31; SR)
49.450	Brockport, Iowa State & Penn (2/28)
49.275	at Nebraska (1/17)

UNEVEN BARS

49.300	at West Virginia (3/8)
49.250	Michigan State (2/7)
49.175	at B1G Five Meet (3/14)

BALANCE BEAM

49.250	Brockport, Iowa State & Penn (2/28)
49.200	Michigan State (2/7)
49.150	at West Virginia (3/8) & Maryland (1/24)

FLOOR EXERCISE

49.400	Michigan State (2/7)
49.275	at West Virginia (3/8)
49.275	Ohio State (2/14)

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NEXT UP
 April 4, 2015
TBA

BIG
NCAA Regional
TBA

April 17-19, 2015
Dallas, Texas
NCAA Championships
TBA

LOOKING BACK
 March 14, 2015
Sports Pavilion
vs. **BIG**
at B1G Five Meet
2nd of 5, 196.650

March 8, 2015
WVU Coliseum
at West Virginia
W, 196.750-195.900

NOTE: Tsang places 3rd in all-around

NOTE: Tsang wins AA; Sibson claims V & FX



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2014

/PennStateWomensGymnastics



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: 74-18 (Fifth Season)
Career: 146-100 (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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2014

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WOMEN'S GYMNASTICS CHAMPIONSHIPS

NITTANY LIONS IN 24TH B1G CHAMPIONSHIP

Penn State competed in their first ever Big Ten Women's Gymnastics Championship in 1992 and promptly grabbed a runner-up finish behind Michigan.

The Nittany Lions have finished second a Big Ten record 11 times in program history, each time placing second to Michigan.

The seven Penn State all-around titles are second in conference history to the Wolverines (12). PSU has claimed 16 individual event titles, which ranks fourth in conference history.

Penn State has won 23 event or all-around titles in their 23 years in the Big Ten, ranking tied for third in conference history.

The Nittany Lions own two of the four individual event Big Ten records. In 2003 Katie Rowland became the fourth Big Ten gymnast to post a perfect 10.0 on the event in conference history.

Nikki Smith logged a 10.000 on the balance beam at the 2000 championship event for the only perfect score in conference history on the event.

* - Tied for event title ; ^ - Big Ten Record

BIG TEN INDIVIDUAL CHAMPIONS

All-Around		
1998	Ellen Casey	39.250
2002	Katie Rowland	39.500
2003	Katie Rowland	39.625
2007	Brandi Personett	39.425
2008	Brandi Personett	39.525
2010	Brandi Personett	39.550
2011	Sharaya Musser	39.475
Vault		
2002	Katie Rowland	9.950
2003 ^	Katie Rowland	10.000
2006 *	Corissa Pirk	9.800
2007	Brandi Personett	9.950
2008	Brandi Personett	9.950
2011	Sharaya Musser	9.900
Uneven Bars		
2005	Kristal Urzelac	9.925
2006	Katie Perrett	9.900
2010	Natalie Ettl	9.925
2011	Natalie Ettl	9.925
Balance Beam		
2000 ^	Nikki Smith	10.000
2005	Kristal Urzelac	9.950
Floor Exercise		
2005 *	Katie Stopper	9.850
2008 *	Brandi Personett	9.900
2009 *	Brandi Personett	9.950
2010	Brandi Personett	9.950

B1G ROTATIONS

SESSION ONE

	RQS (B1G Rank)	Season High
Iowa		
Vault	48.970 (8)	49.275
Uneven Bars	49.120 (5)	49.325
Balance Beam	48.965 (6)	49.100
Floor Exercise	49.030 (T7)	49.375
Team	195.790 (6)	196.425
Maryland		
Vault	49.040 (5)	49.150
Uneven Bars	48.890 (8)	49.250
Balance Beam	48.720 (10)	48.975
Floor Exercise	48.925 (T9)	49.125
Team	195.290 (9)	196.000
Michigan State		
Vault	48.890 (T9)	49.100
Uneven Bars	48.975 (7)	49.200
Balance Beam	48.855 (7)	49.125
Floor Exercise	49.210 (3)	49.400
Team	195.610 (7)	196.325
Rutgers		
Vault	48.890 (T9)	48.975
Uneven Bars	48.765 (9)	49.100
Balance Beam	48.730 (9)	48.950
Floor Exercise	48.925 (T9)	49.375
Team	194.695 (10)	195.375

SESSION TWO

Illinois		
Vault	49.030 (6)	49.175
Uneven Bars	49.270 (2)	49.375
Balance Beam	49.170 (2)	49.300
Floor Exercise	49.030 (T7)	49.175
Team	196.355 (4)	196.975
Michigan		
Vault	49.290 (2)	49.525
Uneven Bars	49.315 (1)	49.475
Balance Beam	49.290 (1)	49.475
Floor Exercise	49.360 (1)	49.550
Team	197.185 (1)	197.675
Minnesota		
Vault	49.185 (4)	49.450
Uneven Bars	48.980 (6)	49.450
Balance Beam	48.970 (5)	49.400
Floor Exercise	49.175 (4)	49.400
Team	196.250 (5)	196.875
Nebraska		
Vault	49.450(1)	49.750
Uneven Bars	49.140 (3)	49.425
Balance Beam	49.080 (4)	49.425
Floor Exercise	49.295 (2)	49.475
Team	196.856 (2)	197.325
Ohio State		
Vault	49.015 (7)	49.100
Uneven Bars	48.750 (10)	48.900
Balance Beam	48.845 (8)	49.050
Floor Exercise	49.080 (6)	49.200
Team	195.355 (8)	196.200
Penn State		
Vault	49.285(3)	49.550
Uneven Bars	49.130 (4)	49.300
Balance Beam	49.125 (3)	49.250
Floor Exercise	49.155 (5)	49.400
Team	196.555 (3)	197.025

B1G HISTORY

T	I	E	A	School	Championship Years
20	79	67	12	Michigan	1982-92-93-94-95-96-97-99-00-01-02-03-04-05-07-08-09-10-11
5	35	28	6	Minnesota	1988-89-91-98-06
5	23	20	3	Ohio State	1983-84-85-86-87
2	17	15	2	Nebraska	2012-13
1	13	12	1	Illinois	1990
-	23	16	7	Penn State	
-	13	11	2	Iowa	
-	9	9	-	Michigan State	
-	-	-	-	Maryland (joined in 2015)	
-	-	-	-	Rutgers (joined in 2015)	
-	3	2	1	Wisconsin (discontinued in 1991)	
-	-	-	-	Indiana (discontinued in 1985)	

T - Team Champions ; I - Individual Champions (including all-around) ; E - Event Champions ; A - All-Around Champions

Team Runner-up finishes: Penn State -11 (92-93-94-99-00-01-04-05-07-10-11); Michigan State -8 (82-85-87-88-90-95-96-06); Minnesota -5 (83-84-86-97-02); Illinois -2 (08-09); Iowa -2 (91-03); Michigan -2 (98-13); Ohio State -2 (89-12); Nebraska -1 (14).

FIRST-TEAM B1G

1992	Allison Barber	2001	Gemma Cuff
	Rene Lyst		Katie Rowland
	April Polito	2002	Dana Cuomo
1993	Allison Barber		Katie Rowland
	April Polito	2003	Katie Rowland
1994	Bridget Foley	2005	Lisa Clark
	Tracy Kemer		Meredith Hoover
	April Polito		Kate Stopper
	Kerry Slattery	2006	Lisa Clark
1995	Tracy Kemer		Meredith Hoover
	Joanna Knox		Jennifer Orlando
1997	Ellen Casey	2007	Brandi Personett
	Missy Leopoldus	2008	Brandi Personett
1998	Ellen Casey	2009	Brandi Personett
	Gemma Cuff	2010	Sharaya Musser
	Joanna Knox		Brandi Personett
1999	Missy Leopoldus	2011	Natalie Ettl
	Ellen Casey		Sharaya Musser
	Gemma Cuff	2012	Sharaya Musser
	Missy Leopoldus	2013	Madison Merriam
	Nikki Smith		Sharaya Musser
2000	Gemma Cuff	2014	Kassidy Stauder
	Heather Duggan		
	Katie McAvoy		
	Nikki Smith		
	Marisa Taylor		
	Ashley Wilson		



QUICK FACTS

UNIVERSITY INFORMATION

Location University Park, Pa.
 Founded 1855
 Enrollment 46,068
 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) 74-18 (5th)
 Career Record (Years) 146-100 (16th)
 Associate Head Coach/Years Rachele 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)
 Home Meet Record (Since 1975) 223-52 *
 Record at Rec Hall 220-52 *
 Record at Bryce Jordan Center 3-0 *
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 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) 541-261-4 (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	9.855
Krystal Welsh	9.840
Oni Timothy	9.795
Sidney Sanabria-Robles	9.870
Emma Sibson	9.870
Briannah Tsang	9.890

UNEVEN BARS

Alex Witt	9.810
Lauren Li	9.800
Chanen Raygoza	* 9.750
Briannah Tsang	9.930
Sidney Sanabria-Robles	9.845
Krystal Welsh	9.845

BALANCE BEAM

Nicole Medvitz	9.825
Christian Postiglione	9.815
Emma Sibson	9.775
Briannah Tsang	9.860
Krystal Welsh	9.835
Sidney Sanabria-Robles	9.870

FLOOR EXERCISE

Oni Timothy	9.760
Lauren Li	9.790
Sidney Sanabria-Robles	9.830
Brianna Tsang	9.865
Emma Sibson	9.850
Krystal Welsh	9.825

ALL-AROUND

Briannah Tsang	39.380
Sidney Sanabria-Robles	39.360
Krystal Welsh	39.290

*Lineups based on last week's competition
 Scores listed are Regional Qualifying Scores
 * - Indicates Season Average due to no RQS*

B1G CHAMPIONSHIP HISTORY

Penn State will be competing in its 24th Big Ten Women's Gymnastics Championships.

- The Nittany Lions competed in their first B1G Championship in 1992 and finished runner-up to Michigan.
- Penn State has finished runner-up at the Championships a conference record 11 times and has six third place showings.
- The Nittany Lions finished fifth last season with a score of 196.475, which is tied for their sixth best score at the B1G Championships.
- Penn State has won 23 individual event and all-around titles in program history. The 23 titles rank tied for fourth in conference history.
- The seven all-around titles claimed by Nittany Lion gymnasts is second all-time in B1G history.
- Penn Staters own two of the four event records, with Nikki Smith (balance beam, 2000) and Katie Rowland (vault, 2003) both totaling 10.000 scores on their respective event.

2015 BIG FIVE MEET

Penn State earned a spot in the evening session of the Big Ten Championships for the second straight season with a second place showing at the B1G Five Meet last weekend in Minneapolis.

- Penn State claimed a runner-up finish to Michigan, 196.650-197.000.
- The three victories, winning vs. Iowa, Minnesota and Rutgers, pushed Penn State's regular season record to 14-3 and gave them a 6-3 mark in the Big Ten.
- The team score of 196.650 is tied for third this season, as the Nittany Lions also posted their third highest scores of 2015 on the vault (49.375) and uneven bars (49.175).
- Six gymnasts finished among the top-5 on individual events, including two on both the vault and uneven bars.
- Sidney Sanabria-Robles posted the highest finish by tying for third on the balance beam.
- Briannah Tsang and Emma Sibson both scored 9.900 on the vault to tie for fifth overall.
- Chanen Raygoza scored a career-best 9.900 on the uneven bars to place fourth.

SIBSON SHINES VS. MOUNTAINEERS

Freshman Emma Sibson had a standout showing on March 8 at West Virginia, which included a pair of event titles to help Penn State grab the road win.

**Event Winners on Page 10.
 Sibson Bio on Page 26.**

- Sibson posted her first career multi-win meet at West Virginia, winning the floor exercise and tying for the vault title.
- Her 9.950 on the floor exercise is tied for No. 9 in the Penn State record books and was a career-high score.
- The 9.950 was the highest floor exercise score since Sharaya Musser equaled the mark on March 17, 2012.
- She won her sixth career vault title and her first career floor exercise crown vs. the Mountaineers.

WELSH SCORES BIG IN QUAD MEET; AT WVU

On Feb. 28, senior Krystal Welsh performed at Rec Hall for the last time and she made the most of her final performance in the historic building. She followed that up with a solid showing at West Virginia on March 8.

**Event Winners on Page 10.
 Welsh Bio on Page 29.**

- Welsh claimed her first career all-around title vs. Brockport, Iowa State and Penn with a score of 39.400 on Feb. 28.
- She also tied for the event title on the vault (9.925) and won the floor exercise crown (9.875).
- The senior followed that with a pair of event wins at West Virginia on March 8. She topped the charts on the balance beam (9.875) and tied atop the uneven bars charts (9.950).
- Her 9.950 on the uneven bars tied for the No. 3 score in Penn State history on the event. It is the highest score since Madison Merriam's 9.950 on Feb. 23, 2013.
- She now has at least one event victory in six of her 10 meets this season, including two wins vs. Michigan State, at West Virginia and in the quad meet with Brockport, Iowa State and Penn.



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ANOTHER EVENT WIN

Penn State has posted the top score on at least one event in nine of their 10 meets this season. The Nittany Lions enter this weekend having swept all four team event titles in five straight meets.

Event Winners on Page 10.

- Penn State has claimed the top team score on all four events in seven of their 10 meets, including five straight meets from Feb. 7 - March 8.
- The Nittany Lions won only one team event title at No. 8 Nebraska and No. 14 Illinois.
- Penn State did not post the top team score on an event at the B1G Five Meet.
- Penn State has posted the top team score on the vault and uneven bars eight times, and the balance beam and floor exercise seven times.

QUAD SUCCESS

Penn State won three of four individual event titles and swept the team crowns in their Feb. 28 quad meet at Rec Hall.

- Penn State placed at least four gymnasts among the top-7 on each event vs. Brockport, Iowa State & Penn.
- The took six of the top seven spots on the balance beam and five of the top six on the floor exercise.
- Penn State posted their second highest team score of the season, scored the seventh highest score in school history on the vault and posted a season-best score on the balance beam.

PENN STATE PUMMELS PITT

Penn State held just over a one-point advantage after two rotations at Pitt last Saturday and eventually claimed the meet by a score of 196.175-193.350.

- Penn State's 2.825 margin of victory was their second highest of the season, behind the 3.600 edge in a 197.025-193.425 win over Michigan State.
- At Pitt, the Nittany Lions won or tied for the event title on all four apparatus, claimed the top three sports in the all-around and posted the high team score on all four events.
- Penn State took the top four spots and six of the top seven scores on the vault. Briannah Tsang (9.875) won the event, followed by Emma Sibson (9.850), Krystal Welsh (9.825) and Sidney Sanabria-Robles (9.800).
- The Nittany Lions took four of the top five places on the uneven bars and balance beam and claimed six of the top seven places on the floor exercise.

FOUR B1G AWARDS FOR TSANG

In 2015, Nittany Lion freshman Briannah Tsang captured three Big Ten Freshman of the Week awards.

**Award Winners on Page 7.
Tsang Bio on Page 28.**

- Tsang's four Big Ten Freshman of the Week awards are a Penn State record. She won one more than Sharaya Musser (3) did in 2010, the first year of the award.
- Tsang shared the award after a season-opening quad meet win over Cornell, New Hampshire & Rutgers on Jan. 10. She also earned the accolade after wins over Maryland (1/24) and Michigan State (2/7).
- Her third award came after winning the all-around (39.475) and tying for the balance beam crown (9.875) vs. Michigan State; finishing among the top four on all four apparatus.
- Tsang tied her career-best on the uneven bars (9.850) and floor exercise (9.875) to finish tied for third and tied for fourth, respectively, vs. the Spartans. She also notched a 9.875 on the vault tie for second overall on the event.
- Tsang captured her second Big Ten Freshman of the Week honor after winning the all-around vs. Maryland with a career-best 39.500.
- Vs. Maryland, she 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.
- Tsang 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.
- Tsang won the vault title with a score of 9.850 and claimed the balance beam with a 9.800 mark in the season opener.
- A the B1G Five Meet on March 14, Tsang posted the top all-around score by a Big Ten freshman and claimed her fourth weekly award.
- She finished third in the all-around with a 39.300 and grabbed one top-five finish at the meet.
- Her 9.900 on the vault finished fifth on the apparatus and she also logged a 9.850 on the floor exercise, 9.800 on the balance beam and 9.775 on the uneven bars.

NATIONAL POLL

#	Team	RQS	2015 High
1.	Oklahoma	197.860	198.500
2.	Florida	197.750	198.225
3.	LSU	197.630	198.375
4.	Utah	197.605	198.250
5.	Alabama	197.425	197.800
6.	Michigan	197.185	197.675
7.	UCLA	197.130	197.950
8.	Auburn	197.025	197.750
9.	Georgia	196.875	197.450
10.	Nebraska	196.865	197.325
11.	Penn State	196.555	197.025
12.	Oregon State	196.550	197.250
13.	Stanford	196.530	197.525
14.	Denver	196.455	196.925
15.	Boise State	196.375	196.800
16.	Illinois	196.355	196.975
17.	Arizona	196.290	197.125
18.	Arkansas	196.275	196.650
19.	Minnesota	196.250	196.875
20.	Cal	196.190	197.325
21.	Central Michigan	196.110	196.400
22.	Washington	195.960	196.600
23.	Southern Utah	195.945	196.475
24.	Iowa	195.790	196.425
25.	Kentucky	195.735	195.513

2015 Opponents in Bold | Ranked by Regional Qualifying Scores

PENN STATE WEEK-BY-WEEK RANKING

Preseason	16
Jan. 12	T15
Jan. 19	13
Jan. 26	9
Feb. 2	16
Feb. 9	11
Feb. 16	12
Feb. 23	13
March 2	11
March 9	12
March 16	11
March 23	--
March 30	--
April 6	--

Date Ranked by...

Jan. 12-Feb. 16	Total Season Average
Feb. 23-April 6	Regional Qualifying Score

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: Rachelle 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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ALL-BIG HONORS

THREE NITTANY LIONS EARN ALL-BIG HONORS

Three Penn State gymnasts were named to the 2015 All-Big Ten second team; senior Sidney Sanabria-Robles, sophomore Emma Sibson and freshman Briannah Tsang all earned second-team honors for their efforts in 2015.

Sanabria-Robles earned her second straight selection to the All-Big Ten second team after finishing 10th in the Big Ten with a 39.360 regional qualifying score in the all-around. The senior led the team on the uneven bars and balance beam and owns a season-best of 9.900 or better on three of the four events.

The Caguas, Puerto Rico, native won seven individual event titles and claimed three all-around championships on the season. Her all-around titles included a career-high 39.500 at No. 14 Illinois and wins vs. the Buckeyes and Panthers.

Sibson enjoyed a superb sophomore campaign to collect her first All-Big Ten honors. She finished the regular season ranked among the top-20 in the Big Ten on a pair of events and competed in her first two career all-around competitions.

Sibson won four event titles during the season, claiming three titles on the vault and winning her first career floor exercise crown. Her career-best 9.950 score on the floor exercise at West Virginia topped the field and ranks tied for ninth in Penn State history.

Tsang capped her freshman season by earning second-team All-Big Ten honors. She ranked among the top-20 in the Big Ten on all four apparatus and finished the regular season ninth overall with a RQS of 39.380 in the all-around. She also won four Big Ten Freshman of the Week honors, which are the most in Penn State history.

She wrote her name into the Penn State record books on three occasions, twice on the vault and once on the balance beam, claimed 11 individual event titles and won four all-around competitions during the regular season. She won four titles on the vault, three on the balance beam & floor exercise, and one on the uneven bars. Her season-high score of 9.950 on the vault is tied for third in the conference, while her 9.950 on the balance beam is also tied for third among Big Ten gymnasts.

FIRST-TEAM ALL-BIG TEN

Mary Jane Horth, Illinois
Sunny Kato, Illinois
Giana O'Connor, Illinois
Nicole Artz, Michigan
Brianna Brown, Michigan
Talia Chiarelli, Michigan
Sachi Sugiyama, Michigan
Lisa Burt, Michigan State
Elena Lagoski, Michigan State
Lindsay Mable, Minnesota
Hollie Blanske, Nebraska
Jessie DeZiel, Nebraska

SECOND-TEAM ALL-BIG TEN

Sydney Hoerr, Iowa
Stephanie Giameo, Maryland
Karen Tang, Maryland
Brooke Parker, Michigan
Cierra Tomson, Minnesota
Ashley Lambert, Nebraska
Desire' Stephens, Nebraska
Alexis Mattern, Ohio State
Sidney Sanabria-Robles, Penn State
Briannah Tsang, Penn State
Emma Sibson, Penn State

LEADER OF THE PRIDE

Penn State has seen a number of gymnasts lead them on various events this season. Below is a breakdown of who has led the Nittany Lions and how many times they have done it this season. *NOTE: Chart includes ties.*

	V	UB	BB	FX	AA
Lexi Carroll	-	-	-	1	-
Lauren Li	1	1	-	1	-
Nicole Medvitz	-	-	2	-	-
Chanen Raygoza	-	1	-	-	-
S. Sanabria-Robles	-	5	4	-	4
Emma Sibson	5	-	-	3	-
Oni Timothy	-	-	-	1	-
Briannah Tsang	6	1	4	3	5
Krystal Welsh	2	3	2	2	1
Alex Witt	-	1	-	-	-

THERE'S NO PLACE LIKE HOME

Penn State enjoys one of the most historic collegiate gymnastics venues in the country and they take pride in giving the home crowd something to cheer for, including a lot of wins.

- Since 1975, Penn State owns a 223-52 overall record in home meets. The Nittany Lions are 220-52 at Rec Hall and are 3-0 in meets contested inside the Bryce Jordan Center.
- Penn State is currently unbeaten in its last seven home dates, which is the fourth longest streak in school history.
 - Penn State swept its last two home meets in 2014 and was unblemished in its five home dates in 2015.

- The longest unbeaten streaks in school history are as follows: *(Streaks are listed by meets, not wins. Meaning if Penn State hosted three teams needed to be victorious vs. all three opponents to extend the streak.)*

1.	1977-82	28 meets
2.	1999-2001	11 meets
3.	1975-77	10 meets
4.	2014-15	7 meets
5.	2013-14	6 meets
	2009-10	
	2005	
8.	2007	5 meets
	1992-93	
10.	2011	4 meets
	1991	
	1986-87	

CRACKING THE VAULT RECORD

On Jan. 31 at Illinois, Penn State posted the best team score in school history on the vault with a 49.550.

Complete School Records on Page 14.

- The 49.550 broke the school record that was first set on Feb. 16, 2003 in a tri-meet at West Virginia with Rutgers (49.500).
- The previous record of 49.500 was equaled on two other occasions; 2004 NCAA Regionals and vs. Cornell, Iowa and Yale on Jan. 23, 2010. Both were home competitions.
- All six gymnasts posted scores of 9.850 or better on the event, marking the first time Penn State has seen all six performers top the 9.850 mark on any event since it occurred in 2014 on the floor exercise at the NCAA Regional.
- Six of the top-10 all-time team vault scores have come on the road, including the school record performance at Illinois.
- The Lions also tied for the No. 7 spot on the vault list with a 49.450 vs. Brockport, Iowa State and Penn on Feb. 28. They equaled the score from last season at New Hampshire w/Bridgeport & George Washington on March 8.
- Penn State is No. 11 in the NCAA on the vault with a 49.285 Regional Qualifying Score.

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 all season.

- Penn State currently ranks No. 17 nationally with a regional qualifying score of 49.130 on the apparatus.
- Their 49.000 team score in the season opener was the highest to start a season on the uneven bars since Jan. 9, 1999 when they scored 49.125 vs. Rutgers.
- Penn State has posted the top team score on the event in eight of its 10 meets, improving their season best score in each of the first three meets.
- Sidney Sanabria-Robles has won or tied for the title on the uneven bars four times this season and Krystal Welsh has won the event three times.
- The Nittany Lions swept the top six places in their quad-meet with Cornell, New Hampshire and Rutgers. and had six of the top eight performers at Pitt.
- 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).
- Penn State claimed four of the top five spots on the event vs. Ohio State, including a winning total of 9.875 from Sanabria-Robles.

TSANG A HIT MAKER DURING ROOKIE CAMPAIGN

Freshman Briannah Tsang made a quick impact on the collegiate gymnastics scene and has been a solid performer for the Blue and White all season.

Event Winners on Page 10.

Complete School Records on Page 14.

Tsang Bio on Page 28.

- Through 10 meets, Tsang has won 11 event titles and four all-around crowns and posted three top-10 scores in Penn State history.
- Tsang won at least one event title in each of her first eight career meets, including two individual event titles vs. Cornell, New Hampshire & Rutgers (V, BB), Maryland (BB, FX) and at Pittsburgh (V, FX).
- She claimed four Big Ten Freshman of the Week honors and has 23 top-three finishes in 40 routines and have placed among the top-three in the all-around on eight occasions.
- The rookie wrote her name into the record books three straight weeks from Jan. 17-31. Her 9.950 on the vault is tied for ninth best vault in PSU history, which she accomplished on Jan. 17 at No. 8 Nebraska and again on Jan. 31 at No. 14 Illinois.
- She also ranks tied for ninth in school history on the balance beam with a 9.950 score vs. Maryland on Jan. 24.
- It is the second straight season that a freshman has entered the record books, with Emma Sibson posting scores 9.975 (T5th) and 9.950 (T9th) during the 2014 season.
- Her all-around score of 39.225 vs. Cornell, New Hampshire and Rutgers 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.
- The rookie posted the 10th highest all-around score in the nation during the opening weekend at 39.225.
- Her season-high all-around score of 39.500 is the fourth highest score by a freshman this season (Toni-ann Williams, Cal: 39.700; Kennedy Baker, Florida & Brianna Brown, Michigan: 39.550).



THE FRESHEST B1G TEAM

Penn State has seen a Big Ten-best five different freshmen win the Big Ten Freshman of the Week award since it was installed during the 2010 season.

- A Big Ten-best four Nittany Lions have earned multiple Freshman of the Week laurels; Sharaya Musser (3, 2010), Samantha Musto (2, 2013), Emma Sibson (2, 2014) and Tsang.
- Overall, Penn State is second in Big Ten history with 12 Freshman of the Week awards won since 2010. Michigan is first with 17, while Nebraska has 11.
- Tsang has won the award a school-record four times this season, which gives Penn State a multi-time winner in each of the last three seasons.
- Tsang became the second straight PSU rookie to win the initial FOTW honor from the Big Ten, as Nicole Medvitz did so to start the 2014 campaign.

SOLID SENIOR CAMPAIGN FOR SANABRIA-ROBLES

Senior Sidney Sanabria-Robles capped a solid regular season by earning her second straight selection to the All-Big Ten second-team in 2015.

Event Winners on Page 10.
Sanabria-Robles Bio on Page 25.

- Of her 40 routines & 10 all-around competitions she has finished among the top 3 on 27 occasions (54 percent).
- Sanabria-Robles won the all-around at Illinois with a career-best score of 39.500. She also claimed the all-around at Pittsburgh (39.225) and vs. Ohio State (39.375).
- She finished second in the all-around at No. 8 Nebraska (39.425), vs. Maryland (39.350) and against Brockport, Iowa State and Penn (39.300).
- Sanabria-Robles has competed in the all-around in 24 straight meets dating back to the start of last season.
- She has won four uneven bars titles and three balance beam crowns this season.
- She has set or tied her career-high on three of the four apparatus this season; scoring 9.950 on the balance beam at Illinois, moving her into a tie for No. 9 in Penn State history on the event.

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.

NITTANY LIONS RETURN TO TOP-10

Penn State's rich and storied tradition in women's gymnastics added another chapter on Jan. 26, 2015, as the Nittany Lions returned to the NCAA top-10.

Current National Poll on Page 5.

- Penn State entered the top-10 in the national rankings at No. 9 on Jan. 26, 2015 with a season average of 195.750.
- It was the first time Penn State had been among the top-10 in the national rankings since Feb. 20, 2012 when they sat at 10th.
- It was also 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.

SWEEPING THE FLOOR VS. TERPS

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

Event Winners on Page 10.

- Freshman Briannah Tsang led the way for the Nittany Lions with an event winning and then-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.

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 above 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.

BIG TEN STANDINGS

	BIG TEN		OVERALL	
	W-L	%	W-L	%
Michigan	9-0	1.000	12-2	.857
Illinois	8-1	.889	14-3	.824
Nebraska	7-2	.778	15-3	.833
Penn State	6-3	.667	14-3	.824
Ohio State	4-5	.444	9-7	.563
Minnesota	4-5	.444	10-8	.556
Michigan State	4-5	.444	12-10	.545
Maryland *	2-7	.222	14-9	.604
Iowa	2-7	.222	7-9	.438
Rutgers	0-9	.000	12-17	.414

* - Includes one tie

THIS WEEK IN THE B1G...

March 21

Big Ten Championships (Session One), 11:30 a.m. (BTN)
Iowa, Maryland, Michigan State & Rutgers

Big Ten Championships (Session Two), 4:30 p.m. (BTN)
Penn State, Illinois, Michigan, Minnesota, Nebraska & Ohio State.

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

Feb. 2

G: Nicole Artz, Michigan
E: Abbie Epperson, Maryland
F: Brianna Brown, Michigan

Feb. 9

G: Lindsay Mable, Minnesota
E: Austin Sheppard, Michigan
F: Briannah Tsang, Penn State

Feb. 16

G: Lindsay Mable, Minnesota
E: Jennifer Lauer, Nebraska
F: Brianna Brown, Michigan

Feb. 23

G: Lindsay Mable, Minnesota
E: Ashley Lambert, Nebraska
F: Grace Williams, Nebraska

March 2

G: Lindsay Mable, Minnesota
E: Talia Chiarelli, Michigan
F: Grace Williams, Nebraska

March 9

G: Nicole Artz, Michigan & Jessie DeZiel, Nebraska
E: Talia Chiarelli, Michigan
F: Brianna Brown, Michigan

March 16

G: Nicole Artz, Michigan
E: Mollie Drenth, Iowa
F: Briannah Tsang, Penn State

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



2014 TIDBITS

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

THE FIRST TEAM TO TWENTY

The 2014 edition of the Nittany Lions became the first group of gymnasts to crack the 20-win plateau during the regular season in school history.

With two victories at the Big Ten Quad in Ann Arbor, Mich., the team moved past the 2007 squad for the most regular season victories in school history.

The 2007 team finished the year with a 19-4 overall mark and finished third at the NCAA Regional Championships.

Last season, Penn State finished fifth at the Big Ten Championships, but followed that up with a second place showing, behind eventual co-national champion Florida, at the NCAA Regional and advanced to the NCAA Championships for the 17th time in program history.

Top 5 Single Season Victories

20-3	2014
19-4	2007
18-5	2005
17-3	1982
16-0	1981
16-3	1991

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 has coached side by side since their time at Auburn and has 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.

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

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 146-100 record.

- In his fifth season at the helm of Penn State, Thompson has earned 74 regular season victories and is 74-18 overall.
- Add those 74 wins to his 72 while at Auburn and the Highland Heights, Ky., native sits at 146 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.

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.

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.



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.

NATIONAL NITS**TEAM RANKINGS** *(Regional Qualifying Scores)***Team Score**

11.	Penn State	196.555
	<i>Season High Score</i>	197.025

Vault

11.	Penn State	49.285
	<i>Season High Score</i>	49.550

Uneven Bars

17.	Penn State	49.130
	<i>Season High Score</i>	49.300

Balance Beam

13.	Penn State	49.125
	<i>Season High Score</i>	49.250

Floor Exercise

20.	Penn State	49.155
	<i>Season High Score</i>	49.400

INDIVIDUAL RANKINGS *(Top-75 RQS)***Vault**

T30.	Briannah Tsang	9.890
	<i>Season High Score</i>	9.950
T53.	Sidney Sanabria-Robles	9.870
	<i>Season High Score</i>	9.900
T53.	Emma Sibson	9.870
	<i>Season High Score</i>	9.925

Uneven Bars

T65.	Sidney Sanabria-Robles	9.845
	<i>Season High Score</i>	9.900
T65.	Krystal Welsh	9.845
	<i>Season High Score</i>	9.950

Balance Beam

T27.	Sidney Sanabria-Robles	9.870
	<i>Season High Score</i>	9.950
T41.	Briannah Tsang	9.860
	<i>Season High Score</i>	9.900
T70.	Krystal Welsh	9.835
	<i>Season High Score</i>	9.900

Floor Exercise

T53.	Briannah Tsang	9.865
	<i>Season High Score</i>	9.925

All-Around

17.	Briannah Tsang	39.380
	<i>Season High Score</i>	39.500
22.	Sidney Sanabria-Robles	39.360
	<i>Season High Score</i>	39.500
27.	Krystal Welsh	39.290
	<i>Season High Score</i>	39.400

Rankings by Regional Qualifying Score

EVENT WINNERS

INDIVIDUAL EVENT TITLES

Lauren Li

Vault (1)
1/24 Maryland 9.875

Floor Exercise (1)
1/10 Cornell, New Hampshire & Rutgers *9.800

Nicole Medvitz

Balance Beam (2)
2/7 No. 24 Michigan State *9.875
2/21 at Pittsburgh *9.850

Sidney Sanabria-Robles

All-Around (3)
1/31 at No. 14 Illinois 39.500
2/14 No. 24 Ohio State 39.375
2/21 at Pittsburgh 39.225

Uneven Bars (4)
1/10 Cornell, New Hampshire & Rutgers 9.800
1/17 at No. 8 Nebraska *9.850
2/14 No. 24 Ohio State 9.875
2/21 at Pittsburgh *9.825

Balance Beam (3)
1/31 at No. 14 Illinois 9.950
2/14 No. 24 Ohio State *9.850
2/28 Brockport, Iowa State & Penn 9.900

Emma Sibson

Vault (3)
2/7 No. 24 Michigan State 9.900
2/28 Brockport, Iowa State & Penn *9.925
3/8 at West Virginia *9.850

Floor Exercise (1)
3/8 at West Virginia 9.950

Oni Timothy

Floor Exercise (1)
2/7 No. 24 Michigan State *9.900

Briannah Tsang

All-Around (3)
1/10 Cornell, New Hampshire & Rutgers 39.225
1/24 Maryland 39.550
2/7 No. 24 Michigan State 39.475
3/8 at West Virginia 39.475

Vault (4)
1/10 Cornell, New Hampshire & Rutgers 9.850
1/31 at No. 14 Illinois *9.950
2/21 at Pittsburgh 9.875
3/8 at West Virginia *9.850

Uneven Bars (1)
1/17 at No. 8 Nebraska *9.850

Balance Beam (3)
1/10 Cornell, New Hampshire & Rutgers *9.800
1/24 Maryland 9.950
2/7 No. 24 Michigan State *9.875

Floor Exercise (3)
1/24 Maryland 9.875
2/14 No. 24 Ohio State 9.925
2/21 at Pittsburgh 9.875

Krystal Welsh

All-Around (1)
2/28 Brockport, Iowa State & Penn 39.400

Vault (2)
1/31 at No. 14 Illinois *9.950
2/28 Brockport, Iowa State & Penn 9.925

Uneven Bars (3)
1/24 Maryland 9.900
2/7 No. 24 Michigan State 9.900
3/8 at West Virginia *9.950

Balance Beam (2)
1/10 Cornell, New Hampshire & Rutgers *9.800
3/8 at West Virginia 9.875

Floor Exercise (2)
2/7 No. 24 Michigan State *9.900
2/28 Brockport, Iowa State & Penn 9.875

CAREER INDIVIDUAL EVENT TITLES

Gymnast	2015	Career
Lexi Carroll	--	2
Floor Exercise	--	2
Lauren Li	2	2
Vault	1	1
Floor Exercise	1	1
Nicole Medvitz	2	4
Uneven Bars	--	1
Balance Beam	2	3
Sidney Sanabria-Robles	10	15
Vault	--	3
Uneven Bars	4	4
Balance Beam	3	3
Floor Exercise	--	1
All-Around	3	4
Emma Sibson	3	7
Vault	2	6
Floor Exercise	1	1
Oni Timothy	1	1
Floor Exercise	1	1
Briannah Tsang	15	15
Vault	4	4
Uneven Bars	1	1
Balance Beam	3	3
Floor Exercise	3	3
All-Around	4	4
Krystal Welsh	10	17
Vault	2	3
Uneven Bars	3	6
Balance Beam	2	2
Floor Exercise	2	5
All-Around	1	1

TEAM EVENT TITLES

Vault (8)
1/10 Cornell, New Hampshire & Rutgers 48.900
1/24 Maryland 49.150
1/31 at No. 14 Illinois 49.550
2/7 No. 24 Michigan State 49.175
2/14 No. 24 Ohio State 48.950
2/21 at Pittsburgh 49.125
2/28 Brockport, Iowa State & Penn 49.450
3/8 at West Virginia 49.025

Uneven Bars (8)
1/10 Cornell, New Hampshire & Rutgers 49.000
1/17 at No. 8 Nebraska 49.025
1/24 Maryland 49.100
2/7 No. 24 Michigan State 49.250
2/14 No. 24 Ohio State 49.100
2/21 at Pittsburgh 48.975
2/28 Brockport, Iowa State & Penn 48.775
3/8 at West Virginia 49.300

Balance Beam (7)
1/10 Cornell, New Hampshire & Rutgers 49.000
1/24 Maryland 49.150
2/7 No. 24 Michigan State 49.200
2/14 No. 24 Ohio State 48.950
2/21 at Pittsburgh 49.025
2/28 Brockport, Iowa State & Penn 49.250
3/8 at West Virginia 49.150

Floor Exercise (7)
1/10 Cornell, New Hampshire & Rutgers 48.800
1/24 Maryland 49.150
2/7 No. 24 Michigan State 49.400
2/14 No. 24 Ohio State 49.275
2/21 at Pittsburgh 49.050
2/28 Brockport, Iowa State & Penn 49.175
3/8 at West Virginia 49.275

* - Shared event title



MEET RESULTS

host Cornell, UNH & Rutgers January 10, 2015 Recreation Building University Park, Pa. Attendance: 1,275	at No. 8 Nebraska January 17, 2015 Devaney Center Lincoln, Neb. Attendance: 1,212	host Maryland January 24, 2015 Recreation Building University Park, Pa. Attendance: 2,385	at No. 14 Illinois January 31, 2015 Huff Hall Champaign, Ill. Attendance: 1,163	host No. 24 Michigan State February 7, 2015 Recreation Building University Park, Pa. Attendance: 1,340	host No. 24 Ohio State February 14, 2014 Recreation Building University Park, Pa. Attendance: 1,566	at Pittsburgh February 21, 2014 Fitzgerald Field House Pittsburgh, Pa. Attendance: 689
No. 16 Penn State 194,675 New Hampshire 193,450 Rutgers 191,825 Cornell 186,725	No. 8 Nebraska 197,125 No. 15 Penn State 196,025	No. 12 Penn State 196,550 Maryland 194,450	No. 14 Illinois 196,400 No. 9 Penn State 195,600	No. 16 Penn State 197,025 No. 24 Michigan State 193,425	No. 11 Penn State 196,275 No. 24 Ohio State 195,200	No. 12 Penn State 196,175 Pittsburgh 193,350
VAULT L 48,900 Timothy 9,750 Walesh 9,725 Sanabria-Robles 9,775 Sibson 9,800 Tsang 9,850	VAULT L 49,275 Timothy 9,875 Walesh 9,750 Sanabria-Robles 9,900 Sibson 9,800 Tsang 9,950	VAULT L 49,150 Timothy 9,875 Walesh 9,800 Sanabria-Robles 9,800 Sibson 9,850 Tsang 9,825	VAULT L 49,550 Timothy 9,875 Walesh 9,950 L 9,900 Sanabria-Robles 9,875 Sibson 9,850 Tsang 9,950	VAULT L 49,175 Timothy 9,775 Walesh 9,325 L 9,750 Sanabria-Robles 9,875 Sibson 9,900 Tsang 9,875	VAULT L 48,950 Timothy 9,775 Walesh 9,825 L 9,800 Sanabria-Robles 9,775 Sibson 9,825 Tsang 9,750	VAULT L 49,125 Walesh 9,775 Timothy 9,700 Sanabria-Robles 9,800 Sibson 9,850 Tsang 9,875
UNEVEN BARS Carroll 9,725 L 9,775 Witt 9,750 Tsang 9,800 Sanabria-Robles 9,850 Walesh 9,825	UNEVEN BARS Carroll 9,628 L 9,750 Witt 9,800 Tsang 9,850 Sanabria-Robles 9,825 Walesh 9,775	UNEVEN BARS Carroll 9,725 L 9,675 Witt 9,800 Tsang 9,850 Sanabria-Robles 9,900 Walesh 9,825	UNEVEN BARS Carroll 9,050 L 9,800 Witt 9,800 Sibson 9,825 Tsang 9,800 Sanabria-Robles 9,900 Walesh 9,700	UNEVEN BARS Witt 9,800 L 9,850 Sibson 9,825 Tsang 9,850 Sanabria-Robles 9,825 Walesh 9,900	UNEVEN BARS Witt 9,850 L 9,800 Raygoza 9,650 Tsang 9,800 Sanabria-Robles 9,825 Walesh 9,800	UNEVEN BARS Witt 9,750 L 9,800 Raygoza 9,650 Tsang 9,800 Sanabria-Robles 9,825 Walesh 9,875
BALANCE BEAM L 47,975 Medvitz 9,550 Carroll 9,075 Tsang 9,750 Walesh 9,800 Sanabria-Robles 9,025	BALANCE BEAM L 48,975 Sibson 9,100 Carroll 9,750 Tsang 9,625 Walesh 9,900 Sanabria-Robles 9,850	BALANCE BEAM L 49,150 Sibson 9,175 Medvitz 9,700 Tsang 9,850 Walesh 9,775 Sanabria-Robles 9,875	BALANCE BEAM Carroll 9,175 L 9,175 Medvitz 9,900 Tsang 9,675 Walesh 9,200 Sanabria-Robles 9,950	BALANCE BEAM Medvitz 9,875 Postiglione 9,825 Sibson 9,800 Tsang 9,875 Walesh 9,800 Sanabria-Robles 9,825	BALANCE BEAM Medvitz 9,650 Postiglione 9,800 Sibson 9,750 Tsang 9,825 Walesh 9,800 Sanabria-Robles 9,850	BALANCE BEAM Medvitz 9,850 Postiglione 9,825 Sibson 9,800 Tsang 9,325 Walesh 9,725 Sanabria-Robles 9,825
FLOOR EXERCISE L 48,600 Carroll 9,775 Timothy 9,600 Sanabria-Robles 9,700 Tsang 9,775 Walesh 9,750	FLOOR EXERCISE L 48,750 Sanabria-Robles 9,825 Timothy 9,675 Sibson 9,900 Tsang 9,650 Walesh 9,700	FLOOR EXERCISE L 49,150 Sanabria-Robles 9,800 Timothy 9,800 Sibson 9,825 Tsang 9,875 Walesh 9,850	FLOOR EXERCISE L 48,425 Sanabria-Robles 9,500 Carroll 9,775 Sibson 9,800 Tsang 9,550 Walesh 9,700	FLOOR EXERCISE L 49,400 Sanabria-Robles 9,800 Timothy 9,900 Sibson 9,875 Tsang 9,925 Walesh 9,900	FLOOR EXERCISE L 49,275 Sanabria-Robles 9,775 Timothy 9,825 Sibson 9,750 Tsang 9,925 Walesh 9,875	FLOOR EXERCISE L 49,050 Sanabria-Robles 9,750 Timothy 9,775 Sibson 9,800 Tsang 9,875 Walesh 9,825
ALL-AROUND Tsang 39,225 Walesh 39,100 L 38,875 Sanabria-Robles 38,350	ALL-AROUND Sanabria-Robles 39,425 Tsang 39,350 L 39,075 Walesh 38,350	ALL-AROUND Tsang 39,500 Sanabria-Robles 39,350 Walesh 39,325 L 38,525	ALL-AROUND Sanabria-Robles 39,500 Walesh 39,250 L 39,100 Tsang 38,600	ALL-AROUND Tsang 39,475 Sibson 39,400 Sanabria-Robles 39,375 Walesh 38,925	ALL-AROUND Sanabria-Robles 39,375 Walesh 39,250 Tsang 39,200 Sibson 39,075	ALL-AROUND Sanabria-Robles 39,225 Walesh 39,175 Tsang 38,875
Rotation Order: V, UB, BB, FX	Rotation Order: UB, V, FX, BB	Rotation Order: V, UB, BB, FX	Rotation Order: UB, V, FX, BB	Rotation Order: V, UB, BB, FX	Rotation Order: V, UB, BB, FX	Rotation Order: UB, V, FX, BB



MEET RESULTS (CONT.)

host Brockport, Iowa State, Penn	at West Virginia	at BIG Five Meet
February 28, 2015 Recreation Building University Park, Pa. Attendance: 1,761	March 8, 2015 WVU Coliseum Morgantown, W.Va. Attendance: 2,178	March 14, 2015 Sports Pavilion Minneapolis, Minn. Attendance: 1,357
No. 13 Penn State 196.650 Iowa State 195.375 Penn 191.925 Brockport 190.750	No. 11 Penn State 196.750 West Virginia 195.900	No. 6 Michigan 197.000 No. 12 Penn State 196.650 No. 20 Minnesota 196.450 No. 25 Iowa 196.425 Rutgers 194.150
VAULT Li 49.450 Welsh 9.875 Timothy 9.925 Sanabria-Robles 9.900 Sibson 9.925 Tsang 9.800	VAULT Li 49.025 Welsh 9.750 Timothy 9.775 Sanabria-Robles 9.200 Sibson 9.800 Tsang 9.850	VAULT Li 49.375 Welsh 9.850 Timothy 9.875 Sanabria-Robles 9.850 Sibson 9.900 Tsang 9.900
UNEVEN BARS Witt 48.775 Li 9.800 Raygoza 9.600 Tsang 9.775 Sanabria-Robles 9.650 Welsh 9.750	UNEVEN BARS Witt 49.300 Li 9.800 Raygoza 9.850 Tsang 9.900 Sanabria-Robles 9.225 Welsh 9.950	UNEVEN BARS Witt 49.175 Li 9.875 Raygoza 9.800 Tsang 9.900 Sanabria-Robles 9.775 Welsh 9.800
BALANCE BEAM Medvitz 49.250 Postiglione 9.800 Sibson 9.825 Tsang 9.800 Welsh 9.875 Sanabria-Robles 9.900	BALANCE BEAM Medvitz 49.150 Postiglione 9.800 Sibson 9.850 Tsang 9.775 Welsh 9.850 Sanabria-Robles 9.300	BALANCE BEAM Medvitz 49.100 Postiglione 9.825 Sibson 9.800 Tsang 9.325 Welsh 9.800 Sanabria-Robles 9.800
FLOOR EXERCISE Li 49.175 Timothy 9.725 Sanabria-Robles 9.800 Tsang 9.850 Sibson 9.800 Welsh 9.875	FLOOR EXERCISE Li 49.275 Timothy 9.700 Sanabria-Robles 9.825 Tsang 9.850 Sibson 9.875 Welsh 9.950	FLOOR EXERCISE Timothy 49.000 Li 9.725 Sanabria-Robles 9.800 Tsang 9.750 Sibson 9.825 Welsh 9.850
ALL-AROUND Welsh 39.400 Sanabria-Robles 39.300 Tsang 39.300	ALL-AROUND Tsang 39.475 Welsh 39.375 Sanabria-Robles 38.175	ALL-AROUND Tsang 39.300 Welsh 38.275 Sanabria-Robles 39.250
Rotation Order: V, UB, BB, FX	Rotation Order: UB, V, FX, BB	Rotation Order: V, UB, BB, Bye, FX



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:
Sin-na-bree-uh-Row-bliss*

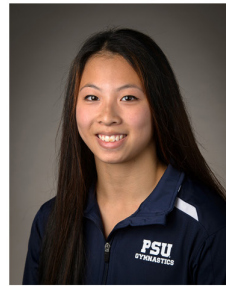


Emma Sibson
So. § 5-1 § All-Around
Allen, Texas



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

UNEVEN BARS

1.	9.975	Natalie Ettl	2/18/2011
		Katie Perret	3/16/2007
3.	9.950	Krystal Welsh	3/8/2015
		Madison Merriam	2/23/2013
		Natalie Ettl	2/6/2011
		Natalie Ettl	3/7/2010
		Natalie Ettl	2/6/2010
		Katie McAvoy	3/1/2003
		Katie McAvoy	2/2/2002
		Katie Rowland	3/16/2002
		Katie Rowland	2/17/2001
		Maria Taylor	2/23/2001
		Nikki Smith	3/13/1999

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	Sidney Sanabria-Robles	1/31/15
		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	Emma Sibson	3/8/2015
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/4/2011
		Sharaya Musser	2/18/2011
		Brandi Personett	3/27/2010
		Brandi Personett	3/20/2010
		Brandi Personett	2/20/2010
		Brandi Personett	3/21/2009
		Brandi Personett	3/8/2009
		Brandi Personett	3/1/2009
		Brandi Personett	3/1/2008
		Brandi Personett	2/24/2007
		Kate Stopper	2/6/2004
		Katie Rowland	4/12/2003
		Katie Rowland	3/1/2003
		Katie Rowland	2/16/2003
		Katie Rowland	2/1/2003
		Katie Rowland	3/16/2002
		Katie Rowland	2/23/2001
		Katie Rowland	2/3/2001
		Leslie Bair	2/23/2001
		Richelle Simpson	2/23/2001
		Heather Duggan	2/19/2000
		Missy Leopoldus	3/14/1998
		Ellen Casey	1999
		Ellen Casey	2/28/1998
		Ellen Casey	3/16/1997

ALL-AROUND

1.	39.775	Katie Rowland	3/14/2003
2.	39.725	Sharaya Musser	3/4/2011
		Katie Rowland	3/9/2002
4.	39.700	Brandi Personett	2/20/2010
5.	39.675	Katie Rowland	2/16/2003
6.	39.650	Sharaya Musser	3/16/2013
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/2/2012
		Katie Rowland	2/23/2001
		Katie Rowland	2/17/2001
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.	49.550	at Illinois	1/31/2015
2.	49.500	Cornell, Iowa, Yale	1/23/2010
	49.500	at NCAA Regionals	4/3/2004
	49.500	at West Virginia w/ Rutgers	2/16/2003
5.	49.475	Kentucky	3/16/2013
	49.475	at West Virginia w/ Ball State	2/13/2005
7.	49.450	Brockport, Iowa State & Penn	2/28/2015
	49.450	at N.H. w/ Bridgeport, G. Wash.	3/8/2014
9.	49.425	Nebraska, Rutgers, Yale	2/10/2006
10.	49.400	at Pittsburgh	2/13/2010

UNEVEN BARS

1.	49.500	Massachusetts	2/23/2001
2.	49.425	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	Michigan State	2/7/2015
	197.025	Alabama	2/19/1999
7.	196.975	New Hampshire, Penn, Temple	3/9/2013
8.	196.875	Pittsburgh	2/3/2001
9.	196.825	at Arizona w/ Kentucky, TWU	3/16/2007
10.	196.775	at Rhode Island	2/17/2001



TOP PERFORMERS

Vault	(Rowland/Personett, 10.00)	Balance Beam	(Rowland/Smith, 10.00)	All Around	(Rowland, 39.775)
Briannah Tsang	9.950 1/31/15	Sydney Sanabria-Robles	9.950 1/31/15	Sidney Sanabria-Robles	39.500 1/31/15
Krystal Welsh	9.950 1/31/15	Briannah Tsang	9.950 1/24/15	Briannah Tsang	39.500 1/24/15
Emma Sibson	9.925 2/28/15	Lauren Li	9.900 1/31/15	Krystal Welsh	39.400 2/28/16
Sidney Sanabria-Robles	9.900 3/14/15	Krystal Welsh	9.900 1/31/15	Emma Sibson	39.400 2/7/15
Lauren Li	9.900 1/31/15	Nicole Medvitz	9.875 2/7/15	Lauren Li	39.100 1/31/15
Uneven Bars	(Perret/Ettl, 9.975)	Floor Exercise	(Ellen Casey, 10.00)		
Krystal Welsh	9.950 3/8/15	Emma Sibson	9.950 3/8/15		
Chanen Raygoza	9.850 3/14/15	Briannah Tsang	9.925 2/14/15		
Briannah Tsang	9.900 3/8/15	Oni Timothy	9.900 2/7/15		
Sidney Sanabria-Robles	9.900 1/31/15	Krystal Welsh	9.900 2/7/15		
Alex Witt	9.875 3/14/15	Sidney Sanabria-Robles	9.875 2/14/15		

TOP TEAM PERFORMANCES

Vault	(2015, 49.550)	Balance Beam	(2001, 49.650)	Team Score	(2001, 197.450)
at Illinois	49.550 * 1/31/15	Brockport, Iowa State & Penn	49.258 2/28/15	Michigan State	197.025 2/7/15
Brockport, Iowa State & Penn	49.450 2/28/15	Michigan State	49.200 2/7/15	at West Virginia	196.750 3/8/15
at B1G Five Meet	49.375 3/14/15	at West Virginia	49.150 3/8/15	at B1G Five Meet	196.650 3/14/15
at Nebraska	49.275 1/17/15	Maryland	49.150 1/24/15	Brockport, Iowa State & Penn	196.650 2/28/14
Michigan State	49.175 2/7/15	at B1G Five Meet	49.100 3/14/15	Maryland	196.550 1/24/15
Uneven Bars	(2001, 49.500)	Floor Exercise	(2001, 49.725)		
at West Virginia	49.300 3/8/15	Michigan State	49.400 2/7/15		
Michigan State	49.250 2/7/15	at West Virginia	49.275 3/8/15		
at B1G Five Meet	49.175 3/14/15	Ohio State	49.275 2/14/15		
Ohio State	49.100 2/14/15	Brockport, Iowa State & Penn	49.175 2/28/15		
Maryland	49.100 1/24/15	Maryland	49.150 1/24/15		

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 No. 14 Illinois *	L, 195.600-196.400	4-2
FEB. 7	MICHIGAN STATE *	W, 197.025-193.425	5-2
FEB. 14	OHIO STATE *	W, 196.275-195.200	6-2
Feb. 21	at Pittsburgh	W, 196.175-193.35	7-2
FEB. 28	IOWA STATE, PENN & SUNY-BROCKPORT	1st of 4 (196.650 pts)	10-2
March 8	at West Virginia	W, 196.750-195.900	11-2
March 14	at No. 20 Minnesota w/ No. 25 Iowa, No. 6 Michigan & Rutgers *	2nd of 5 (196.650 pts)	14-3
March 21	Big Ten Championships	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

* - School Record

- NCAA Record

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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	196.550
at Illinois * (1/31)	UB, V, FX, BB	49.550 *	49.000	48.625	48.425	195.600
MICHIGAN STATE * (2/7)	V, UB, BB, FX	49.175	49.250	49.200	49.400	197.025
OHIO STATE * (2/14)	V, UB, BB, FX	48.950	49.100	48.950	49.275	196.275
at Pittsburgh (2/21)	UB, V, BB, FX	49.125	48.975	49.025	49.050	196.175
IOWA STATE, PENN & SUNY-BROCKPORT (2/28)	V, UB, BB, FX	49.450	48.775	49.250	49.175	196.650
at West Virginia (3/8)	UB, V, FX, BB	49.025	49.300	49.150	49.275	196.750
at Minnesota w/ Iowa, Michigan & Rutgers * (3/14)	V, UB, BB, Bye, FX	49.375	49.175	49.100	49.000	196.650
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	1/31/15	1.	Sidney Sanabria-Robles	9.950	1/31/15	1.	Sidney Sanabria-Robles	39.500	1/31/15
	Krystal Welsh	9.950	1/31/15		Briannah Tsang	9.950	1/24/15		Briannah Tsang	39.500	1/24/15
	Briannah Tsang	9.950	1/17/15	3.	Sidney Sanabria-Robles	9.900	2/28/15	3.	Briannah Tsang	39.475	3/8/15
4.	Emma Sibson	9.925	2/28/15		Lauren Li	9.900	1/31/15		Briannah Tsang	39.475	2/7/15
	Krystal Welsh	9.925	2/28/15		Krystal Welsh	9.900	1/31/15	5.	Sidney Sanabria-Robles	39.425	1/17/15
6.	Emma Sibson	9.900	3/14/15		Briannah Tsang	9.900	1/17/15	6.	Krystal Welsh	39.400	2/28/15
	Briannah Tsang	9.900	3/14/15	7.	Sidney Sanabria-Robles	9.875	3/14/15		Emma Sibson	39.400	2/7/15
	Sidney Sanabria-Robles	9.900	2/28/15		Krystal Welsh	9.875	3/8/15	8.	Krystal Welsh	39.375	3/8/15
	Emma Sibson	9.900	2/7/15		Briannah Tsang	9.875	2/28/15		Sidney Sanabria-Robles	39.375	2/14/15
	Lauren Li	9.900	1/31/15		Nicole Medvitz	9.875	2/7/15		Sidney Sanabria-Robles	39.375	2/7/15
	Sidney Sanabria-Robles	9.900	1/17/15		Briannah Tsang	9.875	2/7/15	11.	Briannah Tsang	39.350	1/17/15
12.	Krystal Welsh	9.875	3/14/15		Sidney Sanabria-Robles	9.875	1/24/15		Sidney Sanabria-Robles	39.350	1/24/15
	Lauren Li	9.875	2/28/15	13.	Christina Postiglione	9.850	3/8/15	13.	Krystal Welsh	39.325	1/24/15
	Briannah Tsang	9.875	2/21/15		Briannah Tsang	9.850	3/8/15	14.	Briannah Tsang	39.300	3/14/15
	Sidney Sanabria-Robles	9.875	2/7/15		Krystal Welsh	9.850	2/28/15		Sidney Sanabria-Robles	39.300	2/28/15
	Lauren Li	9.875	2/7/15		Nicole Medvitz	9.850	2/21/15		Briannah Tsang	39.300	2/28/15
	Sydney Sanabria-Robles	9.875	1/31/15		Sidney Sanabria-Robles	9.850	2/14/15				
	Oni Timothy	9.875	1/31/15		Sidney Sanabria-Robles	9.850	1/17/15				
	Lauren Li	9.875	1/24/15		Krystal Welsh	9.850	1/17/15				
	Lauren Li	9.875	1/17/15		Nicole Medvitz	9.850	1/24/15				
Uneven Bars (Perret/Ettl, 9.975)				Floor Exercise (Ellen Casey, 10.00)							
1.	Krystal Welsh	9.950	3/8/15	1.	Emma Sibson	9.950	3/8/15				
2.	Chanen Raygoza	9.900	3/14/15		Briannah Tsang	9.925	2/14/15				
	Briannah Tsang	9.900	3/8/15	3.	Oni Timothy	9.900	2/7/15				
	Krystal Welsh	9.900	2/7/15		Krystal Welsh	9.900	2/7/15				
	Sidney Sanabria-Robles	9.900	1/31/15		Emma Sibson	9.900	1/17/15				
	Krystal Welsh	9.900	1/24/15	6.	Briannah Tsang	9.875	3/8/15				
7.	Alex Witt	9.875	3/14/15		Krystal Welsh	9.875	2/28/15				
	Sidney Sanabria-Robles	9.875	2/14/15		Briannah Tsang	9.875	2/21/15				
9.	Chanen Raygoza	9.850	3/8/15		Krystal Welsh	9.875	2/14/15				
	Alex Witt	9.850	2/14/15		Sidney Sanabria-Robles	9.875	2/14/15				
	Chanen Raygoza	9.850 ^	2/14/15		Emma Sibson	9.875	2/7/15				
	Lauren Li	9.850	2/7/15		Briannah Tsang	9.875	2/7/15				
	Briannah Tsang	9.850	2/7/15		Briannah Tsang	9.875	1/24/15				
	Sidney Sanabria-Robles	9.850	1/17/15	14.	Emma Sibson	9.850	3/14/15				
	Briannah Tsang	9.850	1/17/15		Sidney Sanabria-Robles	9.850	3/8/15				
	Briannah Tsang	9.850	1/24/15		Sidney Sanabria-Robles	9.850	2/28/15				
	Sidney Sanabria-Robles	9.850	1/10/15		Briannah Tsang	9.850	2/28/15				
					Sidney Sanabria-Robles	9.850	2/7/15				
					Krystal Welsh	9.850	1/24/15				

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GYMNAST MEET-BY-MEET

Lexi Carroll	Sr.	Lauren Li	Fr.	Christina Postiglione	So.
All-Around	(38.850, 1/26/13)	All-Around	(39.100, 1/31/15)	Uneven Bars	(9.800 ^, 3/8/15)
<i>Has Not Competed in 2015</i>		at Illinois (1/31)	39.100	at West Virginia (3/8)	9.800 ^
		Cornell, UNH & Rutgers (1/10)	38.875 (3)	at Pittsburgh (2/21)	9.750 ^
Vault	(9.875, 3/2/13)	Maryland (1/24)	38.525 (4)	at Nebraska (1/17)	9.725 ^
<i>Has Not Competed in 2015</i>		at Nebraska (1/17)	38.350		
		Vault	(9.900, 1/31/15)	Balance Beam	(9.850, 3/8/15)
Uneven Bars	(9.775, 1/19/13)	at Illinois (1/31)	9.900 (3)	at West Virginia (3/8)	9.850 (T2)
Maryland (1/24)	9.725	Brockport, Iowa State & Penn (2/28)	9.875	Brockport, Iowa State & Penn (2/28)	9.825
Cornell, UNH & Rutgers (1/10)	9.725	Maryland (1/24)	9.875 (1)	at Pittsburgh (2/21)	9.825 (T3)
at Nebraska (1/17)	9.625	at Nebraska (1/17)	9.875	Michigan State (2/7)	9.825 (T3)
at Illinois (1/31)	9.050	at B1G Five Meet (3/14)	9.850	at B1G Five Meet (3/14)	9.800
Balance Beam	(9.850, 3/16/13)	Ohio State (2/14)	9.800 (T3)	Ohio State (2/14)	9.800 (T3)
Cornell, UNH & Rutgers (1/10)	9.750	at Pittsburgh (2/21)	9.775	Maryland (1/24)	9.775 ^
at Nebraska (1/17)	9.625	at West Virginia (3/8)	9.750	at Nebraska (1/17)	9.250 ^
at Illinois (1/31)	9.175	Michigan State (2/7)	9.750		
		Cornell, UNH & Rutgers (1/10)	9.750	Floor Exercise	(9.775 ^, 1/17/15)
Floor Exercise	(9.925, 3/9/13)			at Nebraska (1/17)	9.775 ^
at Illinois (1/31)	9.800	Uneven Bars	(9.850, 2/7/15)		
Brockport, Iowa State & Penn (2/28)	9.775 ^	Michigan State (2/7)	9.850 (T3)	Chanel Raygoza	Fr.
Michigan State (2/7)	9.775 ^	at B1G Five Meet (3/14)	9.800	Vault	(9.575 ^, 3/8/15)
Maryland (1/24)	9.775 ^	at West Virginia (3/8)	9.800	at West Virginia (3/8)	9.575
Cornell, UNH & Rutgers (1/10)	9.775 (T3)	Brockport, Iowa State & Penn (2/28)	9.800 (T2)	Brockport, Iowa State & Penn (2/28)	9.125 ^
at Pittsburgh (2/21)	9.725 ^	at Pittsburg (2/21)	9.800 (T3)		
Ohio State (2/14)	9.725 ^	Ohio State (2/14)	9.800	Uneven Bars	(9.900, 3/14/15)
at West Virginia (3/8)	9.700	at Illinois (1/31)	9.800	at B1G Five Meet (3/14)	9.900 (4)
		Cornell, UNH & Rutgers (1/10)	9.775	at West Virginia (3/8)	9.850
		at Nebraska (1/17)	9.750	Ohio State (2/14)	9.850 ^
		Maryland (1/24)	9.675	Michigan State (2/7)	9.750 ^
		Balance Beam	(9.900, 1/31/15)	Maryland (1/24)	9.725 ^
		at Illinois (1/31)	9.900 (T2)	at Pittsburgh (2/21)	9.650
		Michigan State (2/7)	9.825 ^	Brockport, Iowa State & Penn (2/28)	9.600
		Ohio State (2/14)	9.775 ^		
		Brockport, Iowa State & Penn (2/28)	9.750 ^		
		Cornell, UNH & Rutgers (1/10)	9.550		
		Maryland (1/24)	9.175		
		at Nebraska (1/17)	9.100		
		Floor Exercise	(9.825, 3/8/15)		
		at West Virginia (3/8)	9.825		
		at B1G Five Meet (3/14)	9.800		
		Michigan State (2/7)	9.800		
		Maryland (1/24)	9.800		
		Cornell, UNH & Rutgers (1/10)	9.800 (T1)		
		Ohio State (2/14)	9.775		
		at Pittsburgh (2/21)	9.750		
		Brockport, Iowa State & Penn (2/28)	9.725		
		at Nebraska (1/17)	9.625		
		at Illinois (1/31)	9.500		
		Nicole Medvitz	So.		
		Uneven Bars	(9.850, 3/22/14)		
		<i>Has Not Competed in 2015</i>			
		Balance Beam	(9.875, 2/7/15)		
		Michigan State (2/7)	9.875 (T1)		
		at Pittsburgh (2/21)	9.850 (T1)		
		Maryland (1/24)	9.850 (T3)		
		at B1G Five Meet (3/14)	9.825		
		at West Virginia (3/8)	9.800		
		Brockport, Iowa State & Penn (2/28)	9.800		
		at Illinois (1/31)	9.675		
		Ohio State (2/14)	9.650		
		Cornell, UNH & Rutgers (1/10)	9.075		

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Sidney Sanabria-Robles	Sr.	Emma Sibson	So.	Briannah Tsang	Fr.
All Around (39.500, 1/31/15)		All-Around (39.400, 2/7/15)		All-Around (39.500, 1/24/15)	
at Illinois (1/31)	39.500 (1)	Michigan State (2/7)	39.400 (2)	Maryland (1/24)	39.500 (1)
at Nebraska (1/17)	39.425 (2)	Ohio State (2/14)	39.075	at West Virginia (3/8)	39.475 (1)
Ohio State (2/14)	39.375 (1)			Michigan State (2/7)	39.475 (1)
Michigan State (2/7)	39.375 (3)	Vault (9.975, 3/8/14)		at Nebraska (1/17)	39.350
Maryland (1/2/4)	39.350 (2)	Brockport, Iowa State & Penn (2/28)	9.925 (T1)	at B1G Five Meet (3/14)	39.300 (T3)
Brockport, Iowa State & Penn (2/28)	39.300 (T2)	at B1G Five Meet (3/14)	9.900 (T5)	Brockport, Iowa State & Penn (2/28)	39.300 (T2)
at B1G Five Meet (3/14)	39.275 (T4)	Michigan State (2/7)	9.900 (1)	Cornell, UNH & Rutgers (1/10)	39.225 (1)
at Pittsburgh (2/21)	39.225 (1)	at West Virginia (3/8)	9.850 (T1)	Ohio State (2/14)	39.200 (3)
Cornell, UNH & Rutgers (1/10)	38.350	at Pittsburgh (2/21)	9.850 (2)	at Pittsburgh (2/21)	38.875 (3)
at West Virginia (3/8)	38.175	at Illinois (1/31)	9.850	at Illinois (1/31)	38.600
		Ohio State (2/14)	9.825 (2)		
Vault (9.900, 2/28/15)		at Nebraska (1/17)	9.800	Vault (9.950, 1/31/15)	
Brockport, Iowa State & Penn (2/28)	9.900 (T3)	Cornell, UNH & Rutgers (1/10)	9.800 (T2)	at Illinois (1/31)	9.950 (T1)
at Nebraska (1/17)	9.900	Maryland (1/24)	9.725	at Nebraska (1/17)	9.950 (T3)
Michigan State (2/7)	9.875 (T2)			at B1G Five Meet (3/14)	9.900 (T5)
at Illinois (1/31)	9.875	Uneven Bars (9.825, 2/7/15)		at Pittsburgh (2/21)	9.875 (1)
at B1G Five Meet (3/14)	9.850	Michigan State (2/7)	9.825	Michigan State (2/7)	9.875 (T2)
Maryland (1/24)	9.850 (T2)	Ohio State (2/14)	9.750	at West Virginia (3/8)	9.850 (T1)
at West Virginia (3/8)	9.800 (3)	Cornell, UNH & Rutgers (1/10)	9.700 ^	Cornell, UNH & Rutgers (1/10)	9.850 (1)
at Pittsburgh (2/21)	9.800	at Illinois (1/31)	9.350 ^	Maryland (1/24)	9.825
Ohio State (2/14)	9.775			Brockport, Iowa State & Penn (2/28)	9.800
Cornell, UNH & Rutgers (1/10)	9.775	Balance Beam (9.825, 4/5/14)		Ohio State (2/14)	9.750
		Brockport, Iowa State & Penn (2/28)	9.800	Uneven Bars (9.900, 3/8/15)	
Uneven Bars (9.900, 1/31/15)		at Pittsburgh (2/21)	9.800	at West Virginia (3/8)	9.900 (T3)
at Illinois (1/31)	9.900 (2)	Michigan State (2/7)	9.800	Michigan State (2/7)	9.850 (T3)
Ohio State (2/14)	9.875 (1)	at West Virginia (3/8)	9.775	Maryland (1/24)	9.850 (2)
at Nebraska (1/17)	9.850 (T1)	Ohio State (2/14)	9.750	at Nebraska (1/17)	9.850 (T1)
Cornell, UNH & Rutgers (1/10)	9.850 (1)	at Nebraska (1/17)	9.750	at West Virginia (3/8)	9.825 (3)
at Pittsburgh (2/21)	9.825 (T1)	Cornell, UNH & Rutgers (1/10)	9.725 ^	at Pittsburgh (2/21)	9.800 (T3)
Michigan State (2/7)	9.825	Maryland (1/24)	9.700	at Illinois (1/31)	9.800
Maryland (1/24)	9.825 (T3)	at B1G Five Meet (3/14)	9.325	at B1G Five Meet (3/14)	9.775
at B1G Five Meet (3/14)	9.800			Brockport, Iowa State & Penn (2/28)	9.775
Brockport, Iowa State & Penn (2/28)	9.650	Floor Exercise (9.950, 3/8/15)		Ohio State (2/14)	9.775
at West Virginia (3/8)	9.225	at West Virginia (3/8)	9.950 (1)	Balance Beam (9.950, 1/24/15)	
		at Nebraska (1/17)	9.900 (2)	Maryland (1/24)	9.950 (1)
Balance Beam (9.950, 1/31/15)		Michigan State (2/7)	9.875	at Nebraska (1/17)	9.900 (2)
at Illinois (1/31)	9.950 (1)	at B1G Five Meet (3/14)	9.850 (T5)	Brockport, Iowa State & Penn (2/28)	9.875 (T2)
Brockport, Iowa State & Penn (2/28)	9.900 (1)	Maryland (1/24)	9.825 (3)	Michigan State (2/7)	9.875 (T1)
at B1G Five Meet (3/14)	9.875 (T3)	Brockport, Iowa State & Penn (2/28)	9.800	at West Virginia (3/8)	9.850 (T2)
Maryland (1/24)	9.875 (2)	at Pittsburgh (2/21)	9.800	at B1G Five Meet (3/14)	9.800
Ohio State (2/14)	9.850 (T1)	Ohio State (2/14)	9.750	Cornell, UNH & Rutgers (1/10)	9.800 (T1)
at Nebraska (1/17)	9.850 (T3)	Cornell, UNH & Rutgers (1/10)	9.650 ^	Ohio State (2/14)	9.750
at Pittsburgh (2/21)	9.825 (T3)	at Illinois (1/31)	8.550	at Pittsburgh (2/21)	9.325
Michigan State (2/7)	9.825 (T3)	Oni Timothy Fr.		at Illinois (1/31)	9.200
at West Virginia (3/8)	9.300	Vault (9.875, 1/31/15)		Floor Exercise (9.925, 2/14/15)	
Cornell, UNH & Rutgers (1/10)	9.025	at Illinois (1/31)	9.875	Ohio State (2/14)	9.925 (1)
		at B1G Five Meet (3/14)	9.850	at West Virginia (3/8)	9.875 (3)
Floor Exercise (9.900, 4/5/14)		Brockport, Iowa State & Penn (2/28)	9.825	at Pittsburgh (2/21)	9.875 (1)
Ohio State (2/14)	9.875 (T2)	Maryland (1/24)	9.800	Michigan State (2/7)	9.875
at West Virginia (3/8)	9.850	Ohio State (2/14)	9.775	Maryland (1/24)	9.875 (1)
Brockport, Iowa State & Penn (2/28)	9.850 (T2)	at Nebraska (1/17)	9.725	Brockport, Iowa State & Penn (2/28)	9.850 (T2)
Michigan State (2/7)	9.850	Cornell, UNH & Rutgers (1/10)	9.725	at B1G Five Meet (3/14)	9.825
at Nebraska (1/17)	9.825	at Pittsburgh (2/21)	9.700	Cornell, UNH & Rutgers (1/10)	9.775 (T3)
Maryland (1/24)	9.800	at West Virginia (3/8)	9.200	at Illinois (1/31)	9.650
at Pittsburgh (2/21)	9.775	Balance Beam (9.250 ^, 2/21/15)		at Nebraska (1/17)	9.650
at Illinois (1/31)	9.775	at Pittsburgh (2/21)	9.250 ^		
at B1G Five Meet (3/14)	9.750				
Cornell, UNH & Rutgers (1/10)	9.700	Floor Exercise (9.900, 2/7/15)			
		Michigan State (2/7)	9.900 (T1)		
		Ohio State (2/14)	9.825		
		Brockport, Iowa State & Penn (2/28)	9.800		
		Maryland (1/24)	9.800		
		at Pittsburgh (2/21)	9.775		
		at B1G Five Meet (3/14)	9.725		
		at Illinois (1/31)	9.725 ^		
		at Nebraska (1/17)	9.675		
		Cornell, UNH & Rutgers (1/10)	9.600		

* - School Record

- NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



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Krystal Welsh	Sr.	
All Around	(39.500, 3/22/14)	
Brockport, Iowa State & Penn (2/28)	39.400 (1)	
at West Virginia (3/8)	39.375 (2)	
Maryland (1/24)	39.325 (3)	
at B1G Five Meet (3/14)	39.250	
Ohio State (2/14)	39.250 (2)	
at Illinois (1/31)	39.250	
at Pittsburgh (2/21)	39.175 (2)	
Cornell, UNH & Rutgers (1/10)	39.100 (2)	
at Nebraska (1/17)	39.075	
Michigan State (2/7)	38.925	
Vault	(9.950, 1/31/15)	
at Illinois (1/31)	9.950 (T1)	
Brockport, Iowa State & Penn (2/28)	9.925 (T1)	
at B1G Five Meet (3/14)	9.875	
at Pittsburgh (2/21)	9.825 (3)	
Maryland (1/24)	9.800	
at West Virginia (3/8)	9.775	
Ohio State (2/14)	9.775	
at Nebraska (1/17)	9.750	
Cornell, UNH & Rutgers (1/10)	9.725	
Michigan State (2/7)	9.325	
Uneven Bars	(9.950, 3/8/15)	
at West Virginia (3/8)	9.950 (T1)	
Michigan State (2/7)	9.900 (1)	
Maryland (1/24)	9.900 (1)	
Cornell, UNH & Rutgers (1/10)	9.825 (2)	
at B1G Five Meet (3/14)	9.800	
at Pittsburgh (2/21)	9.800 (T3)	
Ohio State (2/14)	9.800	
at Nebraska (1/17)	9.775	
Brockport, Iowa State & Penn (2/28)	9.750	
at Illinois (1/31)	9.700	
Balance Beam	(9.900, 1/31/15)	
at Illinois (1/31)	9.900 (T2)	
at West Virginia (3/8)	9.875 (1)	
Brockport, Iowa State & Penn (2/28)	9.850	
at Nebraska (1/17)	9.850 (T3)	
at B1G Five Meet (3/14)	9.800	
Ohio State (2/14)	9.800 (T3)	
Michigan State (2/7)	9.800	
Cornell, UNH & Rutgers (1/10)	9.800 (T1)	
Maryland (1/24)	9.775	
at Pittsburgh (2/21)	9.725	
Floor Exercise	(9.925, 1/18/14)	
Michigan State (2/7)	9.900 (T1)	
Brockport, Iowa State & Penn (2/28)	9.875 (1)	
Ohio State (2/14)	9.875(T2)	
Maryland (1/24)	9.850 (2)	
at Pittsburgh (2/21)	9.825 (3)	
at B1G Five Meet (3/14)	9.775	
at West Virginia (3/8)	9.775	
Cornell, UNH & Rutgers (1/10)	9.750	
at Illinois (1/31)	9.700	
at Nebraska (1/17)	9.700	
Alex Witt	Sr.	
Vault	(9.800, 3/2/12)	
<i>Has Not Competed in 2015</i>		
Uneven Bars	(9.875, 3/14/15)	
at B1G Five Meet (3/14)	9.875 (T5)	
Ohio State (2/14)	9.850 (2)	
at West Virginia (3/8)	9.800	
Brockport, Iowa State & Penn (2/28)	9.800 (T2)	
Michigan State (2/7)	9.800	
at Illinois (1/31)	9.800	
Maryland (1/24)	9.800	
at Nebraska (1/17)	9.800	
at Pittsburgh (2/21)	9.750	
Cornell, UNH & Rutgers (1/10)	9.750	





LEXI CARROLL **SENIOR**
All-Around Olney, Md. Hills Gymnastics

MEETS COMPLETED

	V	UB	BB	FX	AA
2015	--/10	4/10	3/10	3/10	--/10
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	21/50	9/50	16/50	24/50	4/50

2015 Averages

Vault	--
Season Best	--
Uneven Bars	9.531
Season Best	9.725
Balance Beam	9.517
Season Best	9.750
Floor Exercise	9.758
Season Best	9.800
All-Around	--
Season Best	--

2015 RQS

Vault	--
National Rank	--
Uneven Bars	--
National Rank	--
Balance Beam	--
National Rank	--
Floor Exercise	--
National Rank	--
All-Around	--
National Rank	--

2015 (Senior Year)

Has competed in five of the team's ten 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. Recorded a season-high on the floor exercise with a score of 9.800 against Illinois (1/31)...Scored 9.700 on the floor exercise at West Virginia (3/8).

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	--	9.050	9.175	9.800	--
Michigan State	--	--	--	9.775	--
Ohio State	--	--	--	9.725	--
@ Pittsburgh	--	--	--	9.725	--
Iowa State, Penn & Brockport	--	--	--	9.775	--
@ West Virginia	--	--	--	9.700	--
@ B1G Five Meet	--	--	--	--	--
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	9.725	9.750	9.800	--
Career Best	9.875	9.775	9.850	9.925	38.850





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

MEETS COMPETED

	V	UB	BB	FX	AA
2015	10/10	10/10	4/10	10/10	4/10
Career	10/10	10/10	4/10	10/10	4/10

2015 Averages		2015 RQS	
Vault	9.820	Vault	9.855
Season Best	9.900	National Rank	T-79th
Uneven Bars	9.785	Uneven Bars	9.800
Season Best	9.850	National Rank	T-135th
Balance Beam	9.431	Balance Beam	--
Season Best	9.900	National Rank	--
Floor Exercise	9.740	Floor Exercise	9.790
Season Best	9.800	National Rank	T-197th
All-Around	38.713	All-Around	--
Season Best	39.100	National Rank	--

2015 (Freshman Year)

Has competed in all ten of the team's meets... Competed in the all-around in the first four meets of her career... Won the floor exercise with a score of 9.800 and placed third overall in the all-around 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... Recorded career-highs on the vault, uneven bars, and balance beam against Illinois (1/31)... Recorded her career-best all around score with a 39.100 against the Illini... Scored a career-best on the uneven bars with a 9.850 against Michigan State (2/7)... Tied for third overall on the vault with a score of 9.800 against Ohio State (2/14)... Placed third on the uneven bars at Pittsburgh (2/21) with a score of 9.800... Tied for second on the uneven bars with a score of 9.800 in a quad-meet vs. Brockport, Iowa State and Penn (2/28)... Also tied her second highest score on the vault (9.875)... Competed on three events at West Virginia (3/8), scoring 9.825 on the floor exercise, 9.800 on the uneven bars and 9.750 on the vault. Competed on three events at the B1G Five Meet (3/14), scoring 9.850 on the vault, 9.800 on uneven bars and 9.800 on the floor exercise.

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.

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.

* - 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	9.900	9.800	9.900	9.500	39.100
Michigan State	9.750	9.850	9.825	9.800	--
Ohio State	9.800	9.800	9.775	9.775	--
@ Pittsburgh	9.775	9.800	--	9.750	--
Iowa State, Penn & Brockport	9.875	9.800	9.750	9.725	--
@ West Virginia	9.750	9.800	--	9.825	--
@ B1G Five Meet	9.850	9.800	--	9.800	--
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.900	9.850	9.900	9.825	39.100
Career Best	9.900	9.850	9.900	9.825	39.100



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NICOLE MEDVITZ SOPHOMORE

All-Around Paramus, N.J. ENA Paramus

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/10	--/10	9/10	--/10	--/10
2014	--/14	13/14	14/14	--/14	--/14
Career	--/24	13/24	23/24	--/24	--/24

2015 Averages

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	--	Uneven Bars	--
Season Best	--	National Rank	--
Balance Beam	9.711	Balance Beam	9.825
Season Best	9.875	National Rank	7-85th
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

2015 RQS

2015 (Sophomore Year)

Has competed in nine of the team's ten meets... Has competed on the balance beam each of her competitions...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)...Tied a career-high on the balance beam to win the event with a score of 9.875 against Michigan State (2/7)...Tied for the event title on the balance beam with a score of 9.850 at Pittsburgh (2/21)...Scored 9.800 on the balance beam in a quad-meet vs. Brockport, Iowa State and Penn (2/28)...Scored 9.800 on the balance beam at West Virginia (3/8)...Notched a 9.825 on the balance beam at the B1G Five Meet (3/14).

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).

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 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.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	--	--	9.075	--	--
@ Nebraska	--	--	--	--	--
Maryland	--	--	9.850	--	--
@ Illinois	--	--	9.675	--	--
Michigan State	--	--	9.875*	--	--
Ohio State	--	--	9.650	--	--
@ Pittsburgh	--	--	9.850*	--	--
Iowa State, Penn & Brockport	--	--	9.800	--	--
@ West Virginia	--	--	9.800	--	--
@ B1G Five Meet	--	--	9.825	--	--
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	--	9.875	--	--
Career Best	--	9.850	9.875	--	--





TINA POSTIGLIONE SOPHOMORE

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

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/10	--/10	6/10	--/10	--/10
2014	--/14	--/14	--/14	--/14	--/14
Career	--/24	--/24	6/24	--/24	--/24

2015 Averages

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	--	Uneven Bars	--
Season Best	--	National Rank	--
Balance Beam	9.821	Balance Beam	9.815
Season Best	9.850	National Rank	T-97th
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

2015 RQS

2015 (Sophomore)

Has competed in six of the team's ten meets...Has competed only on the balance beam...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...Competed in her first career event vs. Michigan State (2/7) and scored 9.825 on the balance beam...Tied for third on the balance beam with a score of 9.800 against Ohio State (2/14)...Scored 9.825 on the balance beam at Pittsburgh (2/21) to tie for third on the event...Also exhibited on the uneven bars and scored 9.750 vs. the Panthers...Tied her career-high of 9.825 on the balance beam in a quad-meet vs. Brockport, Iowa State & Penn (2/28)...Scored a career-best 9.850 on the balance beam at West Virginia (3/8) to finish tied for second overall on the event...Scored 9.800 on the balance beam at the B1G Five Meet (3/14).

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)...Toted a 9.750 on the balance beam in an exhibition performance against No. 8 Nebraska (2/8).

Gymnastics Background

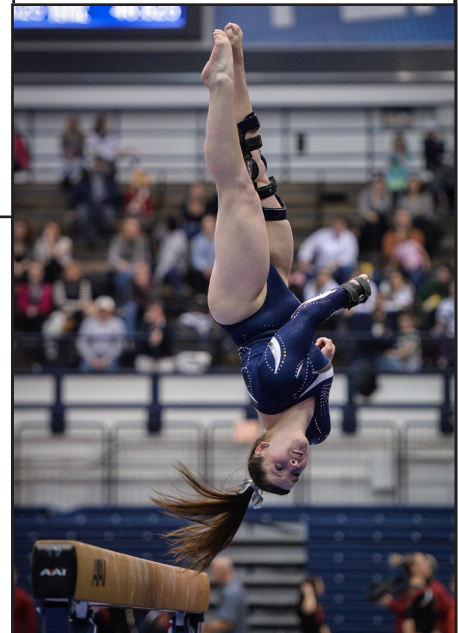
Competed for Gold Medal Gymnastics Center under coach Tammy Marshall...Competed as a Level 10 gymnast from 2008-13...Four-time Junior Olympic National Championship qualifier...Won the 2013 Region 6 Championship on the uneven bars and finished second in the all-around...Won all four events and claimed 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	--	--	9.825	--	--
Ohio State	--	--	9.800	--	--
@ Pittsburgh	--	9.750	9.825	--	--
Iowa State, Penn & Brockport	--	--	9.825	--	--
@ West Virginia	--	--	9.850	--	--
@ B1G Five Meet	--	--	9.800	--	--
@ B1G Championships	--	--	--	--	--
NCAA Regional	--	--	--	--	--
NCAA Championships	--	--	--	--	--
Season Best	--	--	9.850	--	--
Career Best	--	--	9.850	--	--



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CHANEN RAYGOZA FRESHMAN

All-Around Upland, California Wildfire Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	--/10	4/10	--/10	--/10	--/10
Career	--/10	4/10	--/10	--/10	--/10

2015 Averages

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.750	Uneven Bars	--
Season Best	9.900	National Rank	--
Balance Beam	--	Balance Beam	--
Season Best	--	National Rank	--
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

2015 (Freshman Year)

Has competed in four of the team's ten meets...Has competed on the uneven bars in all four meets... Performed an exhibition routine on the uneven bars vs. Maryland (1/24) and scored 9.725...Scored 9.850 in an exhibition routine on the uneven bars vs. Ohio State (2/14)...Competed in her first collegiate event at Pittsburgh (2/21) and scored a 9.650 on the uneven bars...Tallied a 9.600 on the uneven bars in a quad-meet vs. Brockport, Iowa State & Penn (2/28)... Logged a 9.850 on the uneven bars at West Virginia (3/8)...Scored a season and career-high on the bars with a score of 9.900 at the B1G Five Meet (3/14) to place fourth overall.

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 Sheryl Raygoza...Is majoring in communications.

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers @ Nebraska			DNP - Injury (Foot)		
Maryland @ Illinois	--	9.725	--	--	--
Michigan State			DNP		
Ohio State @ Pittsburgh	--	9.850	--	--	--
Iowa State, Penn & Brockport	9.775	9.600	--	--	--
@ West Virginia	9.575	9.850	--	--	--
@ B1G Five Meet @ B1G Championships	--	9.900	--	--	--
NCAA Regional					
NCAA Championships					
Season Best	--	9.900	--	--	--
Career Best	--	9.900	--	--	--



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SIDNEY SANABRIA-ROBLES SENIOR

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

MEETS COMPETED

	V	UB	BB	FX	AA
2015	10/10	10/10	10/10	10/10	10/10
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	36/37	36/37	37/37	27/37	27/37

* - at LSU

2015 Averages

Vault	9.840
Season Best	9.900
Uneven Bars	9.762
Season Best	9.900
Balance Beam	9.727
Season Best	9.950
Floor Exercise	9.805
Season Best	9.850
All-Around	39.135
Season Best	39.500

2015 RQS

Vault	9.870
National Rank	T-55th
Uneven Bars	9.845
National Rank	T-65th
Balance Beam	9.870
National Rank	T-28th
Floor Exercise	9.830
National Rank	T-120th
All-Around	39.360
National Rank	22nd

2015 (Senior Year)

Has competed in all 10 of the team's meets...Has competed in the all-around in all 10 meets and in 24 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 then-career-high tying 39.425 in the all-around...Also tied her career-high with a 9.900 on the vault vs. the Huskers...Placed second on the balance beam with a score of 9.875 against Maryland (1/24)...Recorded career-highs on the uneven bars (9.900) and beam (9.950) on her way to a career-best 39.500 score to win the all-around at Illinois (1/31)...She won the title on the balance beam and was second on the uneven bars vs. the Illini...Won the all-around with a score of 39.375 vs. Ohio State (2/14)...Won the uneven bars title with a score of 9.875 and tied for the crown on the balance beam at 9.850...Also finished second with a season-high 9.875 on the floor exercise vs. the Buckeyes...Won the all-around (39.225) and tied for first on the uneven bars (9.825) at Pittsburgh (2/21)...Also tied for third on the balance beam (9.825) vs. the Panthers...Tied for second in the all-around with a score of 39.300 in a quad-meet vs. Brockport, Iowa State and Penn (2/28)...At the quad-meet, won the balance beam with a 9.900, tied for second on the floor exercise at 9.850 and tied for third on the vault at 9.900...Finished tied for third on the vault with a 9.800 at West Virginia (3/8)...Also scored 9.850 on the floor exercise at WVU...Recorded a fourth place finish in the all-around at the B1G Five Meet (3/14) with a score of 39.275...Tied for third overall on the balance beam with a 9.875 at the B1G Five Meet.

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 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	9.875	9.900	9.950*	9.775	39.500*
Michigan State	9.875	9.825	9.825	9.850	39.375
Ohio State	9.775	9.875*	9.850*	9.875	39.375*
@ Pittsburgh	9.800	9.825*	9.825	9.775	39.225*
Iowa State, Penn & Brockport	9.900	9.650	9.900*	9.850	39.300
@ West Virginia	9.800	9.225	9.300	9.850	39.175
@ B1G Five Meet	9.850	9.800	9.875	9.750	39.275
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.900	9.900	9.950	9.875	39.500
Career Best	9.900	9.900	9.950	9.900	39.500



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EMMA SIBSON SOPHOMORE

All-Around Allen, Texas Zenith Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	10/10	2/10	8/10	9/10	2/10
2014	14/14	--/14	10/14	11/14	--/14
Career	24/24	2/24	18/24	20/24	2/24

2015 Averages

Vault	9.843
Season Best	9.925
Uneven Bars	9.788
Season Best	9.825
Balance Beam	9.712
Season Best	9.800
Floor Exercise	9.700
Season Best	9.950
All-Around	39.238
Season Best	39.400

2015 RQS

Vault	9.870
National Rank	T-55th
Uneven Bars	--
National Rank	--
Balance Beam	9.775
National Rank	T-161st
Floor Exercise	9.850
National Rank	T-81st
All-Around	--
National Rank	--

2015 (Sophomore Year)

Has competed in all 10 of the team's meets...Has competed in the all-around twice on the season... 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)...Recorded a 9.850 on the vault at Illinois (1/31)...Competed in her first career all-around against Michigan State (2/7) and placed second with a score of 49.400...Recorded a vault score of 9.900 to win the event against the Spartans...Scored 39.075 in the all-around vs. Ohio State (2/14)... Placed second on the vault with a score of 9.825 against the Buckeyes...Finished second on the vault at 9.850 at Pittsburgh (2/21)...Tied for first on the vault at 9.925 in a quad-meet vs. Brockport, Iowa State & Penn (2/28)...Scored 9.800 on both the balance beam and floor exercise in the quad-meet... Posted her first multi-title meet at West Virginia (3/8), tying for the crown on the vault and winning her first career floor exercise title...Scored 9.850 on the vault to tie for the title and logged a 9.950 on the floor exercise to claim the event vs. the Mountaineers... Her 9.950 on the floor exercise is tied for No. 9 in Penn State history...Competed in three events at the B1G Five Meet (3/14) and finished tied for fifth on the vault at 9.900 and on the floor exercise at 9.850.

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	9.850	--	--	8.550	--
Michigan State	9.900*	9.825	9.800	9.875	39.400
Ohio State	9.825	9.750	9.750	9.750	39.075
@ Pittsburgh	9.850	--	9.800	9.800	--
Iowa State, Penn & Brockport	9.925*	--	9.800	9.800	--
@ West Virginia	9.850*	--	9.775	9.950*	--
@ B1G Five Meet	9.900	--	9.325	9.850	--
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.925	9.825	9.800	9.950	39.400
Career Best	9.975	9.825	9.825	9.950	39.400



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

MEETS COMPETED

	V	UB	BB	FX	AA
2015	10/10	--/10	--/10	8/10	--/10
Career	10/10	--/10	--/10	8/10	--/10

2015 Averages		2015 RQS	
Vault	9.725	Vault	9.795
Season Best	9.875	National Rank	T-174th
Uneven Bars	--	Uneven Bars	--
Season Best	--	National Rank	--
Balance Beam	--	Balance Beam	--
Season Best	--	National Rank	--
Floor Exercise	9.762	Floor Exercise	9.760
Season Best	9.900	National Rank	T-256th
All-Around	--	All-Around	--
Season Best	--	National Rank	--

2015 (Freshman Year)

Has competed in all 10 of the team's meets...Has competed on the vault and floor exercise...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 9.800 on both the vault and floor exercise vs. Maryland (1/24)...Recorded a career-high 9.875 on vault at Illinois (1/31)...Recorded a career-best on the floor to win her first career event title with a 9.900 against Michigan State (2/7)...Tied for fourth on the floor with a score of 9.825 against Ohio State (2/14)...Posted a 9.700 on the vault and 9.775 on the floor exercise at Pittsburgh (2/21)...Scored 9.825 on the vault and 9.800 on the floor exercise in a quad-meet vs. Brockport, Iowa State & Penn (2/28)...Scored 9.850 on the vault at the B1G Five Meet (3/14)

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	9.875	--	--	--	--
Michigan State	9.775	--	--	9.900*	--
Ohio State	9.775	--	--	9.825	--
@ Pittsburgh	9.700	--	9.250	9.775	--
Iowa State, Penn & Brockport	9.825	--	--	9.800	--
@ West Virginia	9.200	--	--	--	--
@ B1G Five Meet	9.850	--	--	9.725	--
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.875	--	--	9.900	--
Career Best	9.875	--	--	9.900	--

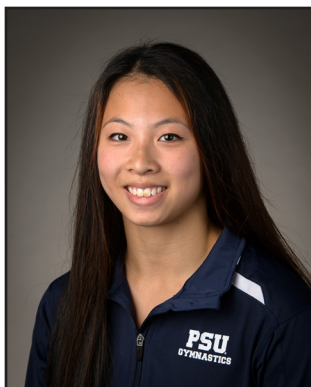


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BRIANNAH TSANG FRESHMAN

All-Around Vancouver, British Columbia Flicka Gymnastics

MEETS COMPLETED

	V	UB	BB	FX	AA
2015	10/10	10/10	10/10	10/10	10/10
Career	10/10	10/10	10/10	10/10	10/10

2015 Averages

Vault	9.863
Season Best	9.950
Uneven Bars	9.818
Season Best	9.900
Balance Beam	9.732
Season Best	9.950
Floor Exercise	9.818
Season Best	9.925
All-Around	39.230
Season Best	39.500

2015 RQS

Vault	9.890
National Rank	T-30th
Uneven Bars	9.830
National Rank	T-86th
Balance Beam	9.860
National Rank	T-45th
Floor Exercise	9.865
National Rank	T-54th
All-Around	39.380
National Rank	17th

2015 (Freshman Year)

Has competed in all 10 of the team's meets... Started her career by competing in the all-around in each meet... Won at least one event title in each of her first seven career meets and has at least one event win in eight of her 10 career competitions... Has earned Big Ten Freshman of the Week four times in 2015; Jan. 12, Jan. 26, Feb. 9 & March 16... 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 to help her earn Big Ten Freshman of the Week... 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 score of 9.900 vs. the Huskers... Won the all-around with a career-best score of 39.500 against Maryland (1/24) to earn her second Big Ten Freshman of the Week honor... Also won the balance beam (9.950) and floor exercise (9.875) vs. the Terrapins... Tied her career-high on the vault with a 9.950 against Illinois (1/31)... Won the all-around vs. Michigan State (2/7) with a score of 39.475 to notch her third Big Ten Freshman of the Week accolade... Also tied for the event title on the balance beam with a 9.875 vs. the Spartans... Recorded a season-high and career -best on the floor exercise at 9.925 against Ohio State (2/14) to win the event... Also placed third in the all around with a score of 39.200 vs. the Buckeyes... Won the vault and floor exercise at Pittsburgh (2/21) with identical scores of 9.875... Also tied for third on the uneven bars (9.800) and placed third in the all-around (38.875) against the Panthers... Tied for second in the all-around with a score of 39.300 in a quad-meet vs. Brockport, Iowa State & Penn (2/28)... Tied for second on the balance beam (9.875) and floor exercise (9.850)... Won the all-around (39.475) and finished among the top-three on all four events at West Virginia (3/8)... Tied for the event title on the vault (9.850), tied for second on the balance beam (9.850), finished third on the floor exercise (9.875) and scored a career-best on the uneven bars (9.900) to tie for third... Earned Big Ten Freshman of the Week after claiming a third place

finish at the B1G Five Meet (3/14)... She also finished tied for fifth on the vault at the B1G Five Meet with a score of 9.900.

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 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	9.950*	9.800	9.200	9.650	38.600
Michigan State	9.875	9.850	9.875*	9.875	39.475*
Ohio State	9.750	9.775	9.750	9.925*	39.200
@ Pittsburgh	9.875*	9.800	9.325	9.875*	38.875
Iowa State, Penn & Brockport	9.800	9.775	9.875	9.850	39.300
@ West Virginia	9.850*	9.900	9.850	9.875	39.475*
@ B1G Five Meet	9.900	9.775	9.800	9.825	39.300
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.950	9.900	9.950	9.925	39.500
Career Best	9.950	9.900	9.950	9.925	39.500



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KRYSTAL WELSH **SENIOR**
 All-Around Bowie, Md. Docksidiers Gymnastics

MEETS COMPETED

	V	UB	BB	FX	AA
2015	10/10	10/10	10/10	10/10	10/10
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	36/50	47/50	47/50	36/50	36/50

2015 Averages		2015 RQS	
Vault	9.773	Vault	9.840
Season Best	9.950	National Rank	T-109th
Uneven Bars	9.820	Uneven Bars	9.845
Season Best	9.950	National Rank	T-70th
Balance Beam	9.818	Balance Beam	9.835
Season Best	9.900	National Rank	T-70th
Floor Exercise	9.802	Floor Exercise	9.825
Season Best	9.900	National Rank	T-130th
All-Around	39.213	All-Around	39.290
Season Best	39.400	National Rank	27th

2015 (Senior Year)

Has competed in all 10 of the team's meets...Has competed in the all-around in all 10 meets in 2015 and in 24 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 9.850 to tie for third on the balance beam 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. Recorded career-highs on the vault and balance beam with scores of 9.950 and 9.900, respectively, at Illinois (1/31)...Tied for first on the vault and tied for second on the balance beam vs. the Illini...Recorded a season-best on the floor exercise with a 9.900 against Michigan State (2/7) for the event title...Also won the uneven bars crown vs. the Spartans with a career-best tying 9.900...Tied for second on the floor exercise with a score of 9.875 against Ohio State (2/14)...Also placed second in the all-around with a score of 39.250 vs. the Buckeyes...Placed second in the all-around with a score of 39.175 at Pittsburgh (2/21). Placed third on the vault (9.825), uneven bars (9.800) and floor exercise (9.825) against the Panthers...Won her first career all-around in a quad-meet vs. Brockport, Iowa State & Penn (2/28) with a score of 39.400...In the quad-meet, won the event title on the floor exercise with a 9.875 and tied for the title on the vault at 9.925...Won a pair of event titles at West Virginia (3/8), tying for the uneven bars crown at 9.950 and claiming the balance beam title at 9.875...Her 9.950 on the uneven bars is a career-best and ranks tied for No. 3 in Penn State history...She also finished tied for second in the all-around with a score of 39.375 vs. the Mountaineers...Scored 39.250 in the all-around at the B1G Five Meet (3/14)

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...Did not compete in the all-around due to injury...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 Ouellette...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.

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 with a 39.150 in the all-around and tie for the team-high... Scored a career-high 39.500 in the all-around at the Big Ten Championships (3/22) to finish fourth...Placed second in the all-around at Rutgers with Temple and Ursinus (2/22;

* - 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	9.950*	9.700	9.900	9.700	39.250
Michigan State	9.325	9.900*	9.800	9.900*	38.925
Ohio State	9.775	9.800	9.800	9.875	39.250
@ Pittsburgh	9.825	9.800	9.725	9.825	39.175
Iowa State, Penn & Brockport	9.925*	9.750	9.850	9.875*	39.400*
@ West Virginia	9.775	9.950*	9.875*	9.775	39.375
@ B1G Five Meet	9.875	9.800	9.800	9.775	39.250
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	9.950	9.950	9.900	9.900	39.400
Career Best	9.950	9.950	9.900	9.925	39.500



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MEETS COMPLETED

	V	UB	BB	FX	AA
2015	--/10	10/10	--/10	--/10	--/10
2014	--/14	6/14	--/14	--/14	--/14
2013	4/13	1/13	--/13	--/13	--/13
2012	5/13	--/13	--/13	--/13	--/13
Career	9/50	17/50	--/50	--/50	--/50

2015 Averages		2015 RQS	
Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.802	Uneven Bars	9.810
Season Best	9.875	National Rank	T-123rd
Balance Beam	--	Balance Beam	--
Season Best	--	National Rank	--
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

2015 (Senior Year)
 Has competed in all 10 of the team's meets... Has competed on the uneven bars in each meet... Competed on the uneven bars in the season opener vs. Cornell, New Hampshire and Rutgers (1/10), posting a score of 9.750... Scored 9.800 on the uneven bars in four straight competitions; at No. 8 Nebraska (1/17), vs. Maryland (1/24), at Illinois (1/31) and vs. Michigan State (2/7)... Moved into the lead off spot on the uneven bars vs. the Spartans... Placed second on the uneven bars with a season-best 9.850 against Ohio State (2/14)... Scored 9.750 on the uneven bars at Pittsburgh (2/21)... Tied for second on the uneven bars with a 9.800 in the quad-meet vs. Brockport, Iowa State & Penn... Continued her steady performance as the leadoff on uneven bars with a 9.800 at West Virginia (3/8)... Finished tied for fifth with a career-high-tying 9.875 on the uneven bars at the B1G Five Meet (3/14).

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	--	9.800	--	--	--
Michigan State	--	9.800	--	--	--
Ohio State	--	9.850	--	--	--
@ Pittsburgh	--	9.750	--	--	--
Iowa State, Penn & Brockport	--	9.800	--	--	--
@ West Virginia	--	9.800	--	--	--
@ B1G Five Meet	--	9.875	--	--	--
@ B1G Championships					
NCAA Regional					
NCAA Championships					
Season Best	--	9.875	--	--	--
Career Best	9.800	9.875	--	--	--



2015 MEDIA CLIPPINGS



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Last Regular Season Meet, A Gauge for Postseason



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

UNIVERSITY PARK, Pa. - The Penn State women's gymnastics team heads to West Virginia this weekend to compete in its last regular season meet of this year's slate. This season has been another incredible year for the program under the direction of Jeff and Rachelle Thompson. With six wins in eight meets and a deep, talented lineup, the potential that this team has for the postseason is off the charts.

But, before the team heads to the Big Five meet in Minnesota, the qualifying tournament to the Big Ten Championships, the Nittany Lions take on the Mountaineers this Sunday.

"You never know how dual meets will pan out, especially with changes to your rotation," head coach Jeff Thompson said. "At home, we almost always finish on floor, but this weekend we will be ending on beam, which is different."

Penn State is currently ranked No.11, compared to West Virginia's No. 30 placement. Of the four events, bars, beam, vault and floor, the Mountaineers are only ahead of the Nittany Lions in the rankings on floor.

"We have had two road losses this year," Thompson said. "That plays into where we fall in the rankings. But we have made a lot of adjustments since those losses and the girls have been working hard."

Keys To The Meet:

"Sticks"

When the average person thinks of the phrase "stick a landing" in terms of gymnastics, typically the reaction is "not falling." Sticking a landing is so much more than that; It is the most mentally challenging aspect of the sport. With so many variables working against you, sticking a landing is challenging and a skill where deductions come from, most often. If you step out, wobble or even seem a bit uneasy, you are most likely

going to get a deduction and those begin to add up.

"A lot of our gymnasts have incredibly challenging routines," Thompson said. "But if you have the slightest big of a wobble, you are going to lose points. The girls have to be confident. We are ending the meet on beam so we have to keep things consistent."

"Channeling Adrenaline"

The Nittany Lion roster is strong, powerful and exciting to watch. They are incredibly consistent and successful; there is no question why channeling adrenaline is a major component to a successful day on Saturday. It will be even more of a challenge due to a change in their rotation; ending on beam is a deviation from the norm.

"Gymnastics is an individual sport and a team sport," Thompson said. "If one person doesn't perform well, it can effect the entire team. But the girls trust each other; they work well under pressure. If they do what they do in the gym, every day, I have no doubt that we will be successful this weekend."

Coming Full Circle...

The team has benefited from the rigorous judging they have seen all season; the way they have been scored all season is similar to the way they will be judged in the postseason. Considering they have generally gotten better, more consistent scores, week in and week out, they are more than prepared for their championship hunt. .

Seniors Cap Off Stellar Home Season



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

UNIVERSITY PARK, Pa. - Saturday's senior night was bittersweet for coaches Jeff and Rachelle Thompson - the four seniors honored were the first gymnasts they recruited as coaches for Penn State.

Seniors Krystal Welsh, Sidney Sanabria-Robles, Alex Witt, and Lexi Carroll contributed to Penn State's quad meet win on Saturday, finishing ahead of Iowa State, Penn and SUNY Brockport, capping off their undefeated home slate this season.

These seniors are special, as they, along with the coaching staff, have again put Penn State on the map as one of the top women's collegiate gymnastics programs. Aside from their contributions to the sport, these girls have created a familial environment for the program; the trust they have in one another has made them as successful as they are today.

"From day one, these girls have been developing this trust for one another," head coach Jeff Thompson said. "We have this saying, 'grab the rope.' When one of your teammates is having a bad day or doesn't perform as well on a routine, it is their job to support one another. If everyone is 'holding on' and supporting one another, being successful and doing what we do at practice in meets becomes that much easier."

It was no surprise to fans watching on Saturday that the seniors performed as well as they did. Welsh clinched the all-around title, finishing with a season best score of 39.400. She tied for first on vault with a score of 9.925 and earned a winning score of 9.875 on floor.

Sanabria-Robles trailed Welsh for the all-around crown with a score of 39.300. After a miss-step on uneven bars, the senior bounced back in a big way, scoring a 9.900 on vault, 9.850 on floor, and winning the balance beam crown with a score of 9.900.

"We worked really hard on details this week," Sanabria-Robles said. "We wanted to do what we do in the gym in the meet, and we did that in three out of four events today. Once we put it all together, we will be good to go."

Witt has been a consistent competitor for Penn State on uneven bars all season, after coming back from a thumb injury, which left her worried she wouldn't compete. Witt placed second on bars with a score of 9.800. Carroll was not in the starting rotation, but she competed in an exhibition routine on floor, earning a 9.775, capping off her career as the last performer of the day.

The Nittany Lions finished with an overall team score of 196.650, just shy of their meet goal of 197.

"You always want to score the 197," Witt said. "We keep adding more little details and sticks, hoping to get to the 197 that we need. We are consistent and we know we are hitting every routine because we trust each other and work off of each other. Every time we compete, the little things help bring us to the next level."

Since the beginning of the season, these gymnasts have been working tirelessly to see out their goal: win every meet. After Saturday's performance, they have won all but two matchups this season, both of which were on the road.

"We want to win the Big Ten tournament," Sanabria-Robles said. "That has been a dream of ours forever, since we started our journey here. We want to make it to nationals, just do what we know we can do. If we do that, we can make it into the Super Six and that is definitely the ultimate dream for us."

"At the rate we are going, we are on the right path," Witt added.

There is a sign outside of the Penn State women's gymnastics facility, which reads, "little eyes are watching." So many young gymnasts attend home meets at Rec Hall, watching these gymnasts every move. They have been conditioned to be stellar student athletes, but often times in a sport like gymnastics, which is just as mentally challenging as it is physical, you can get caught up in sticking a landing or earning a certain score. These gymnasts never lose sight of that; they know they are not only champions for the sport, but role models for those aspiring to be just like them.

"I got really emotional making their senior video," Thompson said. "This was a great way for these girls to end their career in Rec Hall. These girls don't let little things bother them. When they have mistakes they put them behind them quickly. These girls are special; for them to go undefeated at home in their senior season is special."

Daily Collegian – March 2, 2015

Penn State Women's Gymnastics Beats Three Team on Senior Night

By **Trevor Newcomb, Collegian Staff Writer**

UNIVERSITY PARK, Pa. – Bittersweet tears fell in Rec Hall on Saturday night.

The No.13 Nittany Lions took on the likes of Iowa State, University of Penn and SUNY-Brockport, coming away with the victory, tallying a final score of 196.65.

It was the last regular season performance in Happy Valley for seniors Krystal Welsh, Sidney Sanabria-Robles, Alex Witt and Lexi Carroll. With all the emotions that could have interfered with their performances, the seniors did what they have been doing all season.

Leading the way were Welsh and Sanabria-Robles, who put up an all-around scores of 39.4 and 39.3, respectfully, for top two scores of the day.

"[Krystal] brought it. She stuck her vault, stuck her beam dismount, and drilled her floor routine," coach Jeff Thompson said. "Her and Sidney, both, really. Sidney's vault was stuck. Sidney won beam, and her floor routine was awesome."

That praise Thompson had for his seniors was visible throughout the entire meet. On her vault, Welsh flipped through the air and stuck her landing, and as soon as her feet hit the floor and froze, Thompson leaped and let out a cheer heard from press row.

"When they leave the horse, I know if it's a good vault or not," Thomson said. "It all just comes down to the landing.

For Thompson, the most exciting part of being a coach is when they hit the ground and stick it.

"It's just the raw emotion coming out," he said.

After the meet was finished, and the final scores were read, the seniors from the three visiting squads were recognized.

Then came the time for the Lions' seniors to be honored.

Each senior was introduced and escorted by her family to the center of the floor exercise mat. A short video was played, featuring clips of all four gymnasts as young kids doing gymnastics.

"As far as the video, I had an advantage because I was the one that made the video," Thompson said. "So I sat with snot running out of my nose in my office and at home making it."

Even though the seniors have performed for the last time in Rec Hall, they still have two more regular season meets before competing in the Big Ten tournament and the NCAA tournament.

Next weekend the Lions head out to West Virginia to take on the Mountaineers before flying to Minnesota the following weekend.

"We still have room to improve, which is good," Thompson said. "It's an opportunity for us to get two more road scores. If we put up a big number in either one of those meets, it'll really help our rankings."

Senior Spotlight: Lexi Carroll



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

UNIVERSITY PARK, Pa. - Recovery: the universal term for getting better after an injury. Most athletes use their recovery periods to get stronger, go to physical therapy, and rest. Senior Lexi Carroll took a different approach: she used her recovery period as motivation.

The Penn State gymnast injured her Achilles tendon during her junior campaign. With this injury, her season was cut short and with a strong freshman class coming in, Carroll knew that her recovery would need to be efficient; she would need to come back a stronger, better gymnast in order to make it into the lineup.

"When I think back on my time at Penn State, last year was a really rewarding experience," Carroll said. "Being able to host the regional championship and watch my teammates compete, even though I couldn't was exciting. I got to watch our team make it to the National Championship."

Carroll comes from a rather athletic family, a big family, too. She is the oldest of six children, coming into a "leadership" and "big sister" role early. Her brother, is a freshman at Virginia Tech where he plays football and her sister has already verbally committed to play college lacrosse, despite being a sophomore in high school.

"Being a big sister has made being a big sister to my teammates easier," Carroll said. "I have always had to be a role model, whether I wanted to be or not. I like to lead by example, get in the gym and do my job."

This year's team is unique, with several freshmen making major contributions to the team's performance, getting into the lineup is competitive.

"Lexi is our seven," head coach Jeff Thompson said, when talking about the six gymnast rotation. "She makes the team better. When you have seven solid gymnasts competing against each other for spots, they just keep getting better. That system of pushing one another is what has made this team so great."

With championship season quickly approaching, the team is gearing up for what has the potential to be a rather successful post season. While things change, week in and week out, Carroll is confident that this team will make its mark.

"We haven't reached our full potential yet," Carroll said. "We are having a really great season, but the best is yet to come."

What she will miss most about gymnastics...

"What's funny about gymnastics is it isn't a sport that you can just do outside of a gym," Carroll said. "I can't just go to a court and have a 'pickup game' of gymnastics. When you are done competing, you are done competing."

What she will miss most about being a Nittany Lion...

"This team is my family," Carroll said. "It will be a hard thing to leave behind. But, I have learned a lot. Collegiate athletics prepares you for life outside of competing or playing in a game; we learn time management, being held accountable, leadership, things you need in any career path."

Floor Exercise: The Art of Storytelling



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

UNIVERSITY PARK, Pa. - Performance, precision and power: the key ingredients to any competitive collegiate floor routine. For the Penn State women's gymnastics team, floor is strength; and neither the coaches nor the gymnasts understand how they have become so strong in this event; they say it "just happened." But, for anyone who has seen them perform and practice, it didn't just happen; they have truly earned it.

"We teach the girls a simple phrase for them to repeat in their heads as they start their floor routines," associate head coach Rachele Thompson said. "It helps them relax and calm down before they perform."

Throughout the season, the team has routinely scored above a 49 on floor, achieving a season high of a 49.400 against Michigan State. Four gymnasts have scored the coveted "9.900" this season, including freshman Oni Timothy, sophomore Emma Sibson and senior Krystal Welsh. Freshman Briannah Tsang has gone as far as to secure a 9.925, the highest for the team this season.

Performance

Floor routines are exciting, as they combine various skills and technique, along with dance. Floor is the only event paired, specifically, with music in gymnastics. The music helps tell a story, one that has new chapters added to it as the gymnasts become more comfortable with their routines and their style.

"It is a never ending process," Thompson said. "Some of the girls come in with routines and music and sometimes we have to start from scratch. It is so great to see how the routines change as the season goes on. You get to watch the girls grow into their own. As a coach, you get to help them tell that story."

Precision

The coaching staff members are sticklers for "performing how you practice." Often, they say the girls are better in practice than they are in the meets. You might say there is a science to how the Thompsons run their practices, a formula that has been proven time and time again since they took over the program in 2010. They devote large portions of their practices to each gymnast working on one single event, instead of having them doing various events at the same time. During these sessions, the girls even cheer like they do in meets, so that competition day is a seamless transition from the practice gym.

"We train really hard on floor," Timothy said. "I don't know if it is a combination of what rotation we get during the meet and practice, but we are really good at this event. I love it because as soon as the music starts, you know that everyone is looking at you. Nailing a routine or tumbling pass is the best feeling."

Power

Performing inside of a taped-off square can be intimidating. If you go out of bounds, deduction. If you hold a pose too long, deduction. If you miss a landing, deduction. To say it is stressful would be an understatement.

"Floor is a very mental event," Tsang said. "You have to have a real sense of who you are as a gymnast to make it through the minor missteps that happen. You just have to say to yourself, if you go out of bounds, just keep moving."

As the routines change throughout the season, the skill levels of the tumbling combinations change, too. Penn State has a roster of powerful gymnasts. The way they attack each routine and land with such definition after a tumbling pass speaks to their training.

"It is funny, sometimes the easier routines are the hardest for them." Thompson said. "We have to give them challenging passes and routines because they have so much adrenaline. They are so strong that if we were to give them an easy tumbling pass, they will go out of bounds, simply because they have so much power. Harnessing that energy is challenging, but it is so fun to watch them do what they do best."

Despite Score Nittany Lions Deliver Stellar Performance against Buckeyes



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

UNIVERSITY PARK, Pa. - The Penn State women's gymnastics team finished off its Big Ten regular season home schedule on Saturday. While both teams united in competition, wearing pink leotards to bring breast cancer awareness, the Nittany Lions edged the Buckeyes in a 196.275-195.000 victory.

"[The Pink Meet] was an exciting day for us," head coach Jeff Thompson said. "We had a great crowd, despite the snow. I thought the girls did a really good job today."

Two gymnasts from both ends of the experience spectrum led the Nittany Lions to victory over Ohio State: senior Sidney Sanabria-Robles and freshman Briannah Tsang.

Sanabria-Robles' Leadership In All-Around Competition

In her last regular season Big Ten meet at Rec Hall, Sanabria-Robles finished in typical fashion: winning the all-around title, winning on uneven bars and tying for the title on beam.

The senior is consistent, a quality that has not only helped shape her collegiate career, but one that has inspired younger gymnasts on the team.

"As a senior, I am taking it all in," Sanabria-Robles said. "We worked really hard in the gym this week. I have learned to take it one meet at a time and do the best I can."

Speaking of "best," the Nittany Lion shined on bars and beam against the Buckeyes. After starting on vault, Sanabria-Robles knew that the next three rotations would make or break the meet. She nailed her bars combination, sticking each of her handstands and dismount. Her performance earned her a personal best of 9.875 in the event, along with the title.

"Our bars performance today was outstanding," Thompson said. "We got a little too excited on vault, so I am really proud of the team for recovering so well on bars."

Aside from her bars performance, the senior was able to finish tied for first on beam, an event she has been solid on all year. Her performance earned a 9.850 helping her to the all-around crown.

"We do our best not to think about the end result," Sanabria-Robles said. "We take it one event at a time and if everyone does their job then it will come together and we will win. If we keep doing this, we will get where we want to be, which is competing in the last day at nationals."

Tsang Sticks It, Again

If you have ever wondered why the Penn State coaching staff has been anticipating Tsang's arrival to Happy Valley, you now know why. She has delivered stellar, jaw dropping performances since the beginning of the season. Her tenacity and strength, which is evident in her approach to every event, has helped her earn three Big Ten Freshman of the Week honors this season.

"I feel really blessed to be able to go out there and do what I love to do," Tsang said.

The soft spoken, humble freshman has been one of the most consistent in the Penn State lineup. She has not only improved each week, but uses her own marks as a guide and consistently tries to beat her scores from the previous week, regardless if they are unheard of for a rookie.

"She has been this good since she got here," Thompson said. "When we got in the gym at the beginning of the season, she would do a combination and we would say, 'she is this solid and it is October.'"

The freshman stood out the most in her floor routine on Saturday. Thompson and his coaching staff have had to make her routine harder and more challenging each week. While that might sound strange, the more challenging the routine, the more energy and force Tsang can harness into her execution. At the beginning of the season, she was landing outside of the tape because she was over-rotating. Simply put: she is too strong for lower level routines.

Tsang finished her floor routine with a score of 9.925, which is not only a new personal best, but a team best, too.

Looking Ahead

Penn State travels to Pitt next weekend, where they will start the final leg of their regular season before starting to prepare for post-season qualifying meets.

"I am proud of them," Thompson said. "The judging we saw this weekend is the kind of judging we are going to see at the NCAA Regional and NCAA National Championship competitions. Now we can get in the gym and fix what we need to fix now so that they will be ready [for the tougher judging] at the end of the season."

Daily Collegian – Feb. 16, 2015

Penn State Women's Gymnastics Beats Ohio State in 'Flip for the Cure' Meet

By **Carl Pietrusinski, Collegian Staff Writer**

UNIVERSITY PARK, Pa. – Fans draped in pink in support of breast cancer awareness had plenty to cheer about at Rec Hall on Saturday as they saw the No. 11 Penn State women's gymnastics team beat No. 24 Ohio State, 196.275-195.200, in the Flip for the Cure meet.

The Nittany Lions won all four events on the afternoon along the way to their second-straight victory, improving their record to 5-1 and 2-1 Big Ten.

Perhaps the loudest cheers came following freshman Briannah Tsang's routine on the floor, where she earned a score of 9.925.

"It feels amazing and it's just great to see my hard work pay off," Tsang said of her highest scoring floor exercise routine of her collegiate career.

Coach Jeff Thompson was impressed by Tsang's performance and continued success.

"It was an outstanding performance by her and she deserved the highest score on floor," Thompson said. "It was jaw dropping."

Her floor routine was a nice comeback from her small hiccup on the vault, where she pushed off with too much power and was unable to stick her landing.

"She needs to work on settling in and being able to stick her dismounts a little more consistently. But that will come with time." Thompson said. "She had a lot of new things in each of her routines and she's adjusting to it well."

Senior Sidney Sanabria-Robles dazzled the crowd as well, earning the Ann Carr Award and the highest overall score of 39.375 in the all-around. It was her second all-around win of the season.

"It's always a special feeling to win the award and get recognized for your hard work," Sanabria-Robles said.

That hard work led to Sanabria-Robles claiming uneven bars title with a score of 9.875 and tying for the balance beam title at 9.850.

Senior Krystal Welsh finished second to Sanabria-Robles and with her second highest all-around score of the season at 39.250.

"We take it one routine at a time," Sanabria-Robles said. "If everyone continues to do their job then it's going to come together and were going to get to where we want to be, the last day of nationals."

Vaulting Past Michigan State, A Team Effort



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

UNIVERSITY PARK, Pa. - The old saying goes, "practice makes perfect," and if you practice hard, performing in a game or a competition will be easier. While no performance is ever perfect, some come pretty close.

Gymnastics is a sport where the performance on individual can impact the team; it is just as much mental as it is physical. Penn State women's gymnastics head coach Jeff Thompson and his staff preach, "compete how you practice," and "perform like you do in the gym." This coaching tactic remained steadfast in Saturday's meet against Michigan State, as the Nittany Lions won each event and earned an impressive team score of 197.025.

"It was an exciting night; we finally did what we do in practice," Thompson said. "As a coach of a top collegiate team, you always want to score a 197 [team score]. We accomplished that and more tonight."

Vault: Sibson, Sanabria-Robles and Tsang Set Personal Bests

Penn State started its rotation on vault, a card they have drawn in almost every meet this year. What has changed as the season has progressed is their ability to attack this event, using that adrenaline and momentum for the rest of the meet.

"When you start a vault rotation off with one of the hardest, most challenging vaults in the NCAA, it is hard to gauge the judges reaction," Thompson said, speaking to freshman Oni Timothy's one and a half twist. "Tonight she didn't score as high as she normally does, but we put her first and the judges had nothing to compare it to."

Freshman Briannah Tsang and senior Sidney Sanabria-Robles were later in the lineup. The two gymnasts set personal bests with a matching score of 9.875, contributing to the team's overall event score of 49.175. But, sophomore Emma Sibson's vault stuck out the most. Not only did she stick it, she set a new season-best with her score of a 9.900.

"I have really focused on cleaning up my form," Sibson said. "I don't focus so much on sticking as I do my technique. I struggled the first few meets where I was ending with my chest too low. I have worked really hard over the past few weeks to get comfortable enough that I end on a solid note."

Welsh Recovers to Win Bars and Floor

For the first time in her collegiate career, senior Krystal Welsh missed her vault landing. But she finished with grace, knowing she needed to perform her best in the next three events.

"I obviously did not like what I did," Welsh said. "But, it is what it is. I will learn from it. It is always hard to let that feeling go during a meet, but I knew I had to. I know I will never do that again."

Despite starting off on an unfamiliar note, Welsh bounced back with a stellar performance. The all-around competitor walked away with a first place finish on bars with a score of 9.875 and tied for first on floor with a score of 9.900.

"From the moment we come to campus we learn to recover from a missed landing," Welsh said. "The team learns how to lean on each other and not let the performance of one person bring them down. We rally and we push through. It is all about trust."

Team Rallies For Fifth Highest Score in School History

The Nittany Lions not only managed to outscore their goal of 197 team points with a finish of 197.025, but their performance was one of the highest in school history. The team was able to recover from a missed landing on vault and still score above the 49 point mark in each event.

"It was fun for everyone," Thompson said. "This team is special."

Nittany Lions Are Ready For Another Big Ten Matchup



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

UNIVERSITY PARK, Pa. - After travel plans were upended due to continuous snowstorm over the Northeast, the Penn State women's gymnastics team finally made it to Illinois last weekend. Despite a stressful trip to Champaign, the Nittany Lions were ready to take on the Fighting Illini in their Big Ten matchup.

For anyone following the meet, the team started off the day in normal fashion: breaking personal best records. However, this meet was different; Penn State was able to perform the break a 12-year-old school record on vault.

"Oni [Timothy] started on vault for us," head coach Jeff Thompson said. "She is able to stick one of the hardest vaults in NCAA competition. The five vaults following her were amazing. The girls stuck everything. This is the best vaulting performance I have seen as a coach."

The team finished with a nearly perfect vault score of 49.550.

"It was a tail of two teams that day," Thompson said. "We are still working on our lineup order and the most important position is who goes first."

Unfortunately, the adrenaline rush the team felt from their record-breaking vault performance did not transition well into the other events. Coach Thompson thinks the team was too excited, which, in a mentally challenging sport like gymnastics, can make or break you in competition.

"We gave Illinois the lead of floor," Thompson said. "Briannah [Tsang] went out of bounds on an easy pass because she just had so much adrenaline, the same happened to Lauren [Li]. Emma [Sibson] unfortunately fell. It just felt like we were off a little bit."

After beam and bars, the Nittany Lions were unable to bounce back, losing to the Illini by less than a point [196.400 to 195.600].

"We have made a few adjustments this week," Thompson said. "We told the girls all week that we just need to stay focused and take one thing at a time. We have changed up our lineups and we are moving the more consistent girls to the front."

Timothy's vault has "stuck" a first place send off in the Nittany Lion's lineup on vault. Alex Witt is going to lead off on bars. Nicole Medvitz will take over the first position on beam and Li is going to open for the team on floor.

"We made a few changes to Briannah [Tsang]'s floor routine," Thompson said. "Surprisingly, we have made it harder. She is so powerful that when we give her an easy pass and she has a flush of adrenaline, she will over rotate and that is when things like going out of bounds happens and falling happen. So we are hoping that this new, challenging, pass will help her."

Penn State welcomes Michigan State this weekend and Coach Thompson hopes to see how the new lineups match up against another Big Ten foe.

"Michigan State is having a great year," coach Thompson said. They are ranked ahead of us on beam and floor. We have to bring our A game. We can't give them any opportunities. We beat ourselves out in Illinois. We just need to do what we do in the gym every day."

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."