

# PENN STATE WOMEN'S GYMNASTICS

ONE TEAM, ONE JOURNEY



17 NCAA CHAMPIONSHIP APPEARANCES  
(10th Nationally)

92 ALL-AMERICANS  
Since 1974

## NCAA NORMAN REGIONAL ON TAP FOR NO. 13 NITTANY LIONS

After posting the highest score at the Big Ten Championships in program history, the Penn State women's gymnastics program will head to Norman, Okla. to compete in the NCAA Regional Championships on Saturday, April 4. The University of Oklahoma will host the meet at the Lloyd Noble Center beginning at 4:45 p.m. ET and be carried live on Fox Sports Southwest & Fox College Sports Central.

The regional includes Big XII champion and No. 1 overall seed Oklahoma, No. 12 Oregon State, No. 22 Southern Utah, Missouri and North Carolina State. The top two teams from each of the six regionals will advance to the NCAA Championships on April 17-19 in Dallas, Texas. The five other regional sites include: Ames, Iowa; Auburn, Ala.; Berkeley, Calif.; Columbus, Ohio and Morgantown, W.Va.

Penn State will travel to Oklahoma for the NCAA Regional for the second time in three seasons, as they finished fourth during at the 2013 Norman Regional. It is just the sixth time in PSU's 34 NCAA Regional appearances the Blue and White will venture outside of the Big Ten/East Coast footprint. The Nittany Lions have advanced to each of the 34 NCAA Regional Championships since they began in 1982.

The Nittany Lions will be looking to secure the 18th all-time trip to the NCAA Championships in program history and the second straight trip after qualifying last season. The 2014 squad posted the highest NCAA postseason score in program history at 196.725 to finish second behind No. 1 Florida at the University Park Regional.

Freshman **Briannah Tsang** became the fourth Penn State gymnast to win the Big Ten Freshman of the Year, sharing the honor with Michigan's Brianna Brown following the Big Ten Championships on March 21. Tsang won a school-record four Big Ten Freshman of the Week honors and ranked among the national top-40 on the vault (37th) and the all-around (20th). She won 11 individual event titles and four all-around crowns during the season and scored 9.900 or better on all four events during the season.

Tsang, along with Senior Sidney Sanabria-Robles and sophomore Emma Sibson all earned second-team All-Big Ten honors prior to the Big Ten Championships. Sanabria-Robles was among the top all-around performers in the conference during 2015, finishing the season ranked among the national top-25 with a regional qualifying score of 39.380. Sibson competed in the all-around just twice, but is ranked highly among her conference constituents on the vault and floor exercise to merit all-conference honors.

## PENN STATE NITTANY LIONS

14-3, 6-3 Big Ten

DATE	OPPONENT	RESULT/TIME
<b>Jan. 10</b>	<b>CORNELL, NEW HAMPSHIRE &amp; RUTGERS</b>	<b>1st of 4 (194.675)</b>
Jan. 17	at No. 8 Nebraska (BTN)	L, 196.025-197.125
<b>Jan. 24</b>	<b>MARYLAND *</b>	<b>W, 196.550-194.450</b>
Jan. 31	at No. 14 Illinois *	L, 195.600-196.400
<b>Feb. 7</b>	<b>No. 24 MICHIGAN STATE *</b>	<b>W, 197.025-193.425</b>
<b>Feb. 14</b>	<b>No. 24 OHIO STATE *</b>	<b>W, 196.275-195.200</b>
Feb. 21	at Pittsburgh	W, 196.175-193.350
<b>Feb. 28</b>	<b>IOWA STATE, PENN &amp; SUNY-BROCKPORT</b>	<b>1st of 4 (196.650)</b>
March 8	at West Virginia	W, 196.750-195.900
March 14	at No. 20 Minnesota w/ No. 25 Iowa, No. 8 Michigan & Rutgers *	2nd of 5 (196.650)
March 21	at Big Ten Championships (BTN)	4th of 10 (196.725)
April 4	at NCAA Regional Championships (FSW)	4:35
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  
(FSW) - Meet Televised Live on Fox Sports Southwest  
(BTN) - Meet Televised Live on the Big Ten Network  
**HOME MEETS IN BOLD CAPS**

## THE ROUND-OFF

34

Straight appearances for Penn State in the NCAA Regional Championships. The Lions have appeared in all 34 NCAA Regionals.

More on page 5.

18

Penn State will be looking to make its 18th trip to the NCAA Championships. Their 17 appearances ranks 10th all-time.

More on page 5 & 10.

EVENT LEADERS	Vault	Uneven Bars	Balance Beam	Floor Exercise	All-Around
	<b>BRIANNAH TSANG</b> FRESHMAN	<b>KRYSTAL WELSH</b> SENIOR	<b>SIDNEY SANABRIA-ROBLES</b> SENIOR	<b>BRIANNAH TSANG</b> FRESHMAN	<b>BRIANNAH TSANG</b> FRESHMAN
	2015 RQS: 9.890 2015 BEST: 9.950	2015 RQS: 9.600 2015 BEST: 9.950	2015 RQS: 9.870 2015 BEST: 9.950	2015 RQS: 9.865 2015 BEST: 9.925	2015 RQS: 39.390 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)
Emma Sibson	9.925	Brockport, Iowa St. & Penn (2/28)

### 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)
196.725	at B1G Championships (3/21)

### 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)
49.275	at B1G Championships (3/21)
49.250	Michigan State (2/7)

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

**LOOKING BACK**



vs. **BIG**

March 21, 2015 at B1G Championships  
Crisler Center 4th of 10 (196.725)

**NOTE: Highest B1G Champ. Score in PSU History**

**LOOKING AHEAD**



vs. **BIG**

March 14, 2015 at B1G Five Meet  
Sports Pavilion 2nd of 5, 196.650

**NOTE: Tsang places 3rd in all-around**

# 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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# REGIONAL CHAMPIONS

# REGIONAL ROTATIONS

### All-Around (16)

1970	Candi Breese
1977	Ann Carr
1978	Ann Carr
1980	Marcy LeVaultine
1981	Heidi Anderson
1982	Heidi Anderson
1983	Pam Loree
1984	Pam Loree
1986	Pam Loree
1988	Lynn Crane
1991	Allison Barber
1992	April Polito
1996	Missy Leopoldus
1998	Gemma Cuff
1999	Ellen Casey
2010	Brandi Personett

### Balance Beam (16)

1978	Ann Carr
1979	Marcy LeVaultine
1980 *	Lisa Ingebretsen & Marcy LeVaultine
1981	Heidi Anderson
1982	Marcy LeVaultine
1985	Kathy Pomper
1986	Bernie Robertson
1988	Lynn Crane
1990	Allison Barber
1991	Rene Lyst
1992	Allison Barber
1993	Rene Lyst
1994	Tracy Kerner
1996	Missy Leopoldus
1999	Maria Taylor

### Vault (13)

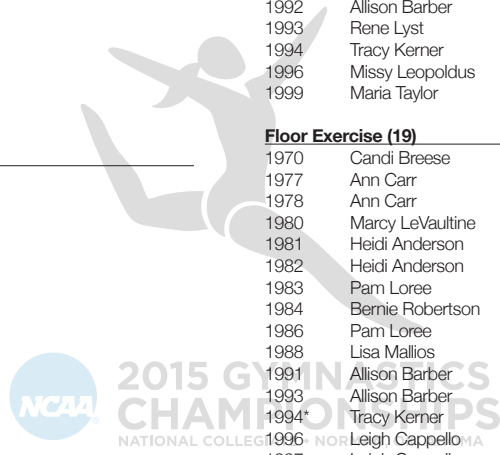
1977	Ann Carr
1978	Ann Carr
1980	Ann Carr
1981	Heidi Anderson
1983	Pam Loree
1988	Lisa Mallios
1990 *	Allison Barber
1998	Gemma Cuff
1999	Ellen Casey
2001	Katie McAvaultoy
2003	Katie Rowland
2004	Lisa Clark
2010	Brandi Personett

### Floor Exercise (19)

1970	Candi Breese
1977	Ann Carr
1978	Ann Carr
1980	Marcy LeVaultine
1981	Heidi Anderson
1982	Heidi Anderson
1983	Pam Loree
1984	Bernie Robertson
1986	Pam Loree
1988	Lisa Mallios
1991	Allison Barber
1993	Allison Barber
1994	Tracy Kerner
1996	Leigh Cappello
1997	Leigh Cappello
1999	Ellen Casey
2001	Katie Rowland
2003	Katie Rowland
2004	Lisa Clark

### Uneven Bars (14)

1977	Ann Carr
1980	Lisa Ingebretsen
1981	Heidi Anderson
1985	Pam Loree
1986 *	Pam Loree & Kathy Pomper
1989	Kira Rohm
1992 *	Janice Rogers
1993	Karen Cimochoowski
1994	Tracy Kerner
1995	Tracy Kerner
1997	Missy Leopoldus
1999 *	Ellen Casey
2005	Kristal Uzelac



\* - Tied for Event Title

	Season RQS	Season High
<b>No. 1 Oklahoma</b>		
Vault	49.495 (4)	49.575
Uneven Bars	49.475 (3)	49.625
Balance Beam	49.530 (1)	49.750
Floor Exercise	49.505 (2)	49.725
Team	197.895 (1)	198.500
<b>No. 12 Oregon State</b>		
Vault	49.285 (13)	49.375
Uneven Bars	49.215 (14)	49.300
Balance Beam	49.145 (12)	49.300
Floor Exercise	49.360 (7)	49.675
Team	196.680 (12)	197.250
<b>No. 13 Penn State</b>		
Vault	49.310 (11)	49.550
Uneven Bars	49.180 (15)	49.300
Balance Beam	49.125 (13)	49.250
Floor Exercise	49.190 (19)	49.400
Team	196.665 (13)	197.025
<b>No. 22 Southern Utah</b>		
Vault	49.055 (23)	49.325
Uneven Bars	49.095 (20)	49.275
Balance Beam	49.045 (19)	49.225
Floor Exercise	49.060 (-)	49.225
Team	196.100 (22)	196.475
<b>Missouri</b>		
Vault	49.030 (-)	49.250
Uneven Bars	48.975 (25)	49.150
Balance Beam	48.890 (-)	49.150
Floor Exercise	49.120 (-)	49.275
Team	195.720 (25)	196.150
<b>North Carolina State</b>		
Vault	49.045 (-)	49.175
Uneven Bars	48.885 (-)	49.100
Balance Beam	48.720 (-)	49.200
Floor Exercise	48.905 (-)	49.225
Team	195.385 (-)	196.175

Team Rankings Listed are Top-25 Only | Ties Not Listed

# REGIONAL FINISHES

Year	Host School	Location	Score	Place	Year	Host School	Location	Score	Place
1975	Southern Illinois	Carbondale, Ill.	AIAW	-- 3rd	1998	Pittsburgh	Pittsburgh, Pa.	NCAA	194.600 1st
1976	Ithaca College	Ithaca, N.Y.	AIAW	-- 2nd	1999	Penn State	University Park, Pa.	NCAA	196.335 1st
1977	Towson	Towson, Md.	AIAW	-- 2nd	2000	Penn State	University Park, Pa.	NCAA	195.925 2nd
1978	Pittsburgh	Pittsburgh, Pa.	AIAW	-- 1st	2001	Nebraska	Lincoln, Neb.	NCAA	194.775 4th
1979	Maryland	College Park, Md.	AIAW	-- 1st	2002	Penn State	University Park, Pa.	NCAA	192.225 5th
1980	Penn State	University Park, Pa.	AIAW	148.550 1st	2003	Michigan	Ann Arbor, Mich.	NCAA	196.175 4th
1981	Pittsburgh	Pittsburgh, Pa.	AIAW	145.750 1st	2004	Penn State	University Park, Pa.	NCAA	196.075 4th
1982	Pittsburgh	Pittsburgh, Pa.	NCAA	143.150 1st	2005	Washington	Seattle, Wash.	NCAA	195.375 2nd
1983	West Virginia	Morgantown, W.Va.	NCAA	176.800 3rd	2006	LSU	Baton Rouge, La.	NCAA	194.900 3rd
1984	Penn State	University Park, Pa.	NCAA	184.000 1st	2007	Denvn	Denver, Colo.	NCAA	195.775 3rd
1985	Pittsburgh	Pittsburgh, Pa.	NCAA	185.050 2nd	2008	Penn State	University Park, Pa.	NCAA	195.700 3rd
1986	Penn State	University Park, Pa.	NCAA	-- 1st	2009	North Carolina State	Raleigh, N.C.	NCAA	195.800 2nd
1987	Ohio State	Columbus, Ohio	NCAA	182.150 2nd	2010	Penn State	University Park, Pa.	NCAA	196.050 3rd
1988	Penn State	University Park, Pa.	NCAA	186.250 1st	2011	Alabama	Tuscaloosa, Ala.	NCAA	195.850 3rd
1989	Penn State	University Park, Pa.	NCAA	188.350 2nd	2012	North Carolina State	Raleigh, N.C.	NCAA	195.650 4th
1990	Ohio State	Columbus, Ohio	NCAA	185.925 2nd	2013	Oklahoma	Norman, Okla.	NCAA	195.875 4th
1991	New Hampshire	Durham, N.H.	NCAA	193.800 1st	2014	Penn State	University Park, Pa.	NCAA	196.725 2nd
1992	Penn State	University Park, Pa.	NCAA	194.525 1st					
1993	Ohio State	Columbus, Ohio	NCAA	190.525 1st					
1994	Rhode Island	Kingston, R.I.	NCAA	191.475 2nd					
1995	Kent State	Kent, Ohio	NCAA	191.225 1st					
1996	Penn State	University Park, Pa.	NCAA	193.650 1st					
1997	Ohio State	Columbus, Ohio	NCAA	194.150 1st					



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## INDIVIDUAL REGIONAL RECORDS

## VAULT

1.	9.950	Brandi Personett	4/10/2010
		Lisa Clark	4/3/2004
		Katie Rowland	4/12/2003
4.	9.925	Sharaya Musser	4/7/2012
5.	9.900	Emma Sibson	4/5/2014
		Sidney Sanabria-Robles	4/5/2014
		Sharaya Musser	4/2/2011
		Brandi Personett	4/14/2007
		Meredith Hoover	4/3/2004
		Jennifer Orlando	4/3/2004
		Genavieve Shingle	4/3/2004
		Katie Rowland	4/6/2002
		Ellen Casey	4/10/1999
		Gemma Cuff	4/4/1998

## UNEVEN BARS

1.	9.925	Ellen Casey	4/10/1999
2.	9.900	Kristal Uzelac	4/9/2005
		Nikki Smith	4/1/2000
		Nicole Bongiovanni	4/10/1999
5.	9.875	Kassidy Stauder	4/5/2014
		Natalie Ettl	4/10/2010
		Michelle Ilg	4/3/2004
		Katie McAvoy	4/12/2003
		Nikki Smith	4/10/1999
		Missy Leopoldus	4/13/1997
		Bridget Foley	4/13/1996
		Missy Leopoldus	4/13/1996
		Tracy Kerner	4/8/1995

## BALANCE BEAM

1.	9.900	Meredith Hoover	4/12/2003
2.	9.875	Sharaya Musser	4/2/2011
		Brandi Personett	4/10/2010
		Carissa Pirkel	4/3/2004
		Maria Taylor	4/10/1999
6.	9.850	Sharaya Musser	4/6/2013
		Sharaya Musser	4/7/2012
		Brandi Personett	4/14/2007
		Kristal Uzelac	4/9/2005
		Nikki Smith	4/1/2000
		Nikki Smith	4/10/1999
		Missy Leopoldus	4/13/1996
		Rene Lyst	4/3/1993
		Allison Barber	4/7/1992
		Rene Lyst	4/6/1991

## FLOOR EXERCISE

1.	9.950	Katie Rowland	4/12/2003
2.	9.925	Brandi Personett	4/10/2010
		Kate Stopper	4/12/2003
4.	9.900	Sidney Sanabria-Robles	4/5/2014
		Randi Lau	4/5/2014
		Lindsay Musgrove	4/5/2014
		Sharaya Musser	4/10/2010
		Brandi Personett	4/4/2009
		Brandi Personett	4/14/2007
		Lisa Clark	4/3/2004
		Katie McAvoy	4/12/2003
		Ellen Casey	4/10/1999

## ALL-AROUND

1.	39.550	Brandi Personett	4/10/2010
2.	39.525	Ellen Casey	4/10/1999
3.	39.450	Sharaya Musser	4/7/2012
4.	39.425	Sharaya Musser	4/2/2011
		Brandi Personett	4/14/2007
		Katie McAvoy	4/12/2003
7.	39.400	Brandi Personett	4/12/2008
8.	39.375	Sidney Sanabria-Robles	4/5/2014
		Sharaya Musser	4/6/2013
		Gemma Cuff	4/10/1999



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

## NCAA REGIONAL RECORDS

## VAULT

1.	49.500	University Park, Pa.	4/3/2004
2.	49.300	University Park, Pa.	4/5/2014
3.	49.250	Raleigh, N.C.	4/4/2009
4.	49.225	Raleigh, N.C.	4/7/2012
5.	49.175	Norman, Okla.	4/6/2013
6.	49.150	Ann Arbor, Mich.	4/12/2003
7.	49.100	Lincoln, Neb.	4/7/2001
8.	49.050	University Park, Pa.	4/10/2010
9.	49.000	Tuscaloosa, Ala.	4/2/2011
	49.000	Denver, Colo.	4/14/2007
	49.000	University Park, Pa.	4/10/1999

## UNEVEN BARS

1.	49.350	University Park, Pa.	4/10/1999
2.	49.175	Norman, Okla.	4/6/2013
3.	49.150	Ann Arbor, Mich.	4/12/2003
	49.150	University Park, Pa.	4/12/2008
5.	49.125	Tuscaloosa, Ala.	4/2/2011
6.	49.075	Columbus, Ohio	4/13/1997
7.	49.050	Raleigh, N.C.	4/7/2012
8.	49.000	University Park, Pa.	4/5/2014
	49.000	University Park, Pa.	4/10/2010
10.	48.925	Seattle, Wash.	4/9/2005

## BALANCE BEAM

1.	49.250	Ann Arbor, Mich.	4/12/2003
2.	49.025	University Park, Pa.	4/3/2004
3.	49.000	University Park, Pa.	4/10/1999
4.	48.950	University Park, Pa.	4/5/2014
	48.950	Denver, Colo.	4/14/2007
6.	48.950	University Park, Pa.	4/7/1992
7.	48.850	Tuscaloosa, Ala.	4/2/2011
8.	48.825	University Park, Pa.	4/1/2000
9.	48.800	University Park, Pa.	4/12/2008
10.	48.775	University Park, Pa.	4/10/2010

## FLOOR EXERCISE

1.	49.425	University Park, Pa.	4/5/2014
2.	49.225	University Park, Pa.	4/10/2010
	49.225	Raleigh, N.C.	4/4/2009
4.	49.175	University Park, Pa.	4/1/2000
5.	49.150	Lincoln, Neb.	4/7/2001
6.	49.125	University Park, Pa.	4/3/2004
7.	49.100	Ann Arbor, Mich.	4/12/2003
8.	49.075	Norman, Okla.	4/6/2013
	49.075	Seattle, Wash.	4/9/2005
10.	49.050	Raleigh, N.C.	4/7/2012

## TEAM

1.	196.725	University Park, Pa.	4/5/2014
2.	196.325	University Park, Pa.	4/10/1999
3.	196.175	Ann Arbor, Mich.	4/12/2003
4.	196.075	University Park, Pa.	4/3/2004
5.	196.050	University Park, Pa.	4/10/2010
6.	195.925	University Park, Pa.	4/1/2000
7.	195.875	Norman, Okla.	4/6/2013
8.	195.850	Tuscaloosa, Ala.	4/2/2011
9.	195.800	Raleigh, N.C.	4/4/2009
10.	195.775	Denver, Colo.	4/14/2007



**NCAA REGIONAL CHAMPIONSHIP HISTORY**

Penn State will be appearing in its 34 straight NCAA Regional Championships inside the Lloyd Noble Center on the campus of Oklahoma.

- The Nittany Lions have competed in every NCAA Regional since the first event was held in 1982. This will be the 34th straight appearance in the postseason for Penn State.
- Penn State has won the NCAA Regional on 12 occasions and finished second on nine occasions.
- In 2014, Penn State set a NCAA postseason school record with a team score of 196.725 to finish second behind No. 1 Florida.
- Penn State's highest road NCAA postseason score came in 2006 at Michigan with a 196.175.
- Nittany Lion gymnasts have won 62 individual event titles and 16 all-around crowns at the NCAA Regional Championships.
- Brandi Personett is the most recent event winner, as she captured the all-around and vault titles during the 2010 NCAA Regional.

**2015 BIG TEN CHAMPIONSHIPS**

Penn State posted a fourth place showing at the Big Ten Championships on March 21 in Ann Arbor, Mich. The Nittany Lions also set a school record in the process.

- Penn State's team score of 196.725 is the highest score in school history at the B1G Championships.
- The team total also equals the highest postseason score in school history, which was set at the 2014 NCAA Regional.
- Three of Penn State's four event totals rank among the top five this season; vault (49.275; 5th), uneven bars (49.275; 2nd) and floor exercise (49.175; T-4th).
- Penn State placed six gymnasts among the top-10 at the B1G Championships, including Sidney Sanabria-Robles (T7th) and Briannah Tsang (T10th) in the all-around.
- Sanabria-Robles and Emma Sibson both tied for No. 5 on the vault (9.900), Tsang finished tied for No. 5 on the uneven bars (9.900) and Christina Postiglione tied for No. 9 on the balance beam (9.850).
- Tsang earned Big Ten Co-Freshman of the Year following the meet. She shared the award with Michigan's Brianna Brown.

**TSANG NAMED B1G'S TOP ROOKIE**

Freshman Briannah Tsang was named Big Ten Co-Freshman of the Year following a solid showing at the B1G Championships on March 21.

**Event Winners on Page 11.  
Tsang Bio on Page 29.**

- Tsang shared the award with Michigan's Brianna Brown. The shared honor is the first split FOTY award in conference history.
- She became the fourth Penn State gymnast to win the award, joining Sharaya Musser (2010), Brandi Personett (2007) and Nikki Bongiovanni (1999).
- The four Big Ten Freshman of the Year award winners rank second in conference history behind Michigan's 11 winners.
- Her four Big Ten Freshman of the Week awards set a new Penn State record and ranked second in the Big Ten this season (Brown, Mich.; 5).
- Tsang is one of just 25 gymnasts to post a 39.500 or better in the all-around this season and is one of only four qualifying freshman to reach the mark.
- She wrote her name into the PSU record books on three occasions; tying for No. 9 on the vault at No. 14 Illinois and at No. 8 Nebraska (9.950), and tying for No. 9 on the balance beam with a 9.950 vs. Maryland.

**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	-	-
Christina Postiglione	-	-	1	-	-
Chanen Raygoza	-	1	-	-	-
S. Sanabria-Robles	1	5	4	1	5
Emma Sibson	6	-	-	4	-
Oni Timothy	-	-	-	1	-
Briannah Tsang	6	2	4	4	5
Krystal Welsh	2	3	2	2	1
Alex Witt	-	1	-	-	-

**NATIONAL POLL**

#	Team	RQS	2015 High
1.	<b>Oklahoma</b>	197.895	198.500
2.	Florida	197.790	198.225
3.	Utah	197.670	198.250
4.	LSU	197.650	198.375
5.	Alabama	197.490	197.800
6.	<b>Michigan</b>	197.270	197.825
7.	UCLA	197.200	197.950
8.	Auburn	197.045	197.750
9.	<b>Nebraska</b>	196.990	197.325
10.	Georgia	196.875	197.450
11.	Stanford	196.720	197.525
12.	<b>Oregon State</b>	196.680	197.250
13.	<b>PENN STATE</b>	196.665	197.025
14.	<b>Illinois</b>	196.515	197.350
15.	Boise State	196.495	196.800
16.	Denver	196.455	196.925
17.	<b>Minnesota</b>	196.450	196.875
18.	Arizona	196.445	197.125
19.	Arkansas	196.285	196.650
20.	Cal	196.240	197.325
21.	Central Michigan	196.190	196.400
22.	<b>Southern Utah</b>	196.100	196.475
T23.	<b>Iowa</b>	196.030	196.500
T23.	Washington	196.030	196.600
25.	<b>New Hampshire</b>	195.860	196.525

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	13
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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2014

/PennStateWomensGymnastics



# 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 \*  
 Twitter . . . . . @PennStateWGYM  
 Facebook . . . . . /PennStateWomensGymnastics

## 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

Chanel Raygoza	* 9.725
Krystal Welsh	9.850
Oni Timothy	9.820
Sidney Sanabria-Robles	9.880
Emma Sibson	9.880
Briannah Tsang	9.890

## UNEVEN BARS

Alex Witt	9.815
Christina Postiglione	* 9.825
Chanel Raygoza	* 9.760
Briannah Tsang	9.850
Sidney Sanabria-Robles	9.850
Krystal Welsh	9.860

## BALANCE BEAM

Nicole Medvitz	9.825
Christian Postiglione	9.820
Emma Sibson	9.775
Briannah Tsang	9.860
Krystal Welsh	9.835
Sidney Sanabria-Robles	9.870

## FLOOR EXERCISE

Lexi Carroll	* 9.769
Sidney Sanabria-Robles	9.845
Oni Timothy	9.785
Briannah Tsang	9.870
Emma Sibson	9.860
Krystal Welsh	9.835

## ALL-AROUND

Briannah Tsang	39.390
Sidney Sanabria-Robles	39.380
Krystal Welsh	39.300

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

## SIBSON SHINES VS. MOUNTAINEERS

Sophomore 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 11.**  
**Sibson Bio on Page 27.**

- 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 11.**  
**Welsh Bio on Page 30.**

- 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.

## FOUR B1G AWARDS FOR TSANG

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

**All-B1G Awards on Page 8.**  
**Award Winners on Page 9.**  
**Tsang Bio on Page 29.**

- Tsang's four Big Ten Freshman of the Week awards are a Penn State record. She captured 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.
- 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.



**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 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 since Feb. 20, 2012 when they sat 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.

**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 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.	<b>2014-15</b>	<b>7 meets</b>
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.

**School Records on Page 15.**

- 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 49.310 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. 15 nationally with a regional qualifying score of 49.180 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 11 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 11.**
- **School Records on Page 15.**
- **Tsang Bio on Page 29.**

- Through 11 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 was named Co-Big Ten Freshman of the Year and claimed a school record four Big Ten Freshman of the Week honors.
- Tsang has 23 top-three finishes in 44 routines and has 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.
- Tsang is one of just 25 gymnasts to post a 39.500 or better in the all-around this season and is one of only four qualifying freshman to reach the mark.

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

<b>Team Score</b>	
13. Penn State	196.665
Season High Score	197.025

**Vault**

11. Penn State	49.310
Season High Score	49.550

**Uneven Bars**

15. Penn State	49.180
Season High Score	49.300

**Balance Beam**

13. Penn State	49.125
Season High Score	49.250

**Floor Exercise**

19. Penn State	49.190
Season High Score	49.400

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

T37. Briannah Tsang	9.890
Season High Score	9.950
T48. Sidney Sanabria-Robles	9.880
Season High Score	9.900
T48. Emma Sibson	9.880
Season High Score	9.925

**Uneven Bars**

T57. Krystal Welsh	9.860
Season High Score	9.950
T64. Sidney Sanabria-Robles	9.850
Season High Score	9.900

**Balance Beam**

T34. Sidney Sanabria-Robles	9.860
Season High Score	9.950
T49. Briannah Tsang	9.835
Season High Score	9.900

**Floor Exercise**

T55. Briannah Tsang	9.870
Season High Score	9.925
T73. Emma Sibson	9.860
Season High Score	9.950

**All-Around**

T20. Briannah Tsang	39.390
Season High Score	39.500
22. Sidney Sanabria-Robles	39.380
Season High Score	39.500
T29. Krystal Welsh	39.300
Season High Score	39.400

**Rankings by Regional Qualifying Score**

## 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. Tsang was also named the Big Ten's Co-Freshman of the Year following the Big Ten Championships on March 21.

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.

The rookie becomes the fourth Penn Stater to win the B1G Freshman of the Year award, joining Sharaya Musser (2010), Brandi Personett (2007) and Nikki Bongiovanni (1999), after claiming a school-record four Big Ten Freshman of the Week awards during the regular season.

### BIG TEN GYMNAST OF THE YEAR:

Lindsay Mable, Minnesota

### CO-BIG TEN FRESHMAN OF THE YEAR:

**Briannah Tsang, Penn State**  
Brianna Brown, Michigan

### BIG TEN COACH OF THE YEAR:

Bev Plocki, Michigan

### 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**

### ATTAINING THE ELUSIVE 197

The penultimate score for a collegiate women's gymnastics team sits at 197.000. It is not a score easily attained, with Penn State being one of just 16 NCAA programs to score 197.000 or better in 2015.

#### School Records on Page 15.

- The 197.025 vs. Michigan State is tied for the fifth highest score in Penn State history. Penn State also scored 197.025 on Feb. 19, 1999 vs. Alabama.
- Four of the six 197.000 or better scores have come under the direction of Jeff Thompson.
- Penn State's team score of 197.025 in their victory over Michigan State makes it one of just 12 teams to top the 197 mark this season in the NCAA.
- Four of the 16 programs are from the Big Ten; Penn State, Nebraska, Michigan and Illinois. Six come from the PAC 12, five from the SEC and one from the Big XII.

### 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 11.

#### Sanabria-Robles Bio on Page 26.

- Of her 44 routines & 11 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 25 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.

### PENN STATE PUMMELS PITT

Penn State held just over a one-point advantage after two rotations at Pitt on Feb. 21 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 spots 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.

### 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.

### 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.

### 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.





**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 11.**

- 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.

**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.	<b>194.675</b>	<b>University Park, Pa.</b>	<b>2015</b>
7.	194.600	Tuscaloosa, Ala.	2004
8.	194.575	Fayetteville, Ark.	2007
9.	194.375	Athens, Ga.	2003
10.	194.050	Pittsburgh, Pa.	2008

**ANOTHER EVENT WIN**

Penn State has posted the top score on at least one event in nine of their 11 meets this season. The Nittany Lions also swept all four team event titles in five straight meets during the month of February.

**Event Winners on Page 11.**

- 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 or B1G Championships.
- 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.

**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.

**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
<b>Penn State</b>	<b>6-3</b>	<b>.667</b>	<b>14-3</b>	<b>.824</b>
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

Regular Season Only | \* - Includes one tie

**THIS WEEK IN THE B1G...**

**March 21**

Penn State - NCAA Norman Regional, 4:45 p.m.  
 Illinois - NCAA Morgantown Regional, 4 p.m.  
 Iowa, Maryland & Minnesota - NCAA Auburn Regional, 7 p.m.  
 Michigan & Ohio State - NCAA Columbus Regional, 6 p.m.  
 Michigan State & Nebraska - NCAA Ames Regional, 5 p.m.

All Times Eastern

**BIG TEN WEEKLY AWARDS:**

**Jan. 12**

G: Nicole Artz, Michigan & Lindsay Mable, Minnesota  
 E: Talia Chiarelli, Michigan  
 F: Brianna Brown, Michigan & Brianna Tsang, Penn State

**Jan. 19**

G: Hollie Blanske, Nebraska  
 E: Sunny Kato, Illinois  
 F: Brianna Brown, Michigan

**Jan. 26**

G: Lindsay Mable, Minnesota  
 E: Ashley Lambert, Nebraska  
 F: Briannah Tsang, Penn State

**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.	<b>Penn State</b>	<b>17</b>

## 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

## 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.



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

<p><b>host Cornell, UNH &amp; Rutgers</b> January 10, 2015 Recreation Building University Park, Pa. Attendance: 1,275</p> <p><b>No. 16 Penn State</b> 194,675 New Hampshire 193,450 Rutgers 191,825 Cornell 186,725</p>	<p><b>at No. 8 Nebraska</b> January 17, 2015 Devaney Center Lincoln, Neb. Attendance: 1,212</p> <p><b>No. 8 Nebraska</b> 197,125 <b>No. 15 Penn State</b> 196,025</p>	<p><b>host Maryland</b> January 24, 2015 Huff Building University Park, Pa. Attendance: 2,385</p> <p><b>No. 12 Penn State</b> 196,550 Maryland 194,450</p>	<p><b>at No. 14 Illinois</b> January 31, 2015 Huff Hall Champaign, Ill. Attendance: 1,163</p> <p><b>No. 14 Illinois</b> 196,400 <b>No. 9 Penn State</b> 195,600</p>	<p><b>host No. 24 Michigan State</b> February 7, 2015 Recreation Building University Park, Pa. Attendance: 1,340</p> <p><b>No. 16 Penn State</b> 197,025 No. 24 Michigan State 193,425</p>	<p><b>host No. 24 Ohio State</b> February 14, 2014 Recreation Building University Park, Pa. Attendance: 1,566</p> <p><b>No. 11 Penn State</b> 196,275 No. 24 Ohio State 195,200</p>	<p><b>at Pittsburgh</b> February 21, 2014 Fitzgerald Field House Pittsburgh, Pa. Attendance: 689</p> <p><b>No. 12 Penn State</b> 196,175 Pittsburgh 193,350</p>
<p><b>VAULT</b> 48,900 L Timothy 9,750 Walesh 9,725 Sanabria-Robles 9,775 Sibson 9,800 Tsang 9,850</p> <p><b>UNEVEN BARS</b> 49,000 Carroll 9,725 L Witt 9,775 Tsang 9,800 Sanabria-Robles 9,850 Walesh 9,825</p> <p><b>BALANCE BEAM</b> 47,975 L Medvitz 9,075 Carroll 9,750 Walesh 9,800 Sanabria-Robles 9,025</p> <p><b>FLOOR EXERCISE</b> 48,600 L Carroll 9,800 Timothy 9,600 Sanabria-Robles 9,775 Tsang 9,775 Walesh 9,750</p> <p><b>ALL-AROUND</b> Tsang 39,225 Walesh 39,100 Sanabria-Robles 38,875 Sanabria-Robles 38,350</p> <p>Rotation Order: V, UB, BB, FX</p>	<p><b>VAULT</b> 49,275 L Timothy 9,875 Walesh 9,800 Sanabria-Robles 9,750 Sibson 9,900 Tsang 9,800</p> <p><b>UNEVEN BARS</b> 49,025 Carroll 9,628 L Witt 9,750 Tsang 9,800 Sanabria-Robles 9,850 Walesh 9,775</p> <p><b>BALANCE BEAM</b> 48,975 L Sibson 9,100 Carroll 9,750 Tsang 9,625 Walesh 9,850 Sanabria-Robles 9,850</p> <p><b>FLOOR EXERCISE</b> 48,750 L Sanabria-Robles 9,825 Timothy 9,675 Sibson 9,900 Tsang 9,650 Walesh 9,700</p> <p><b>ALL-AROUND</b> Sanabria-Robles 39,425 Tsang 39,350 Walesh 39,075 Sanabria-Robles 38,350</p> <p>Rotation Order: UB, V, FX, BB</p>	<p><b>VAULT</b> 49,150 L Timothy 9,875 Walesh 9,800 Sanabria-Robles 9,800 Sibson 9,850 Tsang 9,825</p> <p><b>UNEVEN BARS</b> 49,100 Carroll 9,725 L Witt 9,675 Tsang 9,800 Sanabria-Robles 9,850 Walesh 9,900</p> <p><b>BALANCE BEAM</b> 49,150 L Sibson 9,175 Medvitz 9,700 Tsang 9,850 Walesh 9,775 Sanabria-Robles 9,875</p> <p><b>FLOOR EXERCISE</b> 49,150 L Sanabria-Robles 9,800 Timothy 9,800 Sibson 9,825 Tsang 9,875 Walesh 9,850</p> <p><b>ALL-AROUND</b> Tsang 39,500 Sanabria-Robles 39,350 Walesh 39,325 Sanabria-Robles 38,525</p> <p>Rotation Order: V, UB, BB, FX</p>	<p><b>VAULT</b> 49,550 Timothy 9,875 Walesh 9,950 Sanabria-Robles 9,900 Sibson 9,850 Tsang 9,950</p> <p><b>UNEVEN BARS</b> 49,000 Carroll 9,050 L Witt 9,800 Tsang 9,800 Sanabria-Robles 9,900 Walesh 9,700</p> <p><b>BALANCE BEAM</b> 48,625 Carroll 9,175 L Medvitz 9,900 Tsang 9,675 Walesh 9,900 Sanabria-Robles 9,950</p> <p><b>FLOOR EXERCISE</b> 48,425 L Sanabria-Robles 9,500 Carroll 9,800 Sibson 9,850 Tsang 9,550 Walesh 9,700</p> <p><b>ALL-AROUND</b> Sanabria-Robles 39,500 Tsang 39,250 Walesh 39,100 Sanabria-Robles 38,600</p> <p>Rotation Order: UB, V, FX, BB</p>	<p><b>VAULT</b> 49,175 Timothy 9,775 Walesh 9,325 Sanabria-Robles 9,750 Sibson 9,875 Tsang 9,900</p> <p><b>UNEVEN BARS</b> 49,250 Witt 9,800 L Sibson 9,850 Tsang 9,850 Sanabria-Robles 9,825 Walesh 9,875</p> <p><b>BALANCE BEAM</b> 49,200 Medvitz 9,875 Postiglione 9,825 Sibson 9,800 Tsang 9,875 Walesh 9,800 Sanabria-Robles 9,825</p> <p><b>FLOOR EXERCISE</b> 49,400 L Sanabria-Robles 9,800 Timothy 9,875 Sibson 9,900 Tsang 9,875 Walesh 9,900</p> <p><b>ALL-AROUND</b> Tsang 39,475 Sibson 39,400 Sanabria-Robles 39,375 Walesh 38,925</p> <p>Rotation Order: V, UB, BB, FX</p>	<p><b>VAULT</b> 48,950 L Timothy 9,775 Walesh 9,825 Sanabria-Robles 9,800 Sibson 9,775 Tsang 9,825</p> <p><b>UNEVEN BARS</b> 49,100 Witt 9,850 L Sibson 9,750 Tsang 9,775 Sanabria-Robles 9,875 Walesh 9,800</p> <p><b>BALANCE BEAM</b> 48,950 Medvitz 9,650 Postiglione 9,800 Sibson 9,750 Tsang 9,825 Walesh 9,800 Sanabria-Robles 9,850</p> <p><b>FLOOR EXERCISE</b> 49,275 L Sanabria-Robles 9,775 Timothy 9,825 Sibson 9,750 Tsang 9,925 Walesh 9,875</p> <p><b>ALL-AROUND</b> Sanabria-Robles 39,375 Walesh 39,250 Tsang 39,200 Sibson 39,075</p> <p>Rotation Order: V, UB, BB, FX</p>	<p><b>VAULT</b> 49,125 L Timothy 9,775 Walesh 9,825 Sanabria-Robles 9,700 Sibson 9,800 Tsang 9,850</p> <p><b>UNEVEN BARS</b> 48,975 Witt 9,750 L Raygoza 9,800 Tsang 9,650 Sanabria-Robles 9,800 Walesh 9,825</p> <p><b>BALANCE BEAM</b> 49,025 Medvitz 9,850 Postiglione 9,825 Sibson 9,800 Tsang 9,325 Walesh 9,725 Sanabria-Robles 9,825</p> <p><b>FLOOR EXERCISE</b> 49,050 L Sanabria-Robles 9,750 Timothy 9,775 Sibson 9,800 Tsang 9,875 Walesh 9,825</p> <p><b>ALL-AROUND</b> Sanabria-Robles 39,225 Walesh 39,175 Tsang 38,875</p> <p>Rotation Order: UB, V, FX, BB</p>



MEET RESULTS (CONT.)

host Brockport, Iowa State, Penn	at West Virginia	at BIG Five Meet	at Big Ten Championships
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	March 21, 2014 Crisler Center Ann Arbor, Mich. Attendance: 5,261
<b>No. 13 Penn State 196.650</b> Iowa State 195.375 Penn 191.925 Brockport 190.750	<b>No. 11 Penn State 196.750</b> West Virginia 195.900	<b>No. 12 Penn State 196.650</b> No. 20 Minnesota 196.450 No. 25 Iowa 196.425 Rutgers 194.150	No. 6 Michigan 197.825 No. 16 Illinois 197.350 No. 10 Nebraska 196.875 <b>No. 11 Penn State 196.725</b> No. 24 Iowa 196.500 No. 19 Minnesota 196.450 Maryland 196.075 Michigan State 195.650 Ohio State 195.250 Rutgers 193.125
<b>VAULT 49.450</b> Li 9.875 Welsh 9.925 Timothy 9.825 Sanabria-Robles 9.900 Sibson 9.925 Tsang 9.800	<b>VAULT 49.025</b> Li 9.750 Welsh 9.775 Timothy 9.200 Sanabria-Robles 9.800 Sibson 9.850 Tsang 9.850	<b>VAULT 49.375</b> Li 9.850 Welsh 9.875 Timothy 9.850 Sanabria-Robles 9.850 Sibson 9.900 Tsang 9.900	<b>VAULT 49.275</b> Raygoza 9.725 Welsh 9.825 Timothy 9.850 Sanabria-Robles 9.900 Sibson 9.900 Tsang 9.800
<b>UNEVEN BARS 48.775</b> Witt 9.800 Li 9.800 Raygoza 9.600 Tsang 9.775 Sanabria-Robles 9.650 Welsh 9.750	<b>UNEVEN BARS 49.300</b> Witt 9.800 Li 9.800 Raygoza 9.850 Tsang 9.775 Sanabria-Robles 9.225 Welsh 9.950	<b>UNEVEN BARS 49.175</b> Witt 9.875 Li 9.800 Raygoza 9.900 Tsang 9.775 Sanabria-Robles 9.800 Welsh 9.800	<b>UNEVEN BARS 49.275</b> Witt 9.825 Postiglione 9.825 Raygoza 9.800 Tsang 9.900 Sanabria-Robles 9.850 Welsh 9.875
<b>BALANCE BEAM 49.250</b> Medvitz 9.800 Postiglione 9.825 Sibson 9.800 Tsang 9.875 Welsh 9.850 Sanabria-Robles 9.900	<b>BALANCE BEAM 49.150</b> Medvitz 9.800 Postiglione 9.850 Sibson 9.775 Tsang 9.850 Welsh 9.875 Sanabria-Robles 9.300	<b>BALANCE BEAM 49.100</b> Medvitz 9.825 Postiglione 9.800 Sibson 9.325 Tsang 9.800 Welsh 9.800 Sanabria-Robles 9.875	<b>BALANCE BEAM 49.000</b> Medvitz 9.800 Postiglione 9.850 Sibson 9.475 Tsang 9.800 Welsh 9.775 Sanabria-Robles 9.775
<b>FLOOR EXERCISE 49.175</b> Li 9.725 Timothy 9.800 Sanabria-Robles 9.850 Tsang 9.850 Sibson 9.800 Welsh 9.875	<b>FLOOR EXERCISE 49.275</b> Li 9.700 Timothy 9.825 Sanabria-Robles 9.850 Tsang 9.875 Sibson 9.950 Welsh 9.775	<b>FLOOR EXERCISE 49.000</b> Timothy 9.725 Li 9.800 Sanabria-Robles 9.750 Tsang 9.825 Sibson 9.850 Welsh 9.775	<b>FLOOR EXERCISE 49.175</b> Carroll 9.800 Sanabria-Robles 9.850 Timothy 9.800 Tsang 9.850 Sibson 9.850 Welsh 9.825
<b>ALL-AROUND 39.400</b> Welsh 39.300 Sanabria-Robles 39.300 Tsang 39.300	<b>ALL-AROUND 39.475</b> Tsang 39.375 Welsh 38.175 Sanabria-Robles 38.175	<b>ALL-AROUND 39.300</b> Tsang 38.275 Welsh 39.250	<b>ALL-AROUND 39.375</b> Tsang 38.350 Welsh 39.300
Rotation Order: V, UB, BB, FX	Rotation Order: UB, V, FX, BB	Rotation Order: V, UB, BB, Bye, FX	Rotation Order: UB, BB, Bye, FX, V, Bye



# 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*

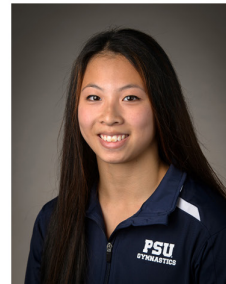


**Emma Sibson**  
So. § 5-1 § All-Around  
Allen, Texas



**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*





## TOP PERFORMERS

<b>Vault</b>		<b>(Rowland/Personett, 10.00)</b>		<b>Balance Beam</b>		<b>(Rowland/Smith, 10.00)</b>		<b>All Around</b>		<b>(Rowland, 39.775)</b>	
Briannah Tsang	9.950	1/31/15	Sydney Sanabria-Robles	9.950	1/31/15	Sidney Sanabria-Robles	39.500	1/31/15	Briannah Tsang	39.500	1/24/15
Krystal Welsh	9.950	1/31/15	Briannah Tsang	9.950	1/24/15	Krystal Welsh	39.400	2/28/16	Krystal Welsh	39.400	2/28/16
Emma Sibson	9.925	2/28/15	Lauren Li	9.900	1/31/15	Emma Sibson	39.400	2/7/15	Lauren Li	39.100	1/31/15
Sidney Sanabria-Robles	9.900	3/21/15	Krystal Welsh	9.900	1/31/15						
Lauren Li	9.900	1/31/15	Nicole Medvitz	9.875	2/7/15						
<b>Uneven Bars</b>		<b>(Perret/Ettl, 9.975)</b>		<b>Floor Exercise</b>		<b>(Ellen Casey, 10.00)</b>					
Krystal Welsh	9.950	3/8/15	Emma Sibson	9.950	3/8/15	Briannah Tsang	9.925	2/14/15			
Chanen Raygoza	9.900	3/14/15	Briannah Tsang	9.900	3/21/15	Oni Timothy	9.900	2/7/15			
Briannah Tsang	9.900	3/21/15	Sidney Sanabria-Robles	9.900	1/31/15	Krystal Welsh	9.900	2/7/15			
Sidney Sanabria-Robles	9.900	1/31/15	Alex Witt	9.875	3/14/15	Sidney Sanabria-Robles	9.875	2/14/15			
Alex Witt	9.875	3/14/15									

## TOP TEAM PERFORMANCES

<b>Vault</b>		<b>(2015, 49.550)</b>		<b>Balance Beam</b>		<b>(2001, 49.650)</b>		<b>Team Score</b>		<b>(2001, 197.450)</b>	
at Illinois	49.550 *	1/31/15	Brockport, Iowa State & Penn	49.258	2/28/15	Michigan State	197.025	2/7/15	at West Virginia	196.750	3/8/15
Brockport, Iowa State & Penn	49.450	2/28/15	Michigan State	49.200	2/7/15	at West Virginia	196.725	3/21/15	at B1G Championships	196.650	3/14/15
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	Brockport, Iowa State & Penn	196.650	2/28/14
at Nebraska	49.275	1/17/15	Maryland	49.150	1/24/15						
at B1G Championships	49.275	3/21/15	at B1G Five Meet	49.100	3/14/15						
<b>Uneven Bars</b>		<b>(2001, 49.500)</b>		<b>Floor Exercise</b>		<b>(2001, 49.725)</b>					
at West Virginia	49.300	3/8/15	Michigan State	49.400	2/7/15	Michigan State	49.400	2/7/15			
at B1G Championships	49.275	3/21/15	at West Virginia	49.275	3/8/15	at West Virginia	49.275	3/8/15			
Michigan State	49.250	2/7/15	Ohio State	49.275	2/14/15	Ohio State	49.275	2/14/15			
at B1G Five Meet	49.175	3/14/15	at B1G Championships	49.175	3/21/15	at B1G Championships	49.175	3/21/15			
Ohio State	49.100	2/14/15	Brockport, Iowa State & Penn	49.175	2/28/15	Brockport, Iowa State & Penn	49.175	2/28/15			
Maryland	49.100	1/24/15									

## SCHEDULE & RESULTS

Date	Opponent	Time/Result	Record
<b>JAN. 10</b>	<b>CORNELL, NEW HAMPSHIRE &amp; RUTGERS</b>	<b>1st of 4 (194.675 pts)</b>	<b>3-0</b>
Jan. 17	at No. 8 Nebraska *	L, 196.025-197.125	3-1
<b>JAN. 24</b>	<b>MARYLAND *</b>	<b>W, 196.550-194.450</b>	<b>4-1</b>
Jan. 31	at No. 14 Illinois *	L, 195.600-196.400	4-2
<b>FEB. 7</b>	<b>MICHIGAN STATE *</b>	<b>W, 197.025-193.425</b>	<b>5-2</b>
<b>FEB. 14</b>	<b>OHIO STATE *</b>	<b>W, 196.275-195.200</b>	<b>6-2</b>
Feb. 21	at Pittsburgh	W, 196.175-193.35	7-2
<b>FEB. 28</b>	<b>IOWA STATE, PENN &amp; SUNY-BROCKPORT</b>	<b>1st of 4 (196.650 pts)</b>	<b>10-2</b>
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	at Big Ten Championships #	4th of 10 (196.725 pts)	---
April 4	at NCAA Regional Championships ^	4:45 p.m.	
April 17	vs. NCAA Championships &	TBA	

HOME MEETS IN BOLD CAPS | All Times Eastern

\* - Big Ten Competition | # - Ann Arbor, Mich. | ^ - Norman, Okla. | & - Dallas, Texas

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



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2014

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## MEET BY MEET

Date	Event Order	V	UB	BB	FX	TEAM
<b>CORNELL, NEW HAMPSHIRE &amp; RUTGERS (1/10)</b>	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
<b>MARYLAND * (1/24)</b>	V, UB, BB, FX	49.150	49.100	49.150	49.150	196.550
at Illinois * (1/31)	UB, V, FX, BB	<b>49.550 *</b>	49.000	48.625	48.425	195.600
<b>MICHIGAN STATE * (2/7)</b>	V, UB, BB, FX	49.175	49.250	49.200	<b>49.400</b>	<b>197.025</b>
<b>OHIO STATE * (2/14)</b>	V, UB, BB, FX	<b>48.950</b>	<b>49.100</b>	<b>48.950</b>	<b>49.275</b>	<b>196.275</b>
at Pittsburgh (2/21)	UB, V, BB, FX	49.125	48.975	49.025	49.050	196.175
<b>IOWA STATE, PENN &amp; SUNY-BROCKPORT (2/28)</b>	V, UB, BB, FX	49.450	<b>48.775</b>	<b>49.250</b>	49.175	<b>196.650</b>
at West Virginia (3/8)	UB, V, FX, BB	49.025	<b>49.300</b>	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)	UB, BB, Bye, FX, V, Bye	49.275	49.275	49.000	49.175	196.725
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.	Sidney Sanabria-Robles	9.900	3/21/15		Briannah Tsang	9.900	1/17/15	6.	Krystal Welsh	39.400	2/28/15
	Emma Sibson	9.900	3/21/15	7.	Sidney Sanabria-Robles	9.875	3/14/15		Emma Sibson	39.400	2/7/15
	Emma Sibson	9.900	3/14/15		Krystal Welsh	9.875	3/8/15	8.	Sidney Sanabria-Robles	39.375	3/21/15
	Briannah Tsang	9.900	3/14/15		Briannah Tsang	9.875	2/28/15		Krystal Welsh	39.375	3/8/15
	Sidney Sanabria-Robles	9.900	2/28/15		Nicole Medvitz	9.875	2/7/15		Sidney Sanabria-Robles	39.375	2/14/15
	Emma Sibson	9.900	2/7/15		Briannah Tsang	9.875	2/7/15		Sidney Sanabria-Robles	39.375	2/7/15
	Lauren Li	9.900	1/31/15		Sidney Sanabria-Robles	9.875	1/24/15	12.	Briannah Tsang	39.350	3/21/15
	Sidney Sanabria-Robles	9.900	1/17/15	13.	Christina Postiglione	9.850	3/21/15		Briannah Tsang	39.350	1/17/15
14.	Krystal Welsh	9.875	3/14/15		Christina Postiglione	9.850	3/8/15		Sidney Sanabria-Robles	39.350	1/24/15
	Lauren Li	9.875	2/28/15		Briannah Tsang	9.850	3/8/15	15.	Krystal Welsh	39.325	1/24/15
	Briannah Tsang	9.875	2/21/15		Krystal Welsh	9.850	2/28/15				
	Sidney Sanabria-Robles	9.875	2/7/15		Nicole Medvitz	9.850	2/21/15				
	Lauren Li	9.875	2/7/15		Sidney Sanabria-Robles	9.850	2/14/15				
	Sydney Sanabria-Robles	9.875	1/31/15		Sidney Sanabria-Robles	9.850	1/17/15				
	Oni Timothy	9.875	1/31/15		Krystal Welsh	9.850	1/17/15				
	Lauren Li	9.875	1/24/15		Nicole Medvitz	9.850	1/24/15				
	Lauren Li	9.875	1/17/15								
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.	Briannah Tsang	9.900	3/21/15		Briannah Tsang	9.925	2/14/15				
	Chanen Raygoza	9.900	3/14/15	3.	Oni Timothy	9.900	2/7/15				
	Briannah Tsang	9.900	3/8/15		Krystal Welsh	9.900	2/7/15				
	Krystal Welsh	9.900	2/7/15		Emma Sibson	9.900	1/17/15				
	Sidney Sanabria-Robles	9.900	1/31/15	6.	Briannah Tsang	9.875	3/8/15				
8.	Krystal Welsh	9.900	1/24/15		Krystal Welsh	9.875	2/28/15				
	Krystal Welsh	9.875	3/21/15		Briannah Tsang	9.875	2/21/15				
	Alex Witt	9.875	3/14/15		Krystal Welsh	9.875	2/14/15				
	Sidney Sanabria-Robles	9.875	2/14/15		Sidney Sanabria-Robles	9.875	2/14/15				
11.	Sidney Sanabria-Robles	9.850	3/21/15		Emma Sibson	9.875	2/7/15				
	Chanen Raygoza	9.850	3/8/15		Briannah Tsang	9.875	2/7/15				
	Alex Witt	9.850	2/14/15		Briannah Tsang	9.875	1/24/15				
	Chanen Raygoza	9.850 ^	2/14/15	14.	Sidney Sanabria-Robles	9.850	3/21/15				
	Lauren Li	9.850	2/7/15		Emma Sibson	9.850	3/21/15				
	Briannah Tsang	9.850	2/7/15		Briannah Tsang	9.850	3/21/15				
	Sidney Sanabria-Robles	9.850	1/17/15		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				

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



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## GYMNAST MEET-BY-MEET

<b>Lexi Carroll</b>	<b>Sr.</b>	<b>Lauren Li</b>	<b>Fr.</b>	<b>Christina Postiglione</b>	<b>So.</b>
<b>All-Around</b>	<b>(38.850, 1/26/13)</b>	<b>All-Around</b>	<b>(39.100, 1/31/15)</b>	<b>Uneven Bars</b>	<b>(9.825, 3/21/15)</b>
<i>Has Not Competed in 2015</i>		at Illinois (1/31)	39.100	at B1G Championships (3/21)	9.825
<b>Vault</b>	<b>(9.875, 3/2/13)</b>	Cornell, UNH & Rutgers (1/10)	38.875 (3)	at West Virginia (3/8)	9.800 ^
<i>Has Not Competed in 2015</i>		Maryland (1/24)	38.525 (4)	at Pittsburgh (2/21)	9.750 ^
<b>Uneven Bars</b>	<b>(9.775, 1/19/13)</b>	at Nebraska (1/17)	38.350	at Nebraska (1/17)	9.725 ^
Maryland (1/24)	9.725	<b>Vault</b>	<b>(9.900, 1/31/15)</b>	<b>Balance Beam</b>	<b>(9.850, 3/21/15)</b>
Cornell, UNH & Rutgers (1/10)	9.725	at Illinois (1/31)	9.900 (3)	at B1G Championships (3/21)	9.850 (T9)
at Nebraska (1/17)	9.625	Brockport, Iowa State & Penn (2/28)	9.875	at West Virginia (3/8)	9.850 (T2)
at Illinois (1/31)	9.050	Maryland (1/24)	9.875 (1)	Brockport, Iowa State & Penn (2/28)	9.825
<b>Balance Beam</b>	<b>(9.850, 3/16/13)</b>	at Nebraska (1/17)	9.875	at Pittsburgh (2/21)	9.825 (T3)
Cornell, UNH & Rutgers (1/10)	9.750	at B1G Five Meet (3/14)	9.850	Michigan State (2/7)	9.825 (T3)
at Nebraska (1/17)	9.625	Ohio State (2/14)	9.800 (T3)	at B1G Five Meet (3/14)	9.800
at Illinois (1/31)	9.175	at Pittsburgh (2/21)	9.775	Ohio State (2/14)	9.800 (T3)
<b>Floor Exercise</b>	<b>(9.925, 3/9/13)</b>	at West Virginia (3/8)	9.750	Maryland (1/24)	9.775 ^
at B1G Championships (3/21)	9.800	Michigan State (2/7)	9.750	at Nebraska (1/17)	9.250 ^
at Illinois (1/31)	9.800	Cornell, UNH & Rutgers (1/10)	9.750	<b>Floor Exercise</b>	<b>(9.775 ^, 1/17/15)</b>
Brockport, Iowa State & Penn (2/28)	9.775 ^	<b>Uneven Bars</b>	<b>(9.850, 2/7/15)</b>	at Nebraska (1/17)	9.775 ^
Michigan State (2/7)	9.775 ^	Michigan State (2/7)	9.850 (T3)	<b>Chanan Raygoza</b>	<b>Fr.</b>
Maryland (1/24)	9.775 ^	at B1G Five Meet (3/14)	9.800	<b>Vault</b>	<b>(9.725, 3/8/15)</b>
Cornell, UNH & Rutgers (1/10)	9.775 (T3)	at West Virginia (3/8)	9.800	at B1G Championships (3/21)	9.725
at Pittsburgh (2/21)	9.725 ^	Brockport, Iowa State & Penn (2/28)	9.800 (T2)	at West Virginia (3/8)	9.575
Ohio State (2/14)	9.725 ^	at Pittsburg (2/21)	9.800 (T3)	Brockport, Iowa State & Penn (2/28)	9.125 ^
at West Virginia (3/8)	9.700	Ohio State (2/14)	9.800	<b>Uneven Bars</b>	<b>(9.900, 3/14/15)</b>
<b>Balance Beam</b>	<b>(9.900, 1/31/15)</b>	at Illinois (1/31)	9.800	at B1G Five Meet (3/14)	9.900 (4)
at Illinois (1/31)	9.900 (T2)	Cornell, UNH & Rutgers (1/10)	9.775	at West Virginia (3/8)	9.850
Michigan State (2/7)	9.825 ^	at Nebraska (1/17)	9.750	Ohio State (2/14)	9.850 ^
Ohio State (2/14)	9.775 ^	Maryland (1/24)	9.675	at B1G Championships (3/21)	9.800
Brockport, Iowa State & Penn (2/28)	9.750 ^	<b>Floor Exercise</b>	<b>(9.825, 3/8/15)</b>	Michigan State (2/7)	9.750 ^
Cornell, UNH & Rutgers (1/10)	9.550	at West Virginia (3/8)	9.825	Maryland (1/24)	9.725 ^
Maryland (1/24)	9.175	at B1G Five Meet (3/14)	9.800	at Pittsburgh (2/21)	9.650
at Nebraska (1/17)	9.100	Michigan State (2/7)	9.800	Brockport, Iowa State & Penn (2/28)	9.600
<b>Floor Exercise</b>	<b>(9.825, 3/8/15)</b>	Maryland (1/24)	9.800		
at West Virginia (3/8)	9.825	Cornell, UNH & Rutgers (1/10)	9.800 (T1)		
at B1G Five Meet (3/14)	9.800	Ohio State (2/14)	9.775		
Michigan State (2/7)	9.800	at Pittsburgh (2/21)	9.750		
Maryland (1/24)	9.800	Brockport, Iowa State & Penn (2/28)	9.725		
Cornell, UNH & Rutgers (1/10)	9.800 (T1)	at Nebraska (1/17)	9.625		
Ohio State (2/14)	9.775	at Illinois (1/31)	9.500		
at Pittsburgh (2/21)	9.750	<b>Nicole Medvitz</b>	<b>So.</b>		
Brockport, Iowa State & Penn (2/28)	9.725	<b>Uneven Bars</b>	<b>(9.850, 3/22/14)</b>		
at Nebraska (1/17)	9.625	<i>Has Not Competed in 2015</i>			
at Illinois (1/31)	9.500	<b>Balance Beam</b>	<b>(9.875, 2/7/15)</b>		
<b>KEY</b>		Michigan State (2/7)	9.875 (T1)		
<b>Event</b>		at Pittsburgh (2/21)	9.850 (T1)		
<b>Meet (Date)</b>		Maryland (1/24)	9.850 (T3)		
		at B1G Five Meet (3/14)	9.825		
		at B1G Championships (3/21)	9.800		
		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		

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

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



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<b>Sidney Sanabria-Robles</b>	<b>Sr.</b>	<b>Emma Sibson</b>	<b>So.</b>	<b>Briannah Tsang</b>	<b>Fr.</b>
<b>All-Around</b>	<b>(39.500, 1/31/15)</b>	<b>All-Around</b>	<b>(39.400, 2/7/15)</b>	<b>All-Around</b>	<b>(39.500, 1/24/15)</b>
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)
at B1G Championships (3/21)	39.375 (T7)			Michigan State (2/7)	39.475 (1)
Ohio State (2/14)	39.375 (1)	<b>Vault</b>	<b>(9.975, 3/8/14)</b>	at B1G Championships (3/21)	39.350 (T10)
Michigan State (2/7)	39.375 (3)	Brockport, Iowa State & Penn (2/28)	9.925 (T1)	at Nebraska (1/17)	39.350
Maryland (1/2/4)	39.350 (2)	at B1G Championships (3/21)	9.900 (T5)	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)		
<b>Vault</b>	<b>(9.900, 3/21/15)</b>	at Nebraska (1/17)	9.800	<b>Vault</b>	<b>(9.950, 1/31/15)</b>
at B1G Championships (3/21)	9.900 (T5)	Cornell, UNH & Rutgers (1/10)	9.800 (T2)	at Illinois (1/31)	9.950 (T1)
Brockport, Iowa State & Penn (2/28)	9.900 (T3)	Maryland (1/24)	9.725	at Nebraska (1/17)	9.950 (T3)
at Nebraska (1/17)	9.900			at B1G Five Meet (3/14)	9.900 (T5)
Michigan State (2/7)	9.875 (T2)	<b>Uneven Bars</b>	<b>(9.825, 2/7/15)</b>	at Pittsburgh (2/21)	9.875 (1)
at Illinois (1/31)	9.875	Michigan State (2/7)	9.825	Michigan State (2/7)	9.875 (T2)
at B1G Five Meet (3/14)	9.850	Ohio State (2/14)	9.750	at West Virginia (3/8)	9.850 (T1)
Maryland (1/24)	9.850 (T2)	Cornell, UNH & Rutgers (1/10)	9.700 ^	Cornell, UNH & Rutgers (1/10)	9.850 (1)
at West Virginia (3/8)	9.800 (3)	at Illinois (1/31)	9.350 ^	Maryland (1/24)	9.825
at Pittsburgh (2/21)	9.800			at B1G Championships (3/21)	9.800
Ohio State (2/14)	9.775	<b>Balance Beam</b>	<b>(9.825, 4/5/14)</b>	Brockport, Iowa State & Penn (2/28)	9.800
Cornell, UNH & Rutgers (1/10)	9.775	Brockport, Iowa State & Penn (2/28)	9.800	Ohio State (2/14)	9.750
		at Pittsburgh (2/21)	9.800		
<b>Uneven Bars</b>	<b>(9.900, 1/31/15)</b>	Michigan State (2/7)	9.800	<b>Uneven Bars</b>	<b>(9.900, 3/21/15)</b>
at Illinois (1/31)	9.900 (2)	at West Virginia (3/8)	9.775	at B1G Championships (3/21)	9.900 (T5)
Ohio State (2/14)	9.875 (1)	Ohio State (2/14)	9.750	at West Virginia (3/8)	9.900 (T3)
at B1G Championships (3/21)	9.850	at Nebraska (1/17)	9.750	Michigan State (2/7)	9.850 (T3)
at Nebraska (1/17)	9.850 (T1)	Cornell, UNH & Rutgers (1/10)	9.725 ^	Maryland (1/24)	9.850 (2)
Cornell, UNH & Rutgers (1/10)	9.850 (1)	Maryland (1/24)	9.700	at Nebraska (1/17)	9.850 (T1)
at Pittsburgh (2/21)	9.825 (T1)	at B1G Championships (3/21)	9.475	Cornell, UNH & Rutgers (1/10)	9.825 (3)
Michigan State (2/7)	9.825	at B1G Five Meet (3/14)	9.325	at Pittsburgh (2/21)	9.800 (T3)
Maryland (1/24)	9.825 (T3)			at Illinois (1/31)	9.800
at B1G Five Meet (3/14)	9.800	<b>Floor Exercise</b>	<b>(9.950, 3/8/15)</b>	at B1G Five Meet (3/14)	9.775
Brockport, Iowa State & Penn (2/28)	9.650	at West Virginia (3/8)	9.950 (1)	Brockport, Iowa State & Penn (2/28)	9.775
at West Virginia (3/8)	9.225	at Nebraska (1/17)	9.900 (2)	Ohio State (2/14)	9.775
		Michigan State (2/7)	9.875		
<b>Balance Beam</b>	<b>(9.950, 1/31/15)</b>	at B1G Championships (3/21)	9.850	<b>Balance Beam</b>	<b>(9.950, 1/24/15)</b>
at Illinois (1/31)	9.950 (1)	at B1G Five Meet (3/14)	9.850 (T5)	Maryland (1/24)	9.950 (1)
Brockport, Iowa State & Penn (2/28)	9.900 (1)	Maryland (1/24)	9.825 (3)	at Nebraska (1/17)	9.900 (2)
at B1G Five Meet (3/14)	9.875 (T3)	Brockport, Iowa State & Penn (2/28)	9.800	Brockport, Iowa State & Penn (2/28)	9.875 (T2)
Maryland (1/24)	9.875 (2)	at Pittsburgh (2/21)	9.800	Michigan State (2/7)	9.875 (T1)
Ohio State (2/14)	9.850 (T1)	Ohio State (2/14)	9.750	at West Virginia (3/8)	9.850 (T2)
at Nebraska (1/17)	9.850 (T3)	Cornell, UNH & Rutgers (1/10)	9.650 ^	at B1G Championships (3/21)	9.800
at Pittsburgh (2/21)	9.825 (T3)	at Illinois (1/31)	8.550	at B1G Five Meet (3/14)	9.800
Michigan State (2/7)	9.825 (T3)			Cornell, UNH & Rutgers (1/10)	9.800 (T1)
at B1G Championships (3/21)	9.775	<b>Oni Timothy</b>	<b>Fr.</b>	Ohio State (2/14)	9.750
at West Virginia (3/8)	9.300	<b>Vault</b>	<b>(9.875, 1/31/15)</b>	at Pittsburgh (2/21)	9.325
Cornell, UNH & Rutgers (1/10)	9.025	at Illinois (1/31)	9.875	at Illinois (1/31)	9.200
		at B1G Championships (3/21)	9.850		
<b>Floor Exercise</b>	<b>(9.900, 4/5/14)</b>	at B1G Five Meet (3/14)	9.850	<b>Floor Exercise</b>	<b>(9.925, 2/14/15)</b>
Ohio State (2/14)	9.875 (T2)	Brockport, Iowa State & Penn (2/28)	9.825	Ohio State (2/14)	9.925 (1)
at B1G Championships (3/21)	9.850	Maryland (1/24)	9.800	at West Virginia (3/8)	9.875 (3)
at West Virginia (3/8)	9.850	Ohio State (2/14)	9.775	at Pittsburgh (2/21)	9.875 (1)
Brockport, Iowa State & Penn (2/28)	9.850 (T2)	Michigan State (2/7)	9.775	Michigan State (2/7)	9.875
Michigan State (2/7)	9.850	at Nebraska (1/17)	9.725	Maryland (1/24)	9.875 (1)
at Nebraska (1/17)	9.825	Cornell, UNH & Rutgers (1/10)	9.725	at B1G Championships (3/21)	9.850
Maryland (1/24)	9.800	at Pittsburgh (2/21)	9.700	Brockport, Iowa State & Penn (2/28)	9.850 (T2)
at Pittsburgh (2/21)	9.775	at West Virginia (3/8)	9.200	at B1G Five Meet (3/14)	9.825
at Illinois (1/31)	9.775			Cornell, UNH & Rutgers (1/10)	9.775 (T3)
at B1G Five Meet (3/14)	9.750	<b>Balance Beam</b>	<b>(9.250 ^, 2/21/15)</b>	at Illinois (1/31)	9.650
Cornell, UNH & Rutgers (1/10)	9.700	at Pittsburgh (2/21)	9.250 ^	at Nebraska (1/17)	9.650
		<b>Floor Exercise</b>	<b>(9.900, 2/7/15)</b>		
		Michigan State (2/7)	9.900 (T1)		
		Ohio State (2/14)	9.825		
		at B1G Championships (3/21)	9.800		
		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

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\$ - Big Ten Record

^ - Exhibition Score



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<b>Krystal Welsh</b>	<b>Sr.</b>	<b>Alex Witt</b>	<b>Sr.</b>
<b>All Around</b>	<b>(39.500, 3/22/14)</b>	<b>Vault</b>	<b>(9.800, 3/2/12)</b>
Brockport, Iowa State & Penn (2/28)	39.400 (1)	<i>Has Not Competed in 2015</i>	
at West Virginia (3/8)	39.375 (2)		
Maryland (1/24)	39.325 (3)		
at B1G Championships (3/21)	39.300	<b>Uneven Bars</b>	
at B1G Five Meet (3/14)	39.250	<b>(9.875, 3/14/15)</b>	
Ohio State (2/14)	39.250 (2)	at B1G Five Meet (3/14)	9.875 (T5)
at Illinois (1/31)	39.250	Ohio State (2/14)	9.850 (2)
at Pittsburgh (2/21)	39.175 (2)	at B1G Championships (3/21)	9.825
Cornell, UNH & Rutgers (1/10)	39.100 (2)	at West Virginia (3/8)	9.800
at Nebraska (1/17)	39.075	Brockport, Iowa State & Penn (2/28)	9.800 (T2)
Michigan State (2/7)	38.925	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
<b>Vault</b>	<b>(9.950, 1/31/15)</b>		
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 B1G Championships (3/21)	9.825		
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		
<b>Uneven Bars</b>	<b>(9.950, 3/8/15)</b>		
at West Virginia (3/8)	9.950 (T1)		
Michigan State (2/7)	9.900 (1)		
Maryland (1/24)	9.900 (1)		
at B1G Championships (3/21)	9.875		
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		
<b>Balance Beam</b>	<b>(9.900, 1/31/15)</b>		
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)		
at B1G Championships (3/21)	9.775		
Maryland (1/24)	9.775		
at Pittsburgh (2/21)	9.725		
<b>Floor Exercise</b>	<b>(9.925, 1/18/14)</b>		
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 B1G Championships (3/21)	9.825		
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		





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

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2015	--/11	4/11	3/11	4/11	--/11
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
<b>Career</b>	<b>21/51</b>	<b>9/51</b>	<b>16/51</b>	<b>25/51</b>	<b>4/51</b>

2015 Averages		2015 RQS	
Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.531	Uneven Bars	--
Season Best	9.725	National Rank	--
Balance Beam	9.517	Balance Beam	--
Season Best	9.750	National Rank	--
Floor Exercise	9.769	Floor Exercise	--
Season Best	9.800	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

**Career Notes**

Competed in 29 career meets...Owns two career individual event titles; winning the floor exercise twice; vs. New Hampshire, Temple and Penn (3/9/14) and vs. Michigan State (2/23/14)...Missed most of the 2014 season due to injury (finger & Achilles).

**2015 (Senior Year)**

Has competed in six of the team's 11 meets...Has competed on the uneven bars, balance beam and floor exercise... Returned from injury to compete on three events in the season opener vs. Cornell, New Hampshire and Rutgers (1/10) **Championship Season:** Competed on the floor exercise at the Big Ten Championships (3/21) and scored a season-high 9.800. **Regular Season:** Scored a season-best 9.725 twice; vs. Maryland (1/24) and in a quad-meet vs. Cornell, New Hampshire & Rutgers (1/10)...Notched a season-high 9.750 on the balance beam in a quad-meet vs. Cornell, New Hampshire & Rutgers (1/10)...Also competed on the uneven bars and balance beam at No. 8 Nebraska (1/17) and at No. 14 Illinois (1/31)...Posted a season-high 9.800 on the floor exercise at No. 14 Illinois (1/31)...Tied for third on the event with a 9.775 in the season opener vs. Cornell, New Hampshire & Rutgers (1/10)... Competed on the floor exercise at West Virginia (3/8) and exhibitioned on the event on five occasions.

**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. **Regular Season:** Scored 9.750 on both the balance beam and floor exercise in her only competitive action vs. Bridgeport, Western Michigan and Yale (2/28)...Exhibitioned once on the balance beam and twice on the floor exercise during the season...Suffered an Achilles injury at New Hampshire on March 8.

**2013 (Sophomore Year)**

Competed in all 13 of the team's meets, including the NCAA Regional Championships...Competed in the all-around on four occasions...Competed on the floor exercise in all 13 meets...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. **Championship Season:** 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...Competed on vault (9.750), balance beam (9.550) and floor exercise (9.850) at the Big Ten Championships (3/23). **Regular Season:** Totaled a season-high 38.850 in the all-around in a quad-meet vs. Iowa, Pittsburgh and Rutgers (1/26)...Also competed in the all-around in a tri-meet at Denver with Lindenwood (1/5), at UIC (1/12) and at Michigan (2/16)...Scored a career-high 9.875 twice on the vault; at Illinois (3.2) and at Denver with Lindenwood (1/5)...Scored 9.850 on the vault against Kentucky (3/16)...Scored a season-best 9.775 on the uneven bars in a quad-meet vs. Kent State, Minnesota and Towson (1/19)... Posted a career-high 9.850 on the balance beam vs. Kentucky (3/16)...Also scored 9.800 on the event at Michigan (2/16)...Notched a career-high 9.925 on the floor exercise to tie for the event title in a quad-meet vs. New Hampshire, Penn & Temple (3/9)...Scored 9.875 on the event three times during the season; vs. Kentucky (3/16), at Illinois (3/2) and to tie for the event title vs. Michigan State (2/23).

**2012 (Freshman Year)**

Competed in nine of the team's 13 meets, including at the NCAA Regional Championships...Competed on vault and floor exercise... **Championship Season:** Scored a season-best 9.850 on the vault at the NCAA Regional Championships (4/7)...Also competed on the floor exercise (9.750) at the NCAA Regional...Competed on vault (9.775) and floor exercise (9.725) at the Big Ten Championships (3/24). **Regular Season:** 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	--	--	--	9.800	--
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	--	<b>9.725</b>	<b>9.750</b>	<b>9.800</b>	--
<b>Career Best</b>	<b>9.875</b>	<b>9.775</b>	<b>9.850</b>	<b>9.925</b>	<b>38.850</b>



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

**MEETS COMPETED**

	V	UB	BB	FX	AA
2015	10/11	10/11	4/11	10/11	4/11
<b>Career</b>	<b>10/11</b>	<b>10/11</b>	<b>4/11</b>	<b>10/11</b>	<b>4/11</b>

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	--

**Career Notes**

Competed in 10 career meets...Owns two career individual event titles...Won the vault vs. Maryland (1/24)...Tied for the floor exercise crown vs. Cornell, New Hampshire and Rutgers (1/10).

**2015 (Freshman Year)**

Has competed in 10 of the team's 11 meets... Competed in the all-around in the first four meets of her career. **Regular Season:** Scored a career-best 39.100 in the all-around at No. 14 Illinois (1/31)... Also competed in the all-around vs. Cornell, New Hampshire and Rutgers (1/10), at No. 8 Nebraska (1/17) and vs. Maryland (1/24)...Notched a season-best 9.900 on the vault at No. 14 Illinois (1/31)... Scored 9.875 on the event three times, including to win the event vs. Maryland (1/24)...Also posted a 9.875 on the vault vs. Brockport, Iowa State and Penn (2/28) and at Nebraska (1/17)...Scored a personal-best 9.850 on the uneven bars vs. No. 24 Michigan State (2/7)...Tallied a 9.800 on the event on six occasions...Tied for second on the balance beam with a career-best score of 9.900 at No. 14 Illinois (1/31)...Also officially competed three other times on the balance beam and exhibitioned on three occasions...Set a career-best at 9.825 on the floor exercise at West Virginia (3/8)...Tied for the event title on the floor exercise with a 9.800 vs. Cornell, New Hampshire and Rutgers (1/10)...Also posted a 9.800 on the event on three other occasions; at B1G Five Meet (3/14), vs. No. 24 Michigan State (2/7) and vs. Maryland (1/24).

3 uneven bars championships and finished 17th at the JO Nationals...Claimed the Region 3 all-around title in 2011 and placed 25th at the Junior Olympic Nationals.

**Personal**

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

**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

* - 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					
<b>Season Best</b>	<b>9.900</b>	<b>9.850</b>	<b>9.900</b>	<b>9.825</b>	<b>39.100</b>
<b>Career Best</b>	<b>9.900</b>	<b>9.850</b>	<b>9.900</b>	<b>9.825</b>	<b>39.100</b>



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

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2015	--/11	--/11	10/11	--/11	--/11
2014	--/14	13/14	14/14	--/14	--/14
<b>Career</b>	<b>--/25</b>	<b>13/25</b>	<b>24/25</b>	<b>--/25</b>	<b>--/25</b>

**2015 Averages**

Vault	--
Season Best	--
Uneven Bars	--
Season Best	--
Balance Beam	9.720
Season Best	9.875
Floor Exercise	--
Season Best	--
All-Around	--
Season Best	--

**2015 RQS**

Vault	--
National Rank	--
Uneven Bars	--
National Rank	--
Balance Beam	9.825
National Rank	T-94th
Floor Exercise	--
National Rank	--
All-Around	--
National Rank	--

**Career Notes**

Competed in 24 of 25 career meets...Appeared in the balance beam lineup in each of her 24 meets...Has won four career titles; one on the uneven bars and three on the balance beam...Won the uneven bars crown in 2014 at New Hampshire with Bridgeport and George Washington (3/8)...Claimed the balance beam title once in 2014 and twice in 2015...Earned Big Ten Freshman of the Week once in 2014...Earned Academic All-Big Ten in 2015.

**2015 (Sophomore Year)**

Has competed in 10 of the team's 11 meets...Has competed on the balance beam each of her competitions...Earned Academic All-Big Ten. **Championship Season:** Competed on the balance beam at the Big Ten Championships (3/21) and scored 9.800. **Regular Season:** Tied a career-best at 9.875 to tie for the balance beam title vs. No. 24 Michigan State (2/7)...Won the event with a 9.850 at Pittsburgh (2/21)...Also scored 9.850 vs. Maryland (1/24) on the event...Logged a 9.825 on the balance beam at the B1G Five Meet (3/14). Scored 9.800 on the event three times; at B1G Championships, at West Virginia (3/8) and in a quad-meet vs. Brockport, Iowa State and Penn (2/28).

**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. **Championship Season:** Competed on two events at the Big Ten Championships (3/22)...Tied for fourth on the balance beam with a career-best-tying 9.875...Also tied a career-best 9.850 on the uneven bars...Competed on the uneven bars and balance beam at the NCAA Regional Championships (4/5)... Scored 9.750 on the balance beam...Competed on two events at the NCAA Championships (4/18)... Scored 9.700 on the balance beam and 9.675 on the uneven bars at the championships. **Regular Season:** Scored a career-best 9.850 on the uneven bars three times; B1G Championships, 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 B1G Championships and at New Hampshire with Bridgeport and George Washington (3/8)...Tied for the event title with a 9.850 vs. Bridgeport, Western Michigan and Yale (2/28).

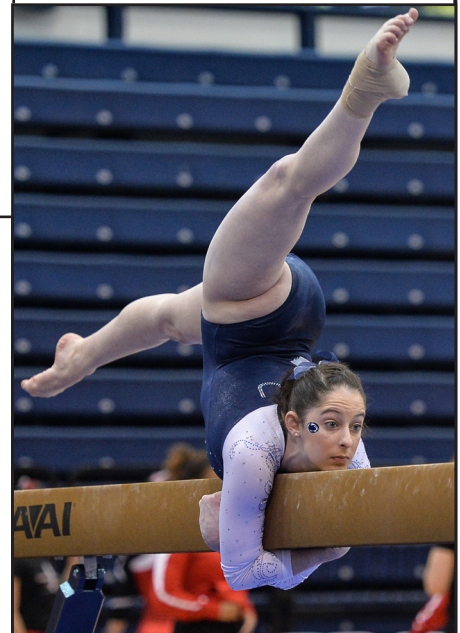
**Gymnastics Background**

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	--	--	9.800	--	--
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	--	--	<b>9.875</b>	--	--
<b>Career Best</b>	--	<b>9.850</b>	<b>9.875</b>	--	--



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**CHRISTINA POSTIGLIONE** **SOPHOMORE**  
 All-Around Selden, N.Y. Gold Medal  
 Gymnastics Center

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2015	--/11	-1/11	7/11	--/11	--/11
2014	--/14	--/14	--/14	--/14	--/14
<b>Career</b>	<b>--/25</b>	<b>1/25</b>	<b>7/25</b>	<b>--/25</b>	<b>--/25</b>

**2015 Averages**

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.825	Uneven Bars	--
Season Best	9.825	National Rank	--
Balance Beam	9.821	Balance Beam	9.825
Season Best	9.850	National Rank	7-94th
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

**2015 RQS**

**Career Notes**

Competed in seven career meets...Missed most of her freshman season due to injury (knee)...Earned Academic All-Big Ten in 2015.

**2015 (Sophomore Year)**

Has competed in seven of the team's 11 meets... Has competed on the uneven bars and balance beam...Officially competed for the first time vs. No. 24 Michigan State on Feb. 7...Earned Academic All-Big Ten. **Championship Season:** Competed on the uneven bars and balance beam at the Big Ten Championships (3/21)...Tied a career-best on the balance beam at 9.850 and logged a 9.825 on the uneven bars at the championships. **Regular Season:** Exhibited on the uneven bars three times before officially competing on the event at the B1G Championships...Scored a career-high 9.850 on the balance beam at West Virginia (3/8) to tie for second on the event...Recorded a 9.825 on the event on three occasions; in a quad-meet vs. Brockport, Iowa State and Penn (2.28), at Pittsburgh (2/21) and vs. No. 24 Michigan State.

**2014 (Freshman)**

Did not officially compete during the 2014 season... 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. **Regular Season:** Performed only in exhibition on the balance beam...Scored 9.600 in an exhibition performance on the balance beam vs. Cornell, Southeast Missouri and UIC ( 1/18)...Exhibited on the balance beam and scored 9.750 at No. 21 Ohio State (2/1)... Totaled a 9.750 on the balance beam in an exhibition performance against No. 8 Nebraska (2/8).

**Gymnastics Background**

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

**Personal**

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

* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	--	--	--	--	--
@ Nebraska	--	9.725	9.250	9.775	--
Maryland	--	--	9.775	--	--
@ Illinois	--	--	--	--	--
Michigan State	--	--	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	--	9.825	9.850	--	--
NCAA Regional	--	--	--	--	--
NCAA Championships	--	--	--	--	--
<b>Season Best</b>	--	<b>9.825</b>	<b>9.850</b>	--	--
<b>Career Best</b>	--	<b>9.825</b>	<b>9.850</b>	--	--



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**CHANEN RAYGOZA FRESHMAN**  
 All-Around Upland, California Wildfire  
 Gymnastics

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2015	1/11	5/11	--/11	--/11	--/11
<b>Career</b>	<b>1/11</b>	<b>5/11</b>	<b>--/11</b>	<b>--/11</b>	<b>--/11</b>

2015 Averages		2015 RQS	
Vault	9.725	Vault	--
Season Best	9.725	National Rank	--
Uneven Bars	9.760	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	--

**Career Notes**

Competed in five career meets...Missed the first two meets of the season due to injury (foot)...made her collegiate debut at Pittsburgh (2/21).

**2015 (Freshman Year)**

Has competed in five of the team's 11 meets... Missed the first two meets of the season due to injury...Has competed on the uneven bars in all four meets. **Championship Season:** Competed on the vault and uneven bars at the Big Ten Championships (3/21)...scored 9.800 on the uneven bars and 9.725 on the vault. **Regular Season:** Competed on the vault for the first time in her career at West Virginia (3/8) and scored 9.575...Also exhibitioned on the vault in a quad-meet vs. Brockport, Iowa State and Penn (2/28)...Set a career-best of 9.900 on the uneven bars to finish fourth overall at the B1G Five Meet (3/14)...Scored 9.850 on the event at West Virginia (3/8)...Also scored 9.650 at Pittsburgh (2/21) and 9.600 in a quad-meet vs. Brockport, Iowa State and Penn on the uneven bars...Performed exhibition routines on the event vs. Maryland (1/24), No. 24 Michigan State (2/7) and No. 24 Ohio State (2/14).

**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			DNP - Injury (Foot)		
@ Nebraska			DNP - Injury (Foot)		
Maryland	--	9.725	--	--	--
@ Illinois			DNP		
Michigan State			DNP		
Ohio State	--	9.850	--	--	--
@ Pittsburgh	--	9.650	--	--	--
Iowa State, Penn & Brockport	9.775	9.600	--	--	--
@ West Virginia	9.575	9.850	--	--	--
@ B1G Five Meet	--	9.900	--	--	--
@ B1G Championships	9.725	9.800	--	--	--
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	<b>9.725</b>	<b>9.900</b>	--	--	--
<b>Career Best</b>	<b>9.725</b>	<b>9.900</b>	--	--	--



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## SIDNEY SANABRIA-ROBLES SENIOR

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

### MEETS COMPETED

	V	UB	BB	FX	AA
2015	11/11	11/11	11/11	11/11	11/11
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				
<b>Career</b>	<b>37/38</b>	<b>37/38</b>	<b>38/38</b>	<b>28/38</b>	<b>28/38</b>

\* - at LSU

### 2015 Averages

Vault	9.845
Season Best	9.900
Uneven Bars	9.770
Season Best	9.900
Balance Beam	9.732
Season Best	9.950
Floor Exercise	9.809
Season Best	9.850
All-Around	39.157
Season Best	39.500

### 2015 RQS

Vault	9.880
National Rank	T-48th
Uneven Bars	9.850
National Rank	T-64th
Balance Beam	9.870
National Rank	T-34th
Floor Exercise	9.845
National Rank	T-103rd
All-Around	39.380
National Rank	22nd

#### Career Notes

Named second-team All-Big Ten in 2014 and 2015... Competed in all 38 career meets at Penn State... Appeared in the all-around in 25 straight meets... Did not compete at LSU due to injury... Won 11 career individual event titles and four career all-around crowns... Has three vault, four uneven bars, three balance beam and one floor exercise title in her career... Claimed three all-around and seven individual event titles in 2015 season... Won four uneven bars and three balance beam titles this season... Ranks among the Penn State top-10 on the balance beam, sitting tied for No. 9 at 9.950 (1/31/15).

#### 2015 (Senior Year)

Named second-team All-Big Ten... Has competed in all 11 of the team's meets... Has competed in the all-around in all 11 meets and in 25 straight dating back to the start of 2014... Has won seven individual event titles and three all-around crowns. **Championship Season:** Competed in the all-around at the Big Ten Championships (3/21) and scored 39.375 to finish tied for seventh... Tied her career-best at 9.900 on the vault to tie for fifth overall... Also scored 9.850 on the uneven bars and floor exercise, and 9.775 on the balance beam. **Regular Season:** Scored a career-high in the all-around at No. 14 Illinois (1/31) with a 39.500 to win the competition... Logged a 39.425 in the all-around at No. 8 Nebraska (1/17)... Also won the all-around vs. No. 24 Ohio State (2/14; 39.375) and at Pittsburgh (2/21; 39.225)... Equalled her career-best with a 9.900 on the vault vs. Brockport Iowa State and Penn (2/28) and at No. 8 Nebraska... Scored 9.875 twice on the event; vs. No. 24 Michigan State (2/7) and at No. 14 Illinois (1/31)... Posted a career-high 9.900 on the uneven bars at Illinois (1/31)... Won the event vs. Cornell, New Hampshire and Rutgers (1/10; 9.850), at No. 8 Nebraska (1/17; 9.850), vs. No. 24 Ohio State (2/14; 9.875) and at Pittsburgh (2/21; 9.825)... Moved into the PSU top-10 on the balance beam with a career-best 9.950 at Illinois (1/31) to win the event... Won the event with a 9.900 vs. Brockport, Iowa State and Penn (2/28) and with a 9.850 vs. No. 24 Ohio State (2/14)... Scored 9.875 on the event at the B1G Five Meet (3/14) and vs. Maryland (1/24)... Posted a season-high 9.875 on the floor exercise vs. No. 24 Ohio State (2/14)... scored 9.850 on the event on four occasions this season.

#### 2014 (Junior Year)

Named second team All-Big Ten... Competed in all 14 of the team's meets, including the NCAA Regional and NCAA Championships... Competed in the all-around in each of the team's meets... Ranked tied for second on the team on vault, uneven bars and balance beam... Sat third on the team on the floor exercise and in the all-around. **Championship**

**Season:** Scored 39.350 to finish eighth in the all-around at the Big Ten Championships (3/22)... Tied for ninth on the uneven bars with a season-best 9.875 at the B1G Championships... Also scored 9.850 on the vault, 9.825 on the balance beam and 9.800 on the floor exercise... Scored 39.375 in the all-around at the NCAA Regional Championships (4/5) to finish third overall... Finished tied for fourth on the floor exercise with a career-high 9.900... Also scored 9.900 on the vault and added a 9.800 on the uneven bars and a 9.775 on the balance beam at the NCAA Regional... Posted a 39.150 all-around score at the NCAA Championships (4/18)... Scored 9.825 on the vault and floor exercise, and 9.750 on the uneven bars and balance beam.

**Regular Season:** Won the all-around with a season-best score of 39.425 vs. Illinois (2/15)... Scored a career-best 9.900 on vault three times; NCAA Regional (4/5), at New Hampshire with Bridgeport and George Washington (3/8) and to win the event at Rutgers with Temple and Ursinus (2/22)... Also won vault at 9.875 vs. Bridgeport, Western Michigan and Yale and vs. Illinois (2/15)... 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 season-best 9.875 on the balance beam twice; at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15) and at New Hampshire with Bridgeport and George Washington (3/8)... 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 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 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. **Championship Season:** Competed on the vault (9.700), uneven bars (9.800) and balance beam (9.200) at the Big Ten Championships (3/23)... Competed on three events at the NCAA Regional Championships (4/6)... Tied a season-best 9.850 on the uneven bars... Also scored 9.825 on the vault and 9.650 on the balance beam. **Regular Season:** Scored a season-high 39.100 in the all-around vs. Iowa, Pittsburgh and Rutgers (1/26)... also competed in the all-around vs. Kent State, Minnesota and Towson (1/19) and at UIC (1/12)... Scored a season-best 9.875 on the vault vs. Kentucky (3/16)... Her second highest score came at the NCAA Regional (9.825) and she scored 9.800 four times during the season; vs. Ohio State (2/2), at Nebraska (2/10), at Michigan (2/16) and vs. New Hampshire, Penn and Temple (3/9)... Scored a season-high 9.850 on the

uneven bars vs. New Hampshire, Penn and Temple (3/9)... Equalled that total vs. Kentucky (3/16) and at the NCAA Regional... Notched a season-best 9.825 on the balance beam vs. Michigan State (2/23)... scored 9.800 on the event vs. New Hampshire, Penn and Temple (3/9)... Also scored 9.775 twice; at Illinois (3/2) and vs. Ohio State (2/2)... Posted a season-best 9.775 on the floor exercise vs. Iowa, Pittsburgh and Rutgers (1/26)... also competed on the event vs. Kent State, Minnesota and Towson (1/19; 9.475) and at UIC (1/12; 9.200)

#### 2011-12 (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 Dory Jean 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	9.900	9.850	9.775	9.850	39.375
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	<b>9.900</b>	<b>9.900</b>	<b>9.950</b>	<b>9.875</b>	<b>39.500</b>
<b>Career Best</b>	<b>9.900</b>	<b>9.900</b>	<b>9.950</b>	<b>9.900</b>	<b>39.500</b>



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**EMMA SIBSON SOPHOMORE**  
 All-Around Allen, Texas Zenith  
 Gymnastics

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2015	11/11	2/11	9/11	9/11	2/11
2014	14/14	--/14	10/14	11/14	--/14
<b>Career</b>	<b>25/25</b>	<b>2/25</b>	<b>19/25</b>	<b>20/25</b>	<b>2/25</b>

2015 Averages		2015 RQS	
Vault	9.848	Vault	9.880
Season Best	9.925	National Rank	T-48th
Uneven Bars	9.788	Uneven Bars	--
Season Best	9.825	National Rank	--
Balance Beam	9.686	Balance Beam	9.775
Season Best	9.800	National Rank	T-186th
Floor Exercise	9.715	Floor Exercise	9.860
Season Best	9.950	National Rank	T-73rd
All-Around	39.238	All-Around	--
Season Best	39.400	National Rank	--

**Career Notes**

Named second-team All-Big Ten in 2015... Competed in all 25 career meets... Appeared in the vault lineup in all 25 career meets... Made her first two all-around appearances in 2015... Owns seven career individual event titles; six on the vault and one on the floor exercise... Won three vault titles in 2014 and three vault titles in 2015... Posted her first meet with multi-event titles in 2015 at West Virginia (3/8)... Ranks among the top-10 in Penn State history on the vault and floor exercise... Her 9.975 (3/8/14) on the vault ranks tied for No. 5 on the career charts and her 9.950 (2/8/14) is tied for No. 9 in Penn State history... She scored 9.950 (3/8/15) on the floor exercise to ranked tied for No. 5 on the PSU charts... Was named Big Ten Freshman of the Week twice during the 2014 season.

**2015 (Sophomore Year)**

Named second-team All-Big Ten... Has competed in all 11 of the team's meets... Has competed on all four events and made her first two career appearances in the all-around. **Championship Season:** Competed on three events at the Big Ten Championships (3/21)... Scored 9.900 on the vault to tie for fifth at the B1G Championships... Also scored 9.475 on the balance beam and 9.850 on the floor exercise. **Regular Season:** Scored a career-high 39.400 to place second in her first career all-around vs. No. 24 Michigan State (2/7)... Also scored 39.075 in the all-around vs. Ohio State (2/14)... Scored a season-high 9.925 on the vault to tie for the event title in a quad-meet vs. Brockport, Iowa State and Penn... Along with the B1G Championships, she logged a 9.900 at the B1G Five Meet (3/14) and won the event with a 9.900 vs. No. 24 Michigan State (2/7)... Totaled a 9.850 on three occasions, including at West Virginia (3/8) to tie for the event title... Exhibited twice on the uneven bars before making her first career appearance on the event vs. No. 24 Michigan State and scored 9.825... Also scored 9.750 on the event vs. No. 24 Ohio State (2/14)... Scored a season-high 9.800 on the balance beam on three occasions; in a quad meet vs. Brockport, Iowa State and Penn (2/28), at Pittsburgh (2/21) and vs. No. 24 Michigan State (2/7)... Scored a career-best 9.950 on the floor exercise at West Virginia (3/8) to win the event... The

9.950 score vs. the Mountaineers ranks tied for No. 5 on the Penn State career charts... Placed second on the floor exercise at No. 8 Nebraska (1/17) with a 9.900... Scored 9.875 on the event vs. No. 24 Michigan State (2/7)... Along with a 9.850 at the B1G Championships, she scored 9.850 at the B1G Five Meet (3/14)... Scored 9.825 vs. Maryland (1/24) on the floor exercise to place third overall.

**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. **Championship Season:** At the NCAA Championships (4/18), tied for the team lead on vault with a score of 9.825... Scored 9.450 on the floor exercise and 9.050 on the balance beam at the NCAA Championships... Competed on three events at the NCAA Regional Championships (4/5)... Tied for third on the vault at 9.900 and tied for fifth on the balance beam with a career-best score of 9.825... Also scored 9.850 on the floor exercise... at the Big Ten Championships (3/22), tied for fifth overall at 9.900 on the vault and tied for ninth on the floor exercise 9.900... Also scored 9.075 on the balance beam. **Regular Season:** 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)... 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)... 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)... Tallied a 9.900 on the floor exercise at the B1G Championships and at New Hampshire with Bridgeport and George Washington (3/8)... Scored 9.850 on the event at the NCAA Regional 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	9.900	--	9.475	9.850	--
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	<b>9.925</b>	<b>9.825</b>	<b>9.800</b>	<b>9.950</b>	<b>39.400</b>
<b>Career Best</b>	<b>9.975</b>	<b>9.825</b>	<b>9.825</b>	<b>9.950</b>	<b>39.400</b>



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

**MEETS COMPETED**

	V	UB	BB	FX	AA
2015 11/11	--/11	--/11	--/11	9/11	--/11
<b>Career</b>	<b>11/11</b>	<b>--/11</b>	<b>--/11</b>	<b>9/11</b>	<b>--/11</b>

**2015 Averages**

Vault	9.736
Season Best	9.875
Uneven Bars	--
Season Best	--
Balance Beam	--
Season Best	--
Floor Exercise	9.767
Season Best	9.900
All-Around	--
Season Best	--

**2015 RQS**

Vault	9.820
National Rank	T-152nd
Uneven Bars	--
National Rank	--
Balance Beam	--
National Rank	--
Floor Exercise	9.785
National Rank	T-228th
All-Around	--
National Rank	--

**Career Notes**

Competed in all 11 career meets...Has appeared in the vault lineup in all 11 career meets...Owns one career event title; tying for the floor exercise crown vs. Michigan State (2/7/15).

**2015 (Freshman Year)**

Has competed in all 11 of the team's meets... Has competed on the vault and floor exercise. **Championship Season:** Competed on the vault (9.850) and floor exercise (9.800) at the Big Ten Championships (3/21). **Regular Season:** Scored a career-best 9.875 on the vault at No. 14 Illinois (1/31)...Scored 9.850 on the event at the B1G Five Meet (3/14) and logged a 9.825 in a quad-meet vs. Brockport, Iowa State and Penn (2/28)... Posted a 9.800 on the vault vs. Maryland (1/24)... Set a career-high of 9.900 on the floor exercise to win her first career individual event title vs. No. 24 Michigan State (2/7)...Scored 9.825 on the event vs. No. 24 Ohio State (2/14)...Along with her 9.800 at the B1G Championships, she logged the same score in a quad-meet vs. Brockport, Iowa State and Penn (2/28) and against Maryland (1/24)...Also exhibited on the balance beam at Pittsburgh (2/21).

**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	9.850	--	--	9.800	--
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	<b>9.875</b>	--	--	<b>9.900</b>	--
<b>Career Best</b>	<b>9.875</b>	--	--	<b>9.900</b>	--





## BRIANNAH TSANG FRESHMAN

All-Around Vancouver, British Columbia Flicka Gymnastics

### MEETS COMPETED

	V	UB	BB	FX	AA
2015	11/11	11/11	11/11	11/11	11/11
<b>Career</b>	<b>11/11</b>	<b>11/11</b>	<b>11/11</b>	<b>11/11</b>	<b>11/11</b>

### 2015 Averages

Vault	9.857
Season Best	9.950
Uneven Bars	9.825
Season Best	9.900
Balance Beam	9.739
Season Best	9.950
Floor Exercise	9.820
Season Best	9.925
All-Around	39.241
Season Best	39.500

### 2015 RQS

Vault	9.890
National Rank	T-37th
Uneven Bars	9.850
National Rank	T-64th
Balance Beam	9.860
National Rank	T-49th
Floor Exercise	9.870
National Rank	T-55th
All-Around	39.390
National Rank	T-20th

#### Career Notes

Named 2015 Big Ten Freshman of the Year...Became the fourth Penn State gymnast to earn B1G FOTY; joining Sharaya Musser (2010), Brandi Personett (2007) and Nikki Bongiovanni (1999)...also earned second-team All-Big Ten in 2015...Won a school-record four Big Ten Freshman of the Week honors in 2015...Competed in the all-around in each of her 11 career meets...Owns 11 career individual event titles and four career all-around crowns...Has four vault, one uneven bars, three balance beam and three floor exercise titles...Ranks among the top-10 in Penn State history on the vault and balance beam...Her 9.500 (1/17/15 & 1/31/15) on the vault ranks tied for No. 9 on the career charts and her 9.950 (1/24/15) is tied for No. 9 in Penn State history.

#### 2015 (Freshman Year)

Has competed in all 11 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 11 career competitions...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). **Championship Season:** Competed in the all-around at the Big Ten Championships (3/21)...Scored 39.350 in the all-around to finish tied for 10th...Tied for fifth on the uneven bars with a career-best-tying 9.900...Tallied a 9.850 on the floor exercise and a 9.800 on the vault and balance beam at the B1G Championships. **Regular Season:** Scored a career-high 39.500 in the all-around to win the competition vs. Maryland (1/24)...Posted a 39.475 to win the all-around at West Virginia (3/8) and vs. No. 24 Michigan State (2/7)...Matched her B1G Championship score with a 39.350 at No. 8 Nebraska (1/17)...Scored 39.300 in the all-around at the B1G Five Meet (3/14) and in a quad-meet vs. Brockport, Iowa State and Penn (2/28)...Set a career-best of 9.950 on the vault twice; at No. 8 Nebraska (1/17) and to win the event at No. 14 Illinois (1/31)...Scored 9.900 on the event at the B1G Five Meet (3/14)...Won the vault at Pittsburgh (2/21; 9.875) and at West Virginia (3/8; 9.850)...

Set a career-best with a 9.900 on the uneven bars at West Virginia (3/8) and equaled that at the B1G Championships...Scored 9.850 on the event to tie for the event title at No. 8 Nebraska...Also logged a 9.850 vs. Maryland (1/24) and No. 24 Michigan State (2/7)...Won the title on the balance beam with a career-best 9.950 vs. Maryland (1/24), tying for the ninth best score in school history...Scored 9.900 on the balance beam at No. 8 Nebraska (1/17)...Won the event title vs. No. 24 Michigan State (2/7) with a 9.875...Also scored 9.875 on the balance beam in a quad-meet vs. Brockport, Iowa State and Penn (2/28)...Won the balance beam title with a 9.800 in a quad-meet vs. Cornell, New Hampshire and Rutgers (1/10)...Won the floor exercise and posted a career-best score of 9.925 vs. No. 24 Ohio State (2/14)...Scored 9.875 on the floor exercise on four occasions; at West Virginia (3/8), at Pittsburgh (2/21), vs. No. 24 Michigan State (2/7) and vs. Maryland (1/24)...Won the event title vs. the Panthers and Terrapins.

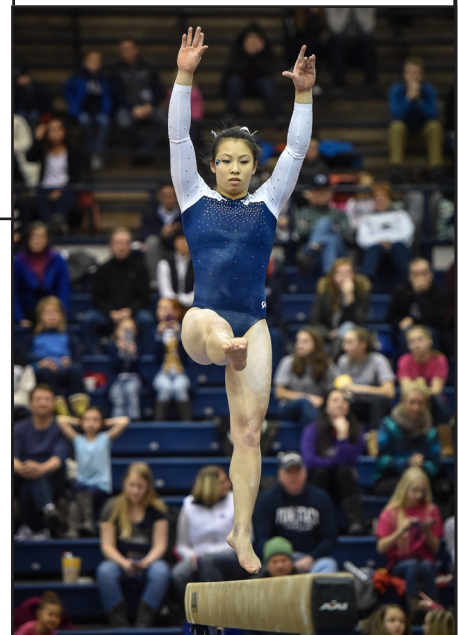
#### Gymnastics Background

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	9.800	9.900	9.800	9.850	39.350
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	<b>9.950</b>	<b>9.900</b>	<b>9.950</b>	<b>9.925</b>	<b>39.500</b>
<b>Career Best</b>	<b>9.950</b>	<b>9.900</b>	<b>9.950</b>	<b>9.925</b>	<b>39.500</b>



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# KRYSTAL WELSH SENIOR

All-Around      Bowie, Md.      Docksiders Gymnastics

## MEETS COMPLETED

	V	UB	BB	FX	AA
2015	11/11	11/11	11/11	11/11	11/11
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
<b>Career</b>	<b>37/51</b>	<b>48/51</b>	<b>48/51</b>	<b>37/51</b>	<b>37/51</b>

## 2015 Averages

Vault	9.777
Season Best	9.950
Uneven Bars	9.825
Season Best	9.950
Balance Beam	9.814
Season Best	9.900
Floor Exercise	9.805
Season Best	9.900
All-Around	39.220
Season Best	39.400

## 2015 RQS

Vault	9.850
National Rank	T-90th
Uneven Bars	9.860
National Rank	T-57th
Balance Beam	9.835
National Rank	T-80th
Floor Exercise	9.835
National Rank	T-131st
All-Around	39.300
National Rank	T-29th

### Career Notes

Named second-team All-Big Ten in 2014...Competed in 49 of 51 career meets at Penn State, missing two meets due to injury in 2013...Has appeared in the all-around in 25 straight meets...Won 16 career individual event titles and one career all-around crown...Has three vault, six uneven bars, two balance beam and five floor exercise titles in her career... Claimed one all-around and nine individual event titles in 2015 season...Won two vault, three uneven bars, two balance beam and two floor exercise titles this season...Ranks among the Penn State top-10 on the vault and uneven bars...Her 9.950 on the vault ranks tied for No. 9 and her 9.950 on the uneven bars is tied for No. 3 in school history.

### 2015 (Senior Year)

Has competed in all 11 of the team's meets...Has competed in the all-around in all 11 meets in 2015 and in 25 straight competitions dating back to the start of 2014...Has won nine event titles and one all-around crown in 2015. **Championship Season:** Completed in the all-around at the Big Ten Championships (3/21) and scored 39.300... Scored 9.875 on the uneven bars, 9.825 on the vault and floor exercise, and 9.775 on the balance beam at the B1G Championships. **Regular Season:** Scored a season-best 39.400 to win her first career all-around title on Senior Night vs. Brockport, Iowa State and Penn (2/28)...scored 39.375 in the all-around at West Virginia (3/8) and 39.325 vs. Maryland (1/24)...Won the vault with a career-best 9.950 at Illinois (1/31)...Tied for the title on the vault at 9.925 vs. Brockport, Iowa State and Penn (2/28)...Also scored 9.875 on the event at the B1G Five Meet (3/14)...Logged a career-best and the No. 3 score in Penn State history on the uneven bars at 9.950 at West Virginia (3/8) to win the event...Also won the event with a 9.900 on the event vs. No. 24 Michigan State (2/7) and vs. Maryland (1/24)...Boasted a career-best 9.900 on the balance beam at Illinois (1/31)...Won the event with a 9.875 at West Virginia (3/8)...Also won the event vs. Cornell, New Hampshire and Rutgers (1/10) with a score of 9.800...Scored a season-best on the floor exercise to tie for the event win vs. Michigan State (2/7)...Also won the event with a 9.875 vs. Brockport, Iowa State and Penn (2/28)...Also scored 9.875 on the event vs. No. 25 Ohio State (2/14).

### 2014 (Junior Year)

Named second-team All-Big Ten...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...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. **Championship Season:** Finished fourth in the all-around at the B1G Championships (3/22) with a career-best score of 39.500...Tied for fifth on the vault with a season-best

9.900, tied for seventh on the balance beam at 9.850 and tied for ninth on the floor exercise at 9.900 at the championships... Also scored a season-high 9.850 on the uneven bars at the B1G summit...Scored 39.200 in the all-around at the NCAA Regional Championships (4/5)...Totaled a 9.850 on the floor exercise and a 9.825 vs. vault at the Regional...Scored 39.150 in the all-around at the NCAA Championships (4/18)... Notched a 9.850 on the floor exercise and a 9.800 on both the vault and balance beam. **Regular Season:** Scored 39.325 in the all-around at Rutgers with Temple and Ursinus (2/22)... Notched a 39.275 in the all-around at Michigan with Iowa and Minnesota (3/15) and vs. Illinois (2/15)...Totaled 9.875 to tie for the vault title vs. Bridgeport, Western Michigan and Yale (2/28)...Also scored 9.875 on three other occasions; at New Hampshire with Bridgeport and George Washington (3/8), at Rutgers with Temple and Ursinus (2/22) and vs. Nebraska (2/8)...Posted a season-best on the uneven bars at 9.875 at Michigan with Iowa and Minnesota (3/15)...Won the event with a 9.850 at Rutgers with Temple and Ursinus (2/22) and at Ohio State (2/1)...Also scored 9.850 on the uneven bars vs. Illinois (2/15) and at the B1G Championships...Top balance beam scores all came during the championship portion of the schedule...Highest balance beam score of the regular season came vs. Illinois (2/15) with a 9.775...Won the floor exercise with a career-best 9.925 vs. Cornell, Southeast Missouri and UIC (1/18)...Also tied for the event title vs. Illinois (2/15) with a 9.900.

### 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. **Championship Season:** Competed on the uneven bars (9.750) and the balance beam (9.750) at the Big Ten Championships (3/23)...Scored 9.775 on the uneven bars and 9.625 on the balance beam at the NCAA Regional (4/6). **Regular Season:** 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 in the all-around in 12 meets. **Championship Season:** Competed in the all-around at the Big Ten Championships (3/24) and scored 38.650... Scored 9.750 on the vault and 9.700 on the uneven bars and

floor exercise at the B1G Championships...Totaled a 38.575 in the all-around at the NCAA Regional (4/7)...Scored 9.800 on both the uneven bars and floor exercise, and logged a 9.750 on the vault at the Regional. **Regular Season:** Scored a season-best 39.150 in the all-around at North Carolina State with George Washington and William & Mary (2/11)...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).

### Gymnastics Background

Competed for Docksiders 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...Finished second on floor exercise and ninth in the all-around at the 2009 Junior Olympic Nationals...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 in the all-around at the 2011 Maryland State Championships... 2011 Regional Champion on the uneven bars...Was a member of the National Honor Society at Archbishop Spalding High School.

### Personal

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



* - Event Winner	V	UB	BB	FX	AA
Cornell, UNH, Rutgers	9.725	9.825	9.800*	9.750	39.100
@ Nebraska	9.750	9.775	9.850	9.650	39.075
Maryland	9.800	9.900*	9.775	9.850	39.325
@ Illinois	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	9.825	9.875	9.775	9.825	39.300
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	<b>9.950</b>	<b>9.950</b>	<b>9.900</b>	<b>9.900</b>	<b>39.400</b>
<b>Career Best</b>	<b>9.950</b>	<b>9.950</b>	<b>9.900</b>	<b>9.925</b>	<b>39.500</b>



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**ALEX WITT**  
 V, UB Odessa, Fla.  
**SENIOR**  
 LaFleur's  
 Gymnastics

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2015	--/11	11/11	--/11	--/11	--/11
2014	--/14	6/14	--/14	--/14	--/14
2013	4/13	1/13	--/13	--/13	--/13
2012	5/13	--/13	--/13	--/13	--/13
<b>Career</b>	<b>9/51</b>	<b>18/51</b>	<b>--/51</b>	<b>--/51</b>	<b>--/51</b>

2015 Averages		2015 RQS	
Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.805	Uneven Bars	9.815
Season Best	9.875	National Rank	T-125th
Balance Beam	--	Balance Beam	--
Season Best	--	National Rank	--
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

**Career Notes**

Competed in 26 career meets...Appeared on the uneven bars in 18 career meets...Is a three-time Academic All-Big Ten honoree.

**2015 (Senior Year)**

Has competed in all 11 of the team's meets...Has competed on the uneven bars in each meet...Named Academic All-Big Ten. **Championship Season:** Competed on the uneven bars at the Big Ten Championships (3/21) and scored 9.825. **Regular Season:** Tied her career-best 9.875 at the B1G Five Meet (3/14)...Tallied a 9.850 on the event vs. No. 24 Ohio State (2/14)...Has scored 9.800 six times on the uneven bars...Has not scored lower than 9.750 on the event this season.

**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. **Championship Season:** Scored 9.675 on the uneven bars at the NCAA Championships (4/18)...Tied for seventh overall at the NCAA Regional Championships (4/5) on the uneven bars with a score of 9.850...Scored 9.800 at the Big Ten Championships (3/22). **Regular Season:** 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)...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. **Regular Season:** 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 season-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. **Regular Season:** Scored a career-high score of 9.800 on the vault vs. Michigan and North Carolina (3/2)...Notched 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	--	9.825	--	--	--
NCAA Regional					
NCAA Championships					
<b>Season Best</b>	--	<b>9.875</b>	--	--	--
<b>Career Best</b>	<b>9.800</b>	<b>9.875</b>	--	--	--



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# 2015 MEDIA CLIPPINGS



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## Krystal Welsh: 'I'm Going to Miss This'



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

UNIVERSITY PARK, Pa. - As a collegiate athlete, when you commit to a school, you are committing to the coach and program, too. For senior Krystal Welsh, her commitment to Penn State wasn't something that was going to change with a shift in coaching leadership; she was meant to be a Nittany Lion.

"We are so happy she stuck with us from the beginning," women's gymnastics head coach Jeff Thompson said. "She committed to the previous coaching staff and she could have left if she wanted to. But, she stayed and we are, have been so grateful for that."

Four years ago, the then freshman began her collegiate gymnastics career as an all-around competitor. The Maryland native and Junior Olympic Nationals competitor was excited to continue competing close to home so her family would be able to watch her perform regularly.

"As soon as I stepped on this campus I knew it was for me," Welsh said. "I absolutely loved it, everything about this place felt like home. Looking back, we were such babies when we were freshman; I know I have grown so much as a person since then."

Being an all-around competitor is no easy feat and even harder for a rookie. Welsh's confidence in her craft and ability to perform in every event has helped guide a rather successful career for the Nittany Lion.

As a freshman, she competed in every meet for the Nittany Lions, including the NCAA Regional Championships. She claimed her spot in the starting rotation from the get-go, a spot she has owned for four years.

"Every year of competing in college has helped me learn how to step up," Welsh said. "I have learned so much about myself and have learned how hard I can push myself."

If Welsh's career at Penn State could be summed up in one word it would be consistency, a word Coach Thompson has used to describe her on more than one occasion. She has been present in the rotation for every meet, except on two occasions, in her entire career. It wasn't until her senior year where she missed a stick on vault for the first time.

"She has been an all around competitor from the start," Thompson said. "She is just a joy to watch. She is incredibly consistent, which gives her confidence. Confidence is contagious. She has such a positive attitude and that is contagious, too. Krystal [Welsh] just gives off this 'I know I am going to rock this routine' vibe and it rubs off on the whole team. That is something I am going to miss about her."

The senior has taken on a 'big sister' role on the team, not just because of her success in the gym, but for her innate leadership skills. Her leadership doesn't go unnoticed, as she is a member of the Athletic Director's Leadership Institute at Penn State and was a Big Ten Sportsmanship Award Honoree this year.

"She leads quietly," Thompson said. "She leads by example. Krystal could be having a bad day, but you would never know it. She never brings a negative attitude into the gym because she knows that people look up to her. When one of the younger girls is having a bad day, she is the first to take them aside and talk it out with them."

Welsh's innate big sister qualities have not only made her a great role model, but have influenced her desire to pursue a career in a field where she can help people.

"I want to be an Occupational Therapist," Welsh said. "I have had to come back from injury, I know how hard it is physically and mentally. I want to be able to relate to people in that sense and use my experience to help someone else."

Much like Welsh, gymnastics is a unique sport. Where most collegiate sports opportunities can lead to professional opportunities, gymnastics works in the opposite direction. Typically, gymnasts will work towards the Olympic team before coming to college. Looking back on the past four years, Welsh has no regrets on the path that she chose.

"I am happy with what I have done," Welsh said. "Sure, we set goals each week and at the start of the season, but I have accomplished all that I have wanted to do in this sport. This sport has taught me so much, lessons I know I will take with me after I graduate. I am going to miss it."

## Alex Witt Reaching New Height on Uneven Bars and in the Classroom



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

UNIVERSITY PARK, Pa. - When most kids are an 11-year-old, their career is usually the last thing on their mind. Penn State women's gymnastics senior Alex Witt was different; she has always known that she wanted to become a doctor.

If the Florida native knew one thing for certain, aside from her desired career path, she knew that she wanted to continue competitive gymnastics in college. She needed to find a school that would allow her to excel in the classroom and in the gym, and Penn State was that place.

"Moving up here was a huge adjustment for me," Witt said. "I was hundreds of miles away from home. But, by the end of sophomore year, I was involved with clubs, doing really well in school. You have to take advantage of everything this school has to offer."

Witt's junior year was a roller coaster ride; she missed the first eight meets of the season due to a thumb injury. Witt's primary event is uneven bars and was unable to train her upper-body for a good portion of the season.

"It was crazy," Witt said. "I had to have surgery on my thumb and then I was out for three months. But, I never lost faith that I would be back at sometime that season. I did walkthroughs with the team in the gym and was constantly doing cardio. Uneven bars is my best event, so I knew I just had to keep my mind fresh."

After three months of rehabilitation, Witt was ready to start to fight her way back into the starting rotation.

"We had to shuffle some things around in the lineup before NCAA Regionals last year," head coach Jeff Thompson said. "If Alex [Witt] didn't step up and perform as well as she did on bars, I don't know if we would have made it to the [NCAA] championships."

At the 2014 NCAA Regionals, Witt delivered a career defining performance, scoring a 9.850 on uneven bars. Her score not only lifted the team to the NCAA Championships, proved to her that she was 'back' and ready to compete.

This mentality that she has grown into because of gymnastics has influenced her desire to become an emergency room doctor or even venture into cardiology.

"Being an athlete has taught me how to deal with high pressure situations," Witt said. "As an ER doctor, I would have to be aware of multiple patients at once. Being able to focus and have a clear head is something that I have learned from this sport. I know that I would be prepared for that line of work."

This season, Witt has been consistent, delivery solid performances on bars at every meet. She is not only a senior, but also a leader in the event category. Penn State has always been solid, consistently, on floor and vault, but this year Witt's dedication has forged a path for new success on the apparatus.

"Alex [Witt] is the type of kid you want to recruit," Thompson said. "She is a hard worker, but she also knows how to have a good time. She makes you laugh and really understands that you have to take the good with the bad and make the most of it."

Most recently, Witt helped the team to a securing it's second highest bar score of the season at the Big Ten Championships. Witt's 9.850 performance helped the team to a 49.275 finish in the category.

"You just have to breathe," Witt said. "At the end of the day, it is just a sport, you can't be too hard on yourself. Things aren't going to go your way 100 percent of the time. In club gymnastics, you only compete for yourself, but college is different. Here, you compete for your teammates, coaches, all while representing your school. If you keep perspective, everything will be okay."

## One Team, One Journey: Mantra Continues in Post-Season



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

UNIVERSITY PARK, Pa. - The Penn State women's gymnastics team begins its quest for the Big Ten title tomorrow in Ann Arbor, Mich. After a rather successful season under the helm of head coach Jeff Thompson, who came into the Penn State fold just five years ago, the Nittany Lions enter the post-season with only two regular season losses.

The success of this team lies within their dedication and consistency in the practice gym, where coach Thompson tells his gymnasts to "compete how they practice." While many challenge the saying, "practice makes perfect," these gymnasts have dedicated themselves to it.

"These girls have been so successful because they trust each other," Thompson said. "Each and every one of them has stepped up, at some point, this season. We have had girls rotating events and changing lineups and they have adjusted well to that. We are one team."

### **Event Break Down: Bye-Rounds and B1G Momentum**

The Nittany Lions finished second at the Big Five meet last weekend, giving them the momentum they need as they head into the Big Ten Championships. This tournament is different than any other: bye rounds are awarded to various teams throughout the tournament, a major change from the traditional meet. Typically, teams have a set rotation based on whether they are the home or away team at a meet, a routine that the gymnasts adjust to all season.

Penn State has been awarded two bye rounds during the tournament. How the team will handle two bye rounds will come down to their ability to channel their energy and adrenaline, something they have worked on all season.

Bye rounds aside, the Nittany Lions have a rather different rotation than they are used to. They will open on bars, then head over to beam, before making their way to floor, and finishing off on vault.

"We have to focus on sticking our handstands and dismounts on bars," Thompson said. "If we can stick our landings on bars, that momentum will transfer to beam."

The Nittany Lions close out on the two strongest events in their rotation: floor and vault.

"I want our girls to really connect with the audience and the judges when they are performing on floor," Thompson said. "Floor is an event meant for storytelling and if they can do that, they will be successful. Vault has been our event all season and I am confident that we will do what we have done consistently all season."

### **Thompson's Team**

This team is equally as trusting of one another as they are competitive. Coach Thompson, along with his staff, has built an environment, which breeds a team-first mentality. Thompson's gymnasts were able to score a 196.650 on the road, the fifth highest road score in school history.

## 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."