



# 2014 NCAA CHAMPIONSHIPS MEDIA GUIDE



## 2014 NCAA Women's Gymnastics Championships

Birmingham-Jefferson Convention Complex  
Birmingham, Ala. - April 18-20

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 PennStateWomensGymnastics



# NITTANY LION WOMEN'S GYMNASTICS



## NCAA CHAMPIONSHIPS

### TEAM INFORMATION

Location University Park, Pa.  
 Founded 1855  
 Enrollment 45,518  
 President Dr. Rodney Erickson  
 Director of Athletics Dr. David Joyner

#### COACHING STAFF

Head Coach Jeff Thompson  
 Penn State Record\* (Years) 60-15 (4th)  
 Career Record\* (Years) 132-97 (15th)  
 Associate Head Coach Rachelle Thompson  
 Assistant Coach Randy Monahan  
 Volunteer Assistant Whitney Bencsko

#### TEAM INFORMATION

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

#### 2014 RECAP

Regular Season Record 20-3  
 Big Ten Regular Season Record 5-2 (T3)  
 Big Ten Championships Finish 5th  
 NCAA Regional Finish 2nd  
 2013 All-Americans Returning/Lost 0/1  
 2013 Letterwinners Returning/Lost 10/4  
 2014 Newcomers 4

#### PROGRAM HISTORY

First Year of Gymnastics 1965  
 All-Time Record \* (Years) 527-258-4 (50th)  
 National Championships 2 (1978, 80)

\* - Includes Regular Season Meets Only

### PENN STATE (20-3, 5-2 Big Ten) at 2014 NCAA CHAMPIONSHIPS

#### PENN STATE ADVANCES TO 17TH NCAA CHAMPIONSHIPS WITH SECOND PLACE SHOWING AT UNIVERSITY PARK REGIONAL

When the Penn State women's gymnastics team arrives at the Birmingham Jackson Convention Center it will mark their 17th overall appearance in school history and the first since 2009 at the NCAA Championships. The 17 championship advents rank the Nittany Lions 10th in NCAA history and are third among Big Ten institutions.

Head coach Jeff Thompson is leading his second school into the NCAA Championships. It marks his second trip to the championships during his 15 seasons as a head coach, after taking Auburn to the national summit in 2003. Thompson is now one of only three head coaches in NCAA history to lead two different schools to the NCAA Championships.

At the NCAA University Park Regional, Penn State posted their second highest team score of the season and highest NCAA postseason score in school history. The 196.725 bested their 2001 NCAA Regional score of 196.425.

Penn State also continued their season-long assault on the floor exercise at the NCAA Regional, topping the team charts on the event with a score of 49.425. They also finished with the second highest team score on the balance beam (48.950) and the vault (49.300).

Junior Sidney Sanabria-Robles posted a pair of 9.900 scored at the NCAA Regional, doing so on the vault to open the meet and on the floor exercise to close out her competition. Sanabria-Robles finished the day in third place in the all-around competition with a total of 39.375, behind Florida's Alaina Johnson (39.550) and Oregon State's Chelsea Tang (39.475).

Teammates Randi Lau (FX), Lindsay Musgrove (FX) and Emma Sibson (V) also notched scores of 9.900 on their respective events. Cassidy Stauder grabbed a fifth place showing in the all-around, scoring 39.325, and finished tied for fifth on the uneven bars (9.875) and tied for 10th on the floor exercise (.9875).

Penn State has had at least three gymnasts compete in the all-around in every meet this season, with Sanabria-Robles and Krystal Welsh competing in the competition in all 13 meets. Stauder has been in the all-around in 11 meets and Lau has made touches on all four events in eight meets. Of Penn State's 311 overall routines in 2014, those four gymnasts have accounted for 245 of them. That accounts for 79 percent of the team's touches on the year.

## 2014 RESULTS

OVERALL: 20-3    **BIG TEN: 5-2**    HOME: 7-1    ROAD: 13-2

DATE	OPPONENT	RESULT/TIME
Jan. 5	at Iowa State	W, 193.925-193.550
Jan. 10	at No. 21 Kentucky w/West Virginia & Ball State	2nd of 4; 193.975
<b>Jan. 18</b>	<b>CORNELL, SOUTHEAST MISSOURI &amp; UIC</b>	<b>1st of 4; 196.025</b>
Jan. 25	at Michigan State *	W, 194.825-192.750
Feb. 1	at No. 21 Ohio State *	W, 196.150-195.625
<b>Feb. 8</b>	<b>NO. 8 NEBRASKA *</b>	<b>L, 196.150-197.225</b>
<b>Feb. 15</b>	<b>NO. 15 ILLINOIS *</b>	<b>W, 196.675-195.600</b>
Feb. 22	at Rutgers w/Temple & Ursinus	1st of 4; 195.825
<b>Feb. 28</b>	<b>BRIDGEPORT, WESTERN MICHIGAN &amp; YALE</b>	<b>1st of 4; 196.600</b>
March 8	at New Hampshire w/Bridgeport & George Washington	1st of 4; 197.200
March 15	at No. 8 Michigan * w/Iowa * & No. 13 Minnesota *	2nd of 4; 196.475
<b>March 22</b>	<b>BIG TEN CHAMPIONSHIPS</b>	<b>5th of 8; 196.475</b>
<b>April 5</b>	<b>NCAA REGIONAL CHAMPIONSHIPS</b>	<b>2nd of 6; 196.725</b>
18	NCAA Championships - Semifinals	2/8 p.m.
19	NCAA Championships - Super Six	TBA
20	NCAA Championships - Individual Finals	TBA

\* - Big Ten Opponent  
 All Times Eastern

HOME MEETS IN BOLD CAPS

### INDIVIDUAL SEASON HIGHS

ALL-AROUND			
Krystal Welsh	39.500	at B1G Champs (3/22)	
Kassidy Stauder	39.475	at UNH Quad (3/8)	
S. Sanabria-Robles	39.425	Illinois (2/15)	
VAULT			
Emma Sibson	9.975	at UNH Quad (3/8)	
Krystal Welsh	9.900	at NCAA Regional (4/5)	
S. Sanabria-Robles	9.900	at UNH Quad (3/8)	
UNEVEN BARS			
Kassidy Stauder	9.925	Bridgeport Quad (2/28)	
Three Tied at	9.875	---	
BALANCE BEAM			
Kassidy Stauder	9.950	at UNH Quad (3/8)	
Three Tied at	9.875	---	
FLOOR EXERCISE			
Lindsay Musgrove	9.925	at UNH Quad (3/8)	
Krystal Welsh	9.925	Cornell Quad (1/18)	
Three Tied at	9.900	--	

### TEAM SEASON HIGHS

TEAM	
197.200	at UNH w/ Bridgeport, G. Wash. (3/8)
196.725	at NCAA Regional (4/5)
196.675	Illinois (2/15)
VAULT	
49.450	at UNH w/ Bridgeport, G. Wash. (3/8)
49.325	Bridgeport, W. Michigan, Yale (2/28)
49.300	at NCAA Regional (4/5)
UNEVEN BARS	
49.225	Bridgeport, W. Michigan, Yale (2/28)
49.175	Cornell, Southeast Missouri, UIC (1/18)
49.125	Illinois (2/15)
BALANCE BEAM	
49.375	at UNH w/ Bridgeport, G. Wash. (3/8)
49.225	at Big Ten Quad (3/15)
49.175	Illinois (2/15)
FLOOR EXERCISE	
49.425	at NCAA Regional (4/5)
49.425	at B1G Championships (3/22)
49.400	Cornell, Southeast Missouri, UIC (1/18)

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Jeff Thompson enters his fourth season at the helm of the Penn State women's gymnastics program after being named the ninth head coach in program history on July 15, 2010. A two-time SEC Coach of the Year, Thompson joined the Nittany Lion family in 2010

after 11 successful years at Auburn University.

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 Cassidy Stauder and Alex Witt, along with Merriam, Musgrove and Musser. 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.

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 Sharaya 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, Rachelle, 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/ESPN The Magazine 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 Rachelle Fruge, who is the associate head coach for the Nittany Lions, and they have two sons, Parker and Griffin.



## THOMPSONFILE

### Thompson's Record

at Penn State: 60-15 (Fourth Season)

Career: 132-97 (15th Season)

*Auburn - 2000-2010; Penn State 2011-14*

### Milestone Victories

#### Career

- 1 - Illinois State (W, 193.550-191.975; Feb. 11, 2000)
- 25 - at Kentucky w/ Geroge 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 (2003 - Auburn; 2014 - Penn State)
- 16 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 NCAA All-Americans on 12 Occasions
- Three SEC Gymnasts of the Year
- Three SEC Scholar-Athletes of the Year
- Four All-SEC Selections
- One SEC Freshman of the Year
- 44 NACGC/W Academic Honorees
- 53 SEC Academic Honor Roll Selections



## NATIONAL POLL

### GYMINFO RANKINGS (MARCH 31)

No.	Team	RQS	Season High
1.	<b>Florida</b>	<b>197.895</b>	<b>198.325</b>
2.	Oklahoma	197.775	198.175
3.	LSU	197.720	198.050
4.	Alabama	197.615	198.250
5.	Utah	197.575	198.025
6.	Georgia	197.265	197.650
7.	<b>Michigan</b>	<b>197.105</b>	<b>197.825</b>
8.	UCLA	197.005	197.500
9.	<b>Nebraska</b>	<b>196.895</b>	<b>197.225</b>
10.	Stanford	196.815	197.275
11.	<b>Illinois</b>	<b>196.650</b>	<b>197.100</b>
12.	<b>Oregon State</b>	<b>196.615</b>	<b>197.100</b>
13.	Auburn	196.560	197.100
14.	<b>Minnesota</b>	<b>196.505</b>	<b>197.250</b>
15.	<b>PENN STATE</b>	<b>196.475</b>	<b>197.200</b>
16.	Boise State	196.395	196.975
17.	Arkansas	196.355	197.100
18.	Central Michigan	196.300	196.600
19.	Cal	196.270	196.725
20.	Denver	196.205	196.925
21.	Arizona	196.160	196.925
22.	<b>Ohio State</b>	<b>195.905</b>	<b>196.600</b>
23.	<b>New Hampshire</b>	<b>195.880</b>	<b>196.675</b>
24.	Arizona State	195.855	196.200
25.	BYU	195.820	196.425

### 2014 Opponents in Bold

### PENN STATE WEEK-BY-WEEK RANKING

Preseason	15
Jan. 13	NR (193.950)
Jan. 20	NR (194.642)
Jan. 27	24 (194.688)
Feb. 3	23 (194.980)
Feb. 10	21 (195.175)
Feb. 17	20 (195.389)
Feb. 24	18 (195.795)
March 3	19 (195.910)
March 10	15 (196.280)
March 17	14 (196.410)
March 24	15 (196.475)
March 31	15 (196.475)

### Date Ranked by...

Jan. 13-Feb. 17	Total Season Average
Feb. 24-EOS	Regional Qualifying Score

### SEMIFINAL ONE: Friday, April 18 - 2 p.m. EDT

	VAULT	BYE	UNEVEN BARS	BALANCE BEAM	BYE	FLOOR EXERCISE
<b>ROTATION ONE</b>	Georgia	Illinois	Michigan	Oklahoma	LSU	STANFORD
<b>ROTATION TWO</b>	Stanford	Georgia	Illinois	Michigan	Oklahoma	LSU
<b>ROTATION THREE</b>	LSU	Stanford	Georgia	Illinois	Michigan	Oklahoma
<b>ROTATION FOUR</b>	Oklahoma	LSU	Stanford	Georgia	Illinois	Michigan
<b>ROTATION FIVE</b>	Michigan	Oklahoma	LSU	Stanford	Georgia	Illinois
<b>ROTATION SIX</b>	Illinois	Michigan	Oklahoma	LSU	Stanford	Georgia

### SEMIFINAL TWO: Friday, April 18 - 8 p.m. EDT

	VAULT	BYE	UNEVEN BARS	BALANCE BEAM	BYE	FLOOR EXERCISE
<b>ROTATION ONE</b>	Florida	Alabama	Utah	UCLA	<b>PENN STATE</b>	Nebraska
<b>ROTATION TWO</b>	Nebraska	Florida	Alabama	Utah	UCLA	<b>PENN STATE</b>
<b>ROTATION THREE</b>	<b>PENN STATE</b>	Nebraska	Florida	Alabama	Utah	UCLA
<b>ROTATION FOUR</b>	UCLA	<b>PENN STATE</b>	Nebraska	Florida	Alabama	Utah
<b>ROTATION FIVE</b>	Utah	UCLA	<b>PENN STATE</b>	Nebraska	Florida	Alabama
<b>ROTATION SIX</b>	Alabama	Utah	UCLA	<b>PENN STATE</b>	Nebraska	Florida

## SESSION RANKINGS (BY TEAM)

	RQS (Rank)	Season High		RQS (Rank)	Season High
<b>No. 1 Florida</b>			<b>No. 8 UCLA</b>		
Vault	49.455 (5)	49.525	Vault	49.305 (12)	49.475
Uneven Bars	49.530 (2)	49.625	Uneven Bars	49.380 (T6)	49.525
Balance Beam	49.445 (T1)	49.625	Balance Beam	49.240 (T6)	49.525
Floor Exercise	49.535 (2)	49.875	Floor Exercise	49.400 (T7)	49.500
Team	197.895 (1)	198.325	Team	197.005 (8)	197.500
<b>No. 4 Alabama</b>			<b>No. 9 Nebraska</b>		
Vault	49.485 (4)	49.625	Vault	49.325 (T9)	49.550
Uneven Bars	49.380 (T6)	49.650	Uneven Bars	49.240 (12)	49.350
Balance Beam	49.340 (3)	49.650	Balance Beam	49.170 (11)	49.400
Floor Exercise	49.460 (6)	49.675	Floor Exercise	49.250 (12)	49.500
Team	197.615 (12)	198.250	Team	196.895 (9)	197.225
<b>No. 5 Utah</b>			<b>No. 15 Penn State</b>		
Vault	49.510 (3)	49.625	Vault	49.195 (T14)	49.450
Uneven Bars	49.435 (4)	49.600	Uneven Bars	49.120 (15)	49.300
Balance Beam	49.175 (T9)	49.500	Balance Beam	49.090 (T14)	49.375
Floor Exercise	49.565 (1)	49.725	Floor Exercise	49.290 (9)	49.425
Team	197.575 (5)	198.025	Team	196.475 (15)	197.200

## 2014 PENN STATE WOMEN'S GYMNASTICS ROSTER

Name	Event	Yr.	Ht.	Hometown/High School
Taylor Alotta	All-Around	So.	5-2	New Tripoli, Pa./Notre Dame
Lexi Carroll	All-Around	Jr.	5-3	Olnley, Md./Magruder
Hannah Kobman	UB, BB	So.	5-7	Cincinnati, Ohio/Colerain
Randi Lau	All Around	Jr.	5-0	Honolulu, Hawaii/Myron B. Thompson
Nicole Medvitz	All-Around	Fr.	5-1	Paramus, N.J./Paramus
Lindsay Musgrove	All-Around	Sr.	5-3	League City, Texas/Clear Creek
Samantha Musto	All-Around	So.	5-2	Hammonton, N.J./Delsea Regional
Tina Postiglione	All-Around	Fr.	5-0	Selden, N.Y./Newfield
Sidney Sanabria-Robles	All-Around	Jr.	5-1	Caguas, Puerto Rico/Antilles
Emma Sibson	All-Around	Fr.	5-1	Allen, Texas/Spring Creek
Savannah Soares	V, BB, FX	So.	5-6	Providence, R.I./LaSalle Academy
Kassidy Stauder	All-Around	Sr.	5-3	Palmerton, Pa./Palmerton Area
Krystal Welsh	All-Around	Jr.	5-7	Bowie, Md./Archbishop Spalding
Alex Witt	V, UB	Jr.	5-4	Odessa, Fla./Steinbrenner

**Head Coach:** Jeff Thompson (Fourth Season)

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

**Assistant Coach:** Randy Monahan (Sixth Season)

**Volunteer Assistant Coach:** Whitney Bencsko (First Season)





# NCAARANKINGS

## NATIONAL TEAM RANKINGS

### Team Score

14.	Penn State	196.475
	<i>Season High Score</i>	<i>197.200</i>

### Vault

T14.	Penn State	49.195
	<i>Season High Score</i>	<i>49.450</i>

### Uneven Bars

15.	Penn State	49.120
	<i>Season High Score</i>	<i>49.300</i>

### Balance Beam

T14.	Penn State	49.090
	<i>Season High Score</i>	<i>49.375</i>

### Floor Exercise

9.	Penn State	49.290
	<i>Season High Score</i>	<i>49.425</i>

## NATIONAL INDIVIDUAL RANKINGS (Top 75)

### Vault

T53.	Emma Sibson	9.875
	<i>Season High Score</i>	<i>9.975</i>
T66.	Sidney Sanabria-Robles	9.865
	<i>Season High Score</i>	<i>9.900</i>
T66.	Krystal Welsh	9.865
	<i>Season High Score</i>	<i>9.875</i>

### Uneven Bars

T34.	Kassidy Stauder	9.880
	<i>Season High Score</i>	<i>9.925</i>

### Balance Beam

T14.	Kassidy Stauder	9.895
	<i>Season High Score</i>	<i>9.950</i>
T57.	Nicole Medvitz	9.845
	<i>Season High Score</i>	<i>9.875</i>
T62.	Sidney Sanabria-Robles	9.840
	<i>Season High Score</i>	<i>9.875</i>

### Floor Exercise

T47.	Lindsay Musgrove	9.875
	<i>Season High Score</i>	<i>9.925</i>
T57.	Krystal Welsh	9.870
	<i>Season High Score</i>	<i>9.925</i>

### All-Around

18.	Kassidy Stauder	39.365
	<i>Season High Score</i>	<i>39.475</i>
T31.	Sidney Sanabria-Robles	39.280
	<i>Season High Score</i>	<i>39.425</i>
34.	Krystal Welsh	39.265
	<i>Season High Score</i>	<i>39.500</i>
62.	Randi Lau	39.020
	<i>Season High Score</i>	<i>39.225</i>

## THOMPSON JOINS ELITE COMPANY

Head coach Jeff Thompson is heading back to the NCAA Championships for the second time as a head coach, but it will be his first as the head coach of the Nittany Lions.

Thompson's first appearance at the NCAA Championships came with Auburn in 2003 and he has now led the Nittany Lions back to the national summit for the first time since 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.

## FULL CIRCLE FOR THE SENIORS

In 2010, Lindsay Musgrove and Kassidy Stauder stepped on the University Park campus to begin their collegiate gymnastics careers as the first recruiting class under head coach Jeff Thompson.

Musgrove and Stauder both moved into the rotation immediately and opened their careers against No. 2 Alabama in their home arena.

Stauder made touches on the vault, balance beam and floor exercise, finished fifth on the floor with a score of 9.700. Musgrove logged a 9.500 in her first of 12 performances on the vault in 2011.

The duo now heads back to the Yellowhammer State to cap off their careers with the programs 17th appearance in the NCAA Championships.

It has been an incredible year for the pair, as Stauder earned All-America accolades and was a first team All-Big Ten performer. Musgrove has made touches on the vault and floor exercise in all 13 meets this season.

They closed out their home careers at Rec Hall with a runner-up finish at the NCAA Regional and will now shine under the bright lights in Alabama, where it all started.

## ADD ALL-AMERICAN ACCOLADES TO STAUDER'S SENIOR RESUME

Senior Kassidy Stauder (Palmerston, Pa.) became the second Nittany Lion to earn regular season All-America distinction from NACGCW. A top performer on the balance beam all season, Stauder earned second team All-American on the event.

This marks the second year of the regular season All-America team, which supplements the traditional All-America honors awarded at the national championships. Last season, Penn State's Sharaya Musser earned first team accolades on the balance beam and second team distinction in the all-around.

Stauder was the top balance beam worker in the conference this season. She currently ranks 14th in the NCAA on the event with a Regional Qualifying score of 9.895 and was one of only two Big Ten gymnasts to earn All-American recognition on the balance beam.

She owns a season average of 9.856 and posted a career-best score of 9.950 on the event in a quad meet at New Hampshire with Bridgeport and George Washington on March 8. She has topped the 9.875 mark on the event eight times in 2014, besting 9.900 on four occasions. She has five balance beam titles on her resume this season.

Stauder is also one of the top all-arounders in the nation, ranking 18th in the competition with a RQS of 39.365. She narrowly missed earning All-American honors in the all-around and has a career-best score of 39.475.

## 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 had 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>

## WELSH FAMILY REPRESENTED AT MEN'S, WOMEN'S NATIONAL CHAMPIONSHIPS

When junior Krystal Welsh steps onto the stage at the 2014 NCAA Women's Gymnastics Championships, she will join her brother, freshman Jakob Welsh of Temple, as national meet qualifiers in 2014.

Krystal will be a part of the Nittany Lion team that is making their first team appearance at the national championships, while Jakob took to the floor last weekend in Ann Arbor, Mich. to compete as an all-around qualifier for the Owls.

Earlier in 2014, the siblings competed on the same floor when the Penn State women's team hosted No. 8 Nebraska and the Nittany Lions' men's squad welcomed Temple for a double dual meet inside Rec Hall.

## LIONS POST TOP NCAA POSTSEASON SCORE AT NCAA REGIONAL

When Penn State notched a 196.725 team score at the NCAA University Park Regional it was the second highest team score for the Nittany Lions in 2014. It was also the highest NCAA postseason score in school history and ranks 11th 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, the team's last trip to the NCAA summit.

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 196.850 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





**STAUDER NAMED BIG ALL-CHAMPIONSHIP**

After earning first team All-Big Ten, senior Kassidy Stauder was up to the task at the Big Ten Championships, setting one new career-high and posting near career-high marks on every other event on her way to a fifth place finish in the all-around.

Stauder tied for second place on the uneven bars, an event she ranks 34th nationally on, to earn Big Ten All-Championship Team honors. She was the lone Penn State to earn a spot on the all-championship team with her 9.900 performance on the event.

**2014 Big Ten All-Championship Team**

- Nicole Artz, Michigan
- Natalie Beilstein, Michigan
- Joanna Sampson, Michigan
- Austin Sheppard, Michigan
- Sachi Sugiyama, Michigan
- Baillie Holst, Minnesota
- Lindsay Mable, Minnesota
- Hollie Blanske, Nebraska
- Jessie DeZiel, Nebraska
- Emily Wong, Nebraska
- Melanie Shaffer, Ohio State
- Kassidy Stauder, Penn State**

**SIBSON VAULTS INTO RECORD BOOKS**

Freshman Emma Sibson didn't know when or how her freshman season would start after an offseason injury, but the Allen, Texas, native has made an impact since the season opener at Iowa State on Jan. 5.

She has competed on the vault in all 13 of the team's competitions and topped the 9.850 mark in seven of those meets. Over the past month, Sibson has found her footing – literally – sticking vaults in five of the last seven competitions.

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

In the Nittany Lions meet at New Hampshire with Bridgeport and George Washington, she stuck her vault and collected new personal-best of 9.975. That score is tied for third highest in the Big Ten this season with Austin Sheppard (Michigan) and Jessie DeZiel (Nebraska) and is just behind the perfect 10.000 from Illinois' Amber See and Minnesota's Lindsay Mable.

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

**THOMPSON CLOSING IN ON 150 VICTORIES**

Head coach Jeff Thompson is in his 15th season as a collegiate head coach and is closing in on his 150th career regular season victory. In his career, Thompson has compiled a 132-97 record.

In his fourth season at the helm of Penn State, Thompson has earned 60 regular season victories and is 60-15 overall. Add that to his 72 wins while at Auburn and the Highland Heights, Ky., native sits at 132 career wins. His overall record while at Auburn was 72-82.

This season, the Nittany Lions own a 20-3 overall mark entering the NCAA Regional Championships and set the school record for regular season victories on March 15 in the Big Ten Quad in Ann Arbor.

The previous school record was held by the 2007 squad, which finished 19-4 and placed third at the NCAA Regional Championships.

**TRIO EARN ALL-BIG TEN HONORS**

After helping the program to the first 20-win regular season in school history, senior Kassidy Stauder was named to the All-Big Ten First Team, while juniors Sidney Sanabria-Robles and Krystal Welsh each earned All-Big Ten Second Team accolades.

Stauder has enjoyed her finest season in the blue and white. She set new personal best scores on all four apparatus and in the all-around, winning three all-around titles and 13 individual event titles during the regular season.

Sanabria-Robles is also having a great 2014 campaign. The junior has competed in all 12 meets this season, has made a touch during all 48 routines and posted career-best scores in all four events and in the all-around.

Rounding out the honorees for the Nittany Lions was Welsh, who returned from injury to bolster the Nittany Lions all-around rotation in 2014. The junior has competed in the all-around in all 12 meets to make touches on in all 48 routines for the Blue and White this season.

Below are the complete All-Big Ten squads.

**FIRST-TEAM**

- Sunny Kato, Illinois
- Amber See, Illinois
- Natalie Beilstein, Michigan
- Joanna Sampson, Michigan
- Austin Sheppard, Michigan
- Alina Cartwright, Michigan State
- Lindsay Mable, Minnesota
- Jessie DeZiel, Nebraska
- Emily Wong, Nebraska
- Sarah Miller, Ohio State
- Melanie Shaffer, Ohio State
- Kassidy Stauder, Penn State**

**SECOND TEAM**

- Erin Buchanan, Illinois
- Giana O'Connor, Illinois
- Sydney Hoerr, Iowa
- Nicole Artz, Michigan
- Shelby Gies, Michigan
- Madie Hanley, Minnesota
- Hanna Nordquist, Minnesota
- Kylie Schermann, Minnesota
- Cierra Tomson, Minnesota
- Hollie Blanske, Nebraska
- Victoria Aepli, Ohio State
- Krystal Welsh, Penn State**
- Sidney Sanabria-Robles, Penn State**

**PROBABLE ROTATIONS**

**VAULT**

Lindsay Musgrove	9.805
Krystal Welsh	9.865
Randi Lau	9.830
Kassidy Stauder	9.785
Emma Sibson	9.875
Sidney Sanabria-Robles	9.865

**UNEVEN BARS**

Samantha Musto	9.760
Alex Witt	* 9.815
Nicole Medvitz	9.790
Sidney Sanabria-Robles	9.820
Krystal Welsh	9.845
Kassidy Stauder	9.880

**BALANCE BEAM**

Krystal Welsh	9.740
Randi Lau	9.785
Emma Sibson	9.745
Nicole Medvitz	9.845
Sidney Sanabria-Robles	9.840
Kassidy Stauder	9.895

**FLOOR EXERCISE**

Sidney Sanabria-Robles	9.825
Randi Lau	9.855
Kassidy Stauder	9.830
Emma Sibson	9.835
Lindsay Musgrove	9.875
Krystal Welsh	9.870

**ALL-AROUND**

Kassidy Stauder	39.365
Sidney Sanabria-Robles	39.280
Krystal Welsh	39.265
Randi Lau	39.020

*Based on last week's competition  
Scores listed are Regional Qualifying Scores  
\* - No RQS - Season Average Listed*



**STANDINGS**

	BIG TEN			OVERALL		
	W-L	%		W-L	%	
Minnesota	6-1	.750		19-2	.889	
Nebraska	6-1	.750		14-2	.846	
<b>PENN STATE</b>	<b>5-2</b>	<b>.750</b>		<b>20-3</b>	<b>.900</b>	
Michigan	5-2	1.000		15-4	.875	
Illinois	3-4	.250		12-5	.714	
Ohio State	1-6	.250		3-11	.273	
Michigan State	2-5	.250		3-12	.167	
Iowa	0-7	.000		1-12	.100	

**BIG TEN SCHEDULE (ET):**

**April 18**

*NCAA Championships - Semifinal One - 1 p.m.  
No. 2 Oklahoma, No. 3 LSU, No. 6 Georgia,  
No. 7 Michigan, No. 10 Stanford, No. 11 Illinois*

*NCAA Championships - Semifinal Two - 7 p.m.*

*No. 1 Florida, No. 4 Alabama, No. 5 Utah,  
No. 9 Nebraska, No. 8 UCLA, No. 15 Penn State*

**April 19**

*NCAA Championships - Super Six - 6 p.m.  
Top three teams from each semifinal*

**April 20**

*NCAA Championships - Individual Event Finals - 2 p.m.  
Top four individuals from each semifinal*

**BIG TEN WEEKLY AWARDS:**

**Jan. 6**

- G: Randi Lau, Jr., Penn State**
- E: Kassidy Stauder, Sr., Penn State**
- F: Nicole Medvitz, Penn State**

**Jan. 13**

- G: Emily Wong, Sr., Nebraska
- E: Natalie Beilstein, Sr., Michigan
- F: Nicole Artz, Michigan

**Jan. 20**

- G: Joanna Sampson, Sr., Michigan
- E: Austin Sheppard, So., Michigan
- F: Erin Buchanan, Illinois

**Jan. 27**

- G: Lindsay Mable, Sr., Minnesota
- E: Reema Zakharia, Sr., Michigan
- F: Nicole Artz, Michigan

**Feb. 3**

- G: Joanna Sampson, Sr., Michigan
- E: Austin Sheppard, So., Michigan
- F: Erin Buchanan, Illinois

**Feb. 10**

- G: Emily Wong, Sr., Nebraska
- E: Jennifer Lauer, Jr., Nebraska
- F: Nicole Artz, Michigan

**Feb. 17**

- G: Lindsay Mable, Sr., Minnesota
- E: Kylie Schermann, Jr., Minnesota
- F: Emily Lennon, Illinois

**Feb - , 24**

- G: Jessie DeZiel, Jr., Nebraska
- E: Amber See, Sr., Illinois
- F: Erin Buchanan, Illinois

**March 3**

- G: Emily Wong, Sr., Nebraska
- E: Austin Sheppard, So., Michigan
- F: Emma Sibson, Penn State**

**March 10**

- G: Emily Wong, Sr., Nebraska
- E: Austin Sheppard, So., Michigan
- F: Emma Sibson, Penn State**

**March 17**

- G: Emily Wong, Sr., Nebraska
- E: Amber See, Sr., Illinois
- F: Nicole Artz, Michigan

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





## EVENTWINNERS

## 2014 INDIVIDUAL EVENT TITLES

**Kassidy Stauder (16)****All-Around (3)**

1/18	Cornell, Southeast Missouri & UIC	39.275
2/28	Bridgeport, Western Michigan, Yale	39.425
3/8	at N.H. w/Bridgeport & G.W.	39.475

**Uneven Bars (7)**

1/18	Cornell, Southeast Missouri & UIC	9.875
1/25	at Michigan State	9.825
2/1	at Ohio State	9.850
2/8	Nebraska	9.900
2/22	at Rutgers w/ Temple, Ursinus	9.850
2/28	Bridgeport, Western Michigan, Yale	9.925
3/8	at N.H. w/Bridgeport & G.W.	9.850

**Balance Beam (6)**

1/18	Cornell, Southeast Missouri & UIC	9.900
1/25	at Michigan State	9.875
2/1	at Ohio State	9.875
2/8	Nebraska	9.925
2/28	Bridgeport, Western Michigan, Yale	9.850
3/8	at N.H. w/Bridgeport & G.W.	9.950

**Sidney Sanabria-Robles (5)****All-Around (1)**

2/15	Illinois	39.425
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**Vault (3)**

2/15	Illinois	9.875
2/22	at Rutgers w/ Temple, Ursinus	9.900
2/28	Bridgeport, Western Michigan, Yale	9.875

**Floor Exercise (1)**

1/10	at Kentucky Excite Night	9.825
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**Krystal Welsh (5)****Vault (1)**

2/28	Bridgeport, Western Michigan, Yale	9.875
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**Uneven Bars (2)**

2/1	at Ohio State	9.850
2/22	at Rutgers w/ Temple, Ursinus	9.850

**Balance Beam (2)**

1/18	Cornell, Southeast Missouri & UIC	9.925
2/15	Illinois	9.900

**Emma Sibson (3)****Vault (3)**

2/8	Nebraska	9.950
2/28	Bridgeport, Western Michigan, Yale	9.875
3/8	at N.H. w/Bridgeport & G.W.	9.975

**Randi Lau (2)****Vault (1)**

1/5	at Iowa State	9.825
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**Floor Exercise (1)**

1/10	at Kentucky Excite Night	9.825
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**Nicole Medvitz (2)****Uneven Bars (1)**

3/8	at N.H. w/Bridgeport & G.W.	9.850
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**Floor Exercise (1)**

2/28	Bridgeport, Western Michigan, Yale	9.850
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**Lindsay Musgrove (2)****Floor Exercise (2)**

2/28	Bridgeport, Western Michigan, Yale	9.850
3/8	at N.H. w/Bridgeport & G.W.	9.925

## 2014 MEET-BY-MEET TEAM LEADERS

Includes Ties

	V	UB	BB	FX	AA
Lau	2	-	-	4	1
Medvitz	-	1	4	-	-
Musgrove	2	-	-	8	-
Sanabria-Robles	5	-	-	2	5
Sibson	8	-	1	1	-
Stauder	-	13	10	1	6
Welsh	5	3	-	7	4

## 2014 TEAM EVENT TITLES

**Vault (7)**

1/5	at Iowa State	48.625
1/18	Cornell, Southeast Missouri & UIC	49.075
1/25	at Michigan State	49.000
2/15	No. 15 Illinois	49.000
2/22	at Rutgers w/Temple & Ursinus	49.175
2/28	Bridgeport, Western Mich. & Yale	49.325
3/8	at N.H. w/ Bridgeport & G.W.	49.450

**Uneven Bars (7)**

1/18	Cornell, Southeast Missouri & UIC	49.175
1/25	at Michigan State	48.800
2/1	at No. 21 Ohio State	49.075
2/15	No. 15 Illinois	49.125
2/22	at Rutgers w/Temple & Ursinus	48.600
2/28	Bridgeport, Western Mich. & Yale	49.225
3/8	at N.H. w/ Bridgeport & G.W.	49.025

**Balance Beam (5)**

1/18	Cornell, Southeast Missouri & UIC	48.375
1/25	at Michigan State	48.200
2/15	No. 15 Illinois	49.175
2/28	Bridgeport, Western Mich. & Yale	49.075
3/15	at Big Ten Quad	49.225

**Floor Exercise (8)**

1/5	at Iowa State	48.600
1/18	Cornell, Southeast Missouri & UIC	49.400
2/1	at No. 21 Ohio State	49.050
2/15	No. 15 Illinois	49.375
2/22	at Rutgers w/Temple & Ursinus	49.200
2/28	Bridgeport, Western Mich. & Yale	48.975
3/8	at N.H. w/ Bridgeport & G.W.	49.350
4/5	NCAA Regional	49.425

## CAREER INDIVIDUAL EVENT TITLES

**Gymnast 2014 Career**

Gymnast	2014	Career
<b>Kassidy Stauder</b>	<b>16</b>	<b>17</b>
Uneven Bars	7	7
Balance Beam	6	7
All-Around	3	3
<b>Krystal Welsh</b>	<b>5</b>	<b>7</b>
Vault	1	1
Uneven Bars	2	3
Floor Exercise	2	3
<b>Sidney Sanabria-Robles</b>	<b>5</b>	<b>5</b>
Vault	3	3
Floor Exercise	1	1
All-Around	1	1
<b>Emma Sibson</b>	<b>4</b>	<b>4</b>
Vault	4	4
<b>Randi Lau</b>	<b>2</b>	<b>6</b>
Vault	1	4
Balance Beam	--	1
Floor Exercise	1	1
<b>Nicole Medvitz</b>	<b>2</b>	<b>2</b>
Uneven Bars	1	1
Balance Beam	1	1
<b>Lindsay Musgrove</b>	<b>2</b>	<b>2</b>
Floor Exercise	2	2
<b>Samantha Musto</b>	<b>--</b>	<b>2</b>
Floor Exercise	--	1
All-Around	--	1

**Lexi Carroll**

Floor Exercise	--	2
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## WITT RETURNS FROM INJURY

Junior Alex Witt missed most of the season due to a thumb injury, but came back on a mission and gave the Nittany Lions a huge routine in their quad meet victory over Bridgeport, Western Michigan and Yale.

The junior posted a career-best score of 9.875 on the uneven bars to finish second on the event and post the team's fifth highest score of the season.

Witt currently owns a season average of 9.815 after posting a 9.850 at the NCAA Regional Championships and 9.800 mark at the Big Ten Championships.

She has also scored 9.775 twice this season; on March 8 at New Hampshire with Bridgeport and George Washington and on March 15 at the Big Ten Quad in Ann Arbor, Mich.

## INTO THE RECORD BOOKS

As a team, Penn State has moved into the record books on eight occasions this season, including once at the Big Ten Championships and once at the NCAA Regional.

Two weeks ago at the University Park Regional, the Nittany Lions boasted a score of 49.425 on the floor exercise to lock up their trip to the NCAA Championships.

The week before, at the Big Ten Championships, Penn State opened the meet with a solid 49.425 on the floor exercise. Those identical marks tie for the seventh highest score in school history.

Their team score of 197.200 from Durham, N.C. ranks third in school history behind the 2013 team's 197.325 and the 2001 squad's 197.450. The point total is the highest road score in school history and is the first time a Penn State team topped the 197.000 mark away from home.

It is also just the fifth time in program history a Penn State team has scored 197.000 or better.

Penn State has left its mark on the vault during both the ninth and 10th weekend's of the season, boasting the sixth highest score in school history in their quad meet at New Hampshire (49.450) and scoring the then-10th highest total the week before in their home quad meet with Bridgeport, Western Michigan and Yale.

After not cracking the 49.000 mark during the first five meets on the balance beam, the Nittany Lions scored 39.375 at New Hampshire to tie for the fourth highest total in school history.

Their effort of 49.400 on the floor exercise in their home opening quad meet against Cornell, Southeast Missouri and UIC tied for 10th on the all-time charts, but now ranks 11th after the two solid championship showings.

Individually, freshman Emma Sibson has posted scores of 9.975 and 9.950 on the vault to tie for fifth and ninth, respectively in school history. Senior Kassidy Stauder's 9.950 on the balance beam at New Hampshire is currently tied for 10th all-time at Penn State.

## 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., this year's 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.

## Top 5 Single Season Victories

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

## IT'S ALL ABOUT FAMILY

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

Head coach Jeff Thompson is married to associate head coach Rachelle Thompson. The tandem have coached side by side since their time at Auburn University





and have two sons, Parker and Griffin.

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 junior recently competed on the same floor as her brother, Jakob Welsh, who is a freshman on the Temple men's gymnastics team. The pair competed side-by-side inside Rec Hall on Feb. 8 when the women's team faced No. 8 Nebraska and Temple competed against the Nittany Lions men's squad.

### SIBSON NAMED B1G TOP ROOKIE, TWICE

Freshman Emma Sibson has been tabbed the Big Ten Freshman of the Week twice this season, winning the award in consecutive meets leading into the season finale at Michigan.

On Feb. 28, Sibson tied for the top spot on the vault with a score of 9.875 and finished third on the balance beam with a career-best effort of 9.825 to help Penn State sweep the podium in all four events. She also competed on the floor exercise and scored 9.725 in the quad meet with Bridgeport, Western Michigan and Yale.

At New Hampshire with Bridgeport and George Washington, Sibson won the title on the vault with a 9.975 – tied for the fifth highest score in school history – and placed second on the floor exercise with a career-best 9.900. She also hit a 9.800 routine on the balance beam.

### CARROLL'S COMEBACK CUT SHORT

Junior Lexi Carroll missed the first six meets of the season due to injury before returning for an exhibition against No. 15 Illinois on Feb. 15.

She exhibited on the balance beam and floor exercise vs. the Illini and the next weekend entered the balance beam lineup at Rutgers w/ Temple and Ursinus on Feb. 22.

She was in the floor exercise lineup in the final home meet of the season vs. Bridgeport, Western Michigan and Yale, scoring 9.750 on Feb. 28.

However, the next weekend at New Hampshire on March 8, she suffered an injury and will miss the remainder of the season.

### LIONS SWEEP SEASON'S FIRST B1G AWARDS

The Nittany Lions opened the season with a huge road victory at Iowa State and for that a trio of gymnasts were honored by the Big Ten.

Rookie Nicole Medvitz was honored as the Big Ten Freshman of the Week, Cassidy Stauder was named the conference's Event Specialist of the Week and Randi Lau was tabbed as the Big Ten Gymnast of the Week.

Lau tied for second in the all-around in her first meet with the Nittany Lions program after transferring from LSU. She took the vault title with a score of 9.825 and scored 38.825 in the all-around. She also scored 9.525 on the uneven bars, 9.725 on the balance beam and 9.750 on the floor exercise.

Stauder couldn't have had a better start to her senior season, posting the squads top score on the uneven bars. She placed third overall on the event with a score of 9.750 and anchored the balance beam lineup with a score of 9.725.

In her first collegiate competition, Medvitz was turned in the team's top performance on the balance beam. The rookie was second up on the beam – an event that sealed the win for Penn State – and posted a team-best effort of 9.750 to finish third overall.

### STAUDER SHINING AS A SENIOR

Senior Cassidy Stauder is leaving her mark on the program during her final season in the blue and white. The Palmerton, Pa., native has set new career-highs on all four apparatus and in the all-around, while winning 13 event titles and three all-around crowns.

She earned second team All-American honors on the uneven bars, was an All-Championship performer at the Big Ten Championships and garnered first team All-Big Ten for her performance during the regular season.

Stauder has anchored the Nittany Lions on the uneven bars and balance beam all season, scoring 9.850 or better 10 times on the uneven bars and nine times on the balance beam.

She has claimed the uneven bars title seven times – tying for the title on four of those occasions – and topped the balance beam charts six times – with three ties at the top.

She set a new career-high in the all-around in two straight meets, boasting a 49.425 in a quad meet with Bridgeport, Western Michigan and Yale on Feb. 28 before posting a team-best score of 49.475 in a quad meet at New Hampshire with Bridgeport and George Washington on March 8.

### EARLY SIGNING PERIOD NETS FOUR

Lauren Li, Chanen Raygoza, Oni Timothy and Briannah Tsang all inked their National Letters of Intent on Nov. 13 and will begin their Penn State careers in 2014-15.

Li, who trains at World Olympic Gymnastics Academy in Plano, Texas, is coached by Laurent Landi and Cecile Canquateau-Landi and was the 2013 USA Gymnastics Level 10 Region 3 all-around and uneven bars champion, as well as a third place finisher on vault. Li went on to compete in the USA Junior Olympic National Championships where she finished eighth on balance beam and 13th in the all-around.

Raygoza trains at Wildfire Gymnastics in Tustin, California and is coached by Rick Watson, Tom Wakeling, Rhonda Schwandt-Haffman, Stephanie Calvert and Whitney Watson. In 2011, Raygoza finished third in the all-around at the USA Gymnastics Junior Olympic National Championships. During that meet, she also finished fourth on vault, fifth on the uneven bars and ninth on the floor exercise.

In 2012, she won the Region 1 Championship on both the uneven bars and in the all-around and followed it up with a 12th place finish at the Junior Olympic Nationals. The former Junior Olympic National Team Member did not compete in 2013 due to injury.

Timothy, who trains at Rochester Gymnastics Academy in Rochester, New York, is coached by Youlia Coss and brings an impressive club resume to the University Park campus. In 2011, Oni finished second in the nation on floor exercise and third on balance beam. She has also been the Regional all-around champion each of the past four years.

Tsang trains at Flicka Gymnastics Club in Vancouver, British Columbia and is coached by Dorina Stan and David Kenwright. She was the Canadian National Champion on vault at both the 2011 Canada Winter Games and the 2013 Elite Canada competition.

## 2014 ROTATIONS

	Jan. 5 @ Iowa State	Jan. 10 @ Kentucky	Jan. 18 CORNELL, SEMO, UIC	Jan. 25 @ Michigan State	Feb. 1 @ Ohio State	Feb. 8 NEBRASKA	Feb. 15 ILLINOIS	Feb. 22 at Rutgers Quad	Feb. 28 SENIOR NIGHT	March 8 at New Hamp. Quad	March 15 at B1G Quad	March 22 B1G Championship	April 5 NCAA Regional
<b>Vault</b>	Musgrove Musto Sibson Lau Sanabria-Robles Welsh	Musgrove Welsh Stauder Sibson Sanabria-Robles Lau	Musgrove Welsh Stauder Sibson Sanabria-Robles Lau	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Stauder Sibson Sanabria-Robles ---	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles	Musgrove Welsh Lau Stauder Sibson Sanabria-Robles
<b>Uneven Bars</b>	Musto Lau Sanabria-Robles Stauder Welsh Medvitz	Musto Lau Sanabria-Robles Stauder Welsh Medvitz	Musto Lau Sanabria-Robles Welsh Stauder Medvitz	Musto Lau Sanabria-Robles Welsh Stauder Medvitz	Musto Lau Sanabria-Robles Welsh Stauder Medvitz	Musto Lau Sanabria-Robles Welsh Stauder Medvitz	Musto Lau Sanabria-Robles Welsh Stauder Medvitz	Musto Lau Sanabria-Robles Welsh Stauder Medvitz	Musto Witt Medvitz Sanabria-Robles Welsh Stauder	Musto Witt Medvitz Lau Sanabria-Robles Welsh Stauder	Musto Witt Medvitz Sanabria-Robles Welsh Stauder	Musto Witt Medvitz Sanabria-Robles Welsh Stauder	Musto Witt Medvitz Sanabria-Robles Welsh Stauder
<b>Balance Beam</b>	Musto Medvitz Lau Welsh Sanabria-Robles Stauder	Musto Medvitz Lau Welsh Sanabria-Robles Stauder	Musto Medvitz Lau Welsh Sanabria-Robles Stauder	Musto Medvitz Lau Welsh Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Sibson Carroll Medvitz Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Sibson Lau Medvitz Sanabria-Robles Stauder	Welsh Lau Sibson Medvitz Sanabria-Robles Stauder
<b>Floor Exercise</b>	Stauder Musto Sanabria-Robles Lau Musgrove Welsh	Stauder Sanabria-Robles Lau Musto Musgrove Welsh	Stauder Sanabria-Robles Lau Musto Musgrove Welsh	Musto Sanabria-Robles Lau Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Sibson Carroll Stauder Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh	Sanabria-Robles Lau Stauder Sibson Musgrove Welsh





at Iowa State January 5, 2014 Hilton Coliseum Arlens, Iowa Attendance: 1,435	Excite Night at Kentucky January 10, 2014 Memorial Coliseum Lexington, Ky Attendance: 5,639	host Cornell, SEMO & UIC January 18, 2014 Recreation Building University Park, Pa Attendance: 1,845	at Michigan State January 25, 2014 Jenison Field House East Lansing, Mich Attendance: 940	at Ohio State February 1, 2014 St. John Arena Columbus, Ohio Attendance: 1,521	host Nebraska February 8, 2014 Recreation Building University Park, Pa Attendance: 2,120	host Illinois February 15, 2014 Recreation Building University Park, Pa Attendance: 2,131
<b>No. 15 Penn State</b> Iowa State 193,925	<b>No. 15 Penn State</b> West Virginia Ball State 195,000 193,975 190,875	<b>Penn State</b> Southeast Missouri Cornell UIC 196,025 193,600 191,000 189,125	<b>Penn State</b> Michigan State 194,825 192,750	<b>No. 24 Penn State</b> No. 21 Ohio State 196,150 195,625	<b>No. 8 Nebraska</b> <b>No. 23 Penn State</b> 197,225 <b>196,150</b>	<b>No. 21 Penn State</b> No. 15 Illinois 196,675 196,500
<b>VAULT</b> Musgrove 9.650 Musto 9.200 Sibson 9.725 Lau 9.825 Sanabria-Robles 9.750 Welsh 9.675	<b>VAULT</b> Musgrove 9.725 Welsh 9.725 Stauder 9.625 Sibson 9.725 Sanabria-Robles 9.500 Lau 9.675	<b>VAULT</b> Musgrove 9.825 Welsh 9.800 Stauder 9.725 Sibson 9.850 Sanabria-Robles 9.775 Lau 9.775	<b>VAULT</b> Musgrove 9.825 Welsh 9.825 Lau 9.800 Stauder 9.600 Sibson 9.825 Sanabria-Robles 9.825	<b>VAULT</b> Musgrove 9.775 Welsh 9.825 Lau 9.850 Stauder 9.750 Sibson 9.825 Sanabria-Robles 9.800	<b>VAULT</b> Musgrove 9.725 Welsh 9.875 Lau 9.850 Stauder 9.775 Lau 9.750 Stauder 9.850 Sibson 9.800	<b>VAULT</b> Musgrove 9.750 Welsh 9.750 Lau 9.750 Stauder 9.775 Sibson 9.950 Sanabria-Robles 9.800
<b>UNEVEN BARS</b> Musgrove 9.625 Lau 9.525 Sanabria-Robles 9.650 Stauder 9.750 Welsh 9.675 Medvitz 7.650	<b>UNEVEN BARS</b> Musgrove 9.650 Lau 9.725 Sanabria-Robles 9.750 Stauder 9.800 Welsh 9.800 Medvitz 9.675	<b>UNEVEN BARS</b> Musgrove 9.775 Lau 9.775 Sanabria-Robles 9.850 Welsh 9.825 Stauder 9.875 Medvitz 9.850	<b>UNEVEN BARS</b> Musgrove 9.750 Lau 9.675 Sanabria-Robles 9.775 Lau 9.775 Stauder 9.825 Sibson 9.825 Sanabria-Robles 9.675	<b>UNEVEN BARS</b> Musgrove 9.675 Lau 9.775 Medvitz 9.775 Sanabria-Robles 9.825 Welsh 9.850 Stauder 9.850	<b>UNEVEN BARS</b> Musgrove 9.750 Lau 9.750 Medvitz 9.725 Sanabria-Robles 9.100 Welsh 9.800 Stauder 9.900	<b>UNEVEN BARS</b> Musgrove 9.775 Lau 9.750 Medvitz 9.775 Sanabria-Robles 9.850 Welsh 9.850 Stauder 9.875
<b>BALANCE BEAM</b> Musgrove 9.575 Medvitz 9.750 Lau 9.725 Welsh 9.450 Sanabria-Robles 9.700 Stauder 9.725	<b>BALANCE BEAM</b> Musgrove 9.050 Medvitz 9.125 Lau 9.625 Welsh 9.675 Sanabria-Robles 9.675 Stauder 9.725	<b>BALANCE BEAM</b> Musgrove 9.700 Medvitz 9.775 Lau 9.800 Welsh 9.125 Sanabria-Robles 9.200 Stauder 9.900	<b>BALANCE BEAM</b> Musgrove 8.650 Medvitz 9.725 Lau 9.725 Welsh 9.075 Sanabria-Robles 9.800 Stauder 9.875	<b>BALANCE BEAM</b> Welsh 9.725 Sibson 9.800 Lau 9.600 Medvitz 9.700 Sanabria-Robles 9.850 Stauder 9.875	<b>BALANCE BEAM</b> Welsh 9.725 Sibson 9.800 Lau 9.750 Medvitz 9.825 Sanabria-Robles 9.800 Stauder 9.925	<b>BALANCE BEAM</b> Welsh 9.775 Sibson 9.800 Lau 9.800 Medvitz 9.850 Sanabria-Robles 9.850 Stauder 9.875
<b>FLOOR EXERCISE</b> Stauder 9.475 Musgrove 9.650 Sanabria-Robles 9.725 Lau 9.750 Musgrove 9.750 Welsh 9.725	<b>FLOOR EXERCISE</b> Stauder 9.775 Sanabria-Robles 9.825 Lau 9.825 Musto 9.750 Musgrove 9.750 Welsh 9.725	<b>FLOOR EXERCISE</b> Stauder 9.775 Sanabria-Robles 9.850 Lau 9.875 Musto 9.850 Musgrove 9.900 Welsh 9.925	<b>FLOOR EXERCISE</b> Musto 9.250 Sanabria-Robles 9.725 Lau 9.775 Sibson 9.800 Musgrove 9.700 Welsh 9.825	<b>FLOOR EXERCISE</b> Sanabria-Robles 9.800 Lau 9.775 Stauder 9.775 Sibson 9.775 Musgrove 9.850 Welsh 9.850	<b>FLOOR EXERCISE</b> Sanabria-Robles 9.825 Lau 9.825 Stauder 9.775 Sibson 9.550 Musgrove 9.850 Welsh 9.775	<b>FLOOR EXERCISE</b> Sanabria-Robles 9.850 Lau 9.875 Stauder 9.875 Sibson 9.850 Musgrove 9.875 Welsh 9.900
<b>ALL-AROUND</b> Lau 38.825 Sanabria-Robles 38.825 Welsh 38.525 Musto 38.050	<b>ALL-AROUND</b> Stauder 38.925 Welsh 38.925 Lau 38.850 Sanabria-Robles 38.750	<b>ALL-AROUND</b> Stauder 39.275 Lau 39.225 Sanabria-Robles 38.725 Welsh 38.675	<b>ALL-AROUND</b> Sanabria-Robles 39.125 Sanabria-Robles 38.975 Lau 38.500 Welsh	<b>ALL-AROUND</b> Sanabria-Robles 39.125 Stauder 39.250 Welsh 39.000 Lau	<b>ALL-AROUND</b> Stauder 39.350 Welsh 39.175 Lau 39.100 Sanabria-Robles 38.525	<b>ALL-AROUND</b> Sanabria-Robles 39.425 Stauder 39.400 Welsh 39.275 Lau 39.175
Rotation Order: UB, V, FX, BB	Rotation Order: UB, BB, FX, V	Rotation Order: V, UB, BB, FX	Rotation Order: UB, V, FX, BB	Rotation Order: UB, V, FX, BB	Rotation Order: V, UB, BB, FX	Rotation Order: V, UB, BB, FX



**at Rutgers w/Temple, Ursinus**  
February 22, 2014  
Livingston Recreation Center  
New Brunswick, N.J.  
Attendance: 1,172

**host Bridgeport, W. Mech & Yale**  
February 28, 2014  
Recreation Building  
University Park, Pa  
Attendance: 1,236

**at New Hampshire Quad**  
March 8, 2014  
Lundholm Gymnasium  
Durham, N.H.  
Attendance: 827

**at Big Ten Quad**  
March 15, 2014  
Crisler Center  
Ann Arbor, Mich.  
Attendance: 2,286

**Big Ten Championship**  
March 22, 2014  
Recreation Building  
University Park, Pa  
Attendance: 2,754

**NCAA Regional**  
April 5, 2014  
Recreation Building  
University Park, Pa  
Attendance: 1,827

**No. 20 Penn State 195,825**  
Rutgers 194,575  
Temple 191,950  
Ursinus 184,825

**No. 18 Penn State 196,600**  
Western Michigan 193,625  
Bridgeport 193,500  
Yale 188,525

**No. 19 Penn State 197,200**  
New Hampshire 196,675  
George Washington 195,150  
Bridgeport 193,400

Minnesota 196,700  
**No. 15 Penn State 196,475**  
Michigan 196,025  
Iowa 194,750

No. 8 Michigan 197,550  
No. 9 Nebraska 196,950  
No. 16 Minnesota 196,675  
No. 13 Illinois 196,625  
**No. 14 Penn State 196,475**  
No. 24 Ohio State 196,400  
Iowa 195,375  
Michigan State 194,500

No. 1 Florida 197,050  
**No. 15 Penn State 196,725**  
No. 12 Oregon State 196,525  
Kentucky 195,925  
No. 23 New Hampshire 195,025  
Maryland 194,525

**VAULT 49,175**  
Musgrove 9,750  
Welsh 9,875  
Lau 9,850  
Stauder 9,800  
Sibson 9,725  
Sanabria-Robles 9,900

**VAULT 49,325**  
Musgrove 9,850  
Welsh 9,875  
Stauder 9,850  
Sibson 9,875  
Sanabria-Robles 9,875

**VAULT 49,450**  
Musgrove 9,800  
Welsh 9,875  
Lau 9,875  
Stauder 9,825  
Sibson 9,975  
Sanabria-Robles 9,900

**VAULT 49,025**  
Musgrove 9,800  
Welsh 9,825  
Lau 9,775  
Stauder 9,725  
Sibson 9,825  
Sanabria-Robles 9,800

**VAULT 49,250**  
Musgrove 9,750  
Welsh 9,900  
Lau 9,825  
Stauder 9,775  
Sibson 9,900  
Sanabria-Robles 9,850

**VAULT 49,300**  
Musgrove 9,825  
Welsh 9,825  
Lau 9,850  
Stauder 9,800  
Sibson 9,900  
Sanabria-Robles 9,900

**UNEVEN BARS 48,600**  
Musio 9,400  
Lau 8,750  
Medvitz 9,700  
Sanabria-Robles 9,800  
Welsh 9,850  
Stauder 9,850

**UNEVEN BARS 49,225**  
Musio 9,850  
Whit 9,875  
Medvitz 9,750  
Sanabria-Robles 9,775  
Welsh 9,800  
Stauder 9,925

**UNEVEN BARS 49,025**  
Musio 9,050  
Whit 9,775  
Medvitz 9,850  
Sanabria-Robles 9,750  
Welsh 9,800  
Stauder 9,850

**UNEVEN BARS 49,100**  
Musio 9,775  
Whit 9,775  
Lau 8,950  
Sanabria-Robles 9,775  
Welsh 9,875  
Stauder 9,900

**UNEVEN BARS 49,300**  
Musio 9,825  
Whit 9,800  
Medvitz 9,850  
Sanabria-Robles 9,875  
Welsh 9,850  
Stauder 9,900

**UNEVEN BARS 49,050**  
Musio 9,775  
Whit 9,850  
Medvitz 8,900  
Sanabria-Robles 9,800  
Welsh 9,750  
Stauder 9,875

**BALANCE BEAM 48,850**  
Welsh 9,750  
Sibson 9,500  
Lau 9,775  
Medvitz 9,825  
Sanabria-Robles 9,700  
Stauder 9,800

**BALANCE BEAM 49,075**  
Welsh 9,725  
Sibson 9,825  
Carroll 9,750  
Medvitz 9,850  
Sanabria-Robles 9,800  
Stauder 9,850

**BALANCE BEAM 49,375**  
Welsh 9,700  
Sibson 9,800  
Lau 9,875  
Medvitz 9,875  
Sanabria-Robles 9,875  
Stauder 9,950

**BALANCE BEAM 49,225**  
Welsh 9,725  
Sibson 9,800  
Lau 9,800  
Medvitz 9,825  
Sanabria-Robles 9,875  
Stauder 9,900

**BALANCE BEAM 48,500**  
Welsh 9,850  
Sibson 9,075  
Lau 8,750  
Medvitz 9,875  
Sanabria-Robles 9,825  
Stauder 9,875

**BALANCE BEAM 48,950**  
Welsh 9,775  
Lau 9,800  
Sibson 9,825  
Medvitz 9,750  
Sanabria-Robles 9,775  
Stauder 9,775

**FLOOR EXERCISE 49,200**  
Sanabria-Robles 9,825  
Lau 9,850  
Stauder 9,850  
Sibson 9,800  
Musgrove 9,825  
Welsh 9,850

**FLOOR EXERCISE 48,975**  
Sanabria-Robles 9,775  
Sibson 9,725  
Carroll 9,750  
Stauder 9,800  
Musgrove 9,850  
Welsh 9,800

**FLOOR EXERCISE 49,350**  
Sanabria-Robles 9,800  
Lau 9,875  
Stauder 9,850  
Sibson 9,900  
Musgrove 9,925  
Welsh 9,800

**FLOOR EXERCISE 49,125**  
Sanabria-Robles 9,775  
Lau 9,825  
Stauder 9,750  
Sibson 9,825  
Musgrove 9,850  
Welsh 9,850

**FLOOR EXERCISE 49,425**  
Sanabria-Robles 9,800  
Lau 9,850  
Stauder 9,875  
Sibson 9,875  
Musgrove 9,900  
Welsh 9,900

**FLOOR EXERCISE 49,425**  
Sanabria-Robles 9,900  
Lau 9,900  
Stauder 9,875  
Sibson 9,850  
Musgrove 9,900  
Welsh 9,850

**ALL-AROUND**  
Welsh 39,325  
Stauder 39,300  
Sanabria-Robles 39,225  
Lau 38,225

**ALL-AROUND**  
Stauder 39,425  
Sanabria-Robles 39,225  
Welsh 39,200

**ALL-AROUND**  
Stauder 39,475  
Sanabria-Robles 39,325  
Welsh 39,175

**ALL-AROUND**  
Stauder 39,275  
Welsh 39,275  
Sanabria-Robles 39,225  
Lau 38,350

**ALL-AROUND**  
Welsh 39,500  
Stauder 39,425  
Sanabria-Robles 39,350

**ALL-AROUND**  
Sanabria-Robles 39,375  
Stauder 39,325  
Welsh 39,200

Rotation Order: BB, FX, V, UB

Rotation Order: V, UB, BB, FX

Rotation Order: UB, BB, FX, V

Rotation Order: BB, FX, V, UB

Rotation Order: FX, V, UB, BB

Rotation Order: V, Bye, UB, BB, Bye, FX





# CHAMPIONSHIP FINISHES

## NCAA CHAMPIONSHIP FINISHES

Year	Session	Place	Score
2009	Prelim-A	9th	196.100
2005	Prelim-A	10th	194.975
2000	Prelim-B	7th	195.350
1999	Prelim-B	8th	194.775
1998	Prelim-B	10th	194.625
1997	Prelim-A	11th	194.300
1996	Prelim-A	11th	192.700
1995	Prelim-B	8th	194.150
1993	Prelim-B	11th	192.700
1992	Final-B	4th	192.775
1991	Final-B	5th	190.950
1988	Final-A	11th	179.700
1986	Final-B	6th	182.700
1985	Final-A	9th	179.000
1984	Final-A	7th	179.450
1982	Final-A	3rd	143.100

## TOP NCAA CHAMPIONSHIP EVENT SCORES

Vault	Date - Site	Session
49.100	4/16/2009 - Lincoln, Neb.	Prelim-A
48.850	4/21/2005 - Auburn, Ala.	Prelim-A
48.800	4/13/2000 - Boise, Idaho	Prelim-B
48.800	4/17/1997 - Gainesville, Fla.	Prelim-A
48.550	4/22/1999 - Salt Lake City	Prelim-B
48.475	4/20/1995 - Athens, Ga.	Prelim-B
48.450	4/16/1998 - Los Angeles	Prelim-B
48.300	4/19/1991 - Tuscaloosa, Ala.	Final-B
48.250	4/25/1996 - Tuscaloosa, Ala.	Prelim-A
48.175	4/15/1993 - Corvallis, Ore.	Prelim-B

Bars	Date - Site	Session
49.125	4/16/1998 - Los Angeles	Prelim-B
49.075	4/16/2009 - Lincoln, Neb.	Prelim-A
48.950	4/22/1999 - Salt Lake City	Prelim-B
48.925	4/21/2005 - Auburn, Ala.	Prelim-A
48.575	4/17/1997 - Gainesville, Fla.	Prelim-A
48.575	4/20/1995 - Athens, Ga.	Prelim-B
48.550	4/13/2000 - Boise, Idaho	Prelim-B
48.425	4/25/1996 - Tuscaloosa, Ala.	Prelim-A
48.400	4/24/1992 - St. Paul, Minn.	Finals-B
48.300	4/15/1993 - Corvallis, Ore.	Prelim-B

Beam	Date - Site	Session
48.900	4/16/2009 - Lincoln, Neb.	Prelim-A
48.825	4/13/2000 - Boise, Idaho	Prelim-B
48.600	4/22/1999 - Salt Lake City	Prelim-B
48.425	4/16/1998 - Los Angeles	Prelim-B
48.325	4/17/1997 - Gainesville, Fla.	Prelim-A
48.275	4/20/1995 - Athens, Ga.	Prelim-B
48.125	4/21/2005 - Auburn, Ala.	Prelim-A
47.975	4/24/1992 - St. Paul, Minn.	Finals-B
47.800	4/25/1996 - Tuscaloosa, Ala.	Prelim-A
47.600	4/15/1993 - Corvallis, Ore.	Prelim-B

Floor	Date - Site	Session
49.175	4/13/2000 - Boise, Idaho	Prelim-B
49.075	4/21/2005 - Auburn, Ala.	Prelim-A
49.025	4/16/2009 - Lincoln, Neb.	Prelim-A
48.825	4/20/1995 - Athens, Ga.	Prelim-B
48.675	4/22/1999 - Salt Lake City	Prelim-B
48.625	4/16/1998 - Los Angeles	Prelim-B
48.625	4/15/1993 - Corvallis, Ore.	Prelim-B
48.600	4/17/1997 - Gainesville, Fla.	Prelim-A
48.275	4/24/1992 - St. Paul, Minn.	Finals-B
48.225	4/25/1996 - Tuscaloosa, Ala.	Prelim-A

Floor	Date - Site	Session
196.100	4/16/2009 - Lincoln, Neb.	Prelim-A
195.350	4/13/2000 - Boise, Idaho	Prelim-B
194.975	4/21/2005 - Auburn, Ala.	Prelim-A
194.775	4/22/1999 - Salt Lake City	Prelim-B
194.625	4/16/1998 - Los Angeles	Prelim-B
194.300	4/17/1997 - Gainesville, Fla.	Prelim-A
194.150	4/20/1995 - Athens, Ga.	Prelim-B

# ALL AMERICANS

## All-Around (17)

1974!	<b>Karen Schuckman</b>
1975!	Karen Schuckman
1977!	<b>Ann Carr</b>
1978!	Jan Anthony
1978!	<b>Ann Carr</b>
1978!	Lisa Ingebretsen
1980!	Ann Carr
1980!	Margie Foster
1980!	Marcy Levine
1981!	Heidi Anderson
1982	Heidi Anderson
1986	Pam Loree
1992	Allison Barber
1999	Ellen Casey
2010	Sharaya Musser
2010	Brandi Personett
2013 ^	Sharaya Musser

## Vault (22)

1974!	Karen Schuckman
1975!	<b>Karen Schuckman</b>
1977!	Jan Anthony
1978!	Jan Anthony
1977!	Ann Carr
1978!	Davies Bahr
1978!	Ann Carr
1979!	Jan Anthony
1979!	Margie Foster
1979!	Lynne Samuels
1980!	Ann Carr
1980!	Lynne Samuels
1984	Pam Loree
1985	Pam Loree
1986	<b>Pam Loree</b>
1991	April Polito
1992	Allison Barber
1997	Ellen Casey
1997	Missy Leopoldus
2004	Lisa Clark
2009	Whitney Bencsko
2010	Sharaya Musser

## Uneven Bars (14)

1974!	Karen Schuckman
1975!	Karen Schuckman
1978!	Jan Anthony
1977!	Ann Carr
1978!	<b>Ann Carr</b>
1978!	Lisa Ingebretsen
1979!	Lisa Ingebretsen
1979!	Ann Carr
1980!	Ann Carr
1980!	Margie Foster
1980!	Lisa Ingebretsen
1982	Heidi Anderson
1999	Ellen Casey
2009	Alexandra Brockway

## Balance Beam (16)

1974!	Karen Schuckman
1976!	Karen Schuckman
1977!	Joanne Beck
1977!	Ann Carr
1978!	<b>Ann Carr</b>
1978!	Lisa Ingebretsen
1979!	Lisa Ingebretsen
1980!	Ann Carr
1995	Tracy Kerner
1999	Nikki Smith
2008	Brandi Personett
2010	Sharaya Musser
2010	Brandi Personett
2012	Sharaya Musser
2013 ^	Sharaya Musser
2014 ^	Kassidy Stauder

## Floor Exercise (21)

1974!	Karen Schuckman
1975!	<b>Karen Schuckman</b>
1977!	Ann Carr
1978!	<b>Ann Carr</b>
1979!	Margie Foster
1979!	<b>Marcy Levine</b>
1980!	Ann Carr
1980!	Margie Foster
1980!	Marcy Levine
1980!	Ann McGeachy
1981!	<b>Heidi Anderson</b>
1982	Heidi Anderson
1994	Tracy Kerner
1997	Ellen Casey
1999	Ellen Casey
2000	Gemma Cuff
2005	Lisa Clark
2009	Brandi Personett
2010	Sharaya Musser
2010	Brandi Personett
2012	Sharaya Musser

## National Champion in Bold

^ - Regular Season All-America (Began 2013)  
! - AIAW

# CHAMPIONSHIP HISTORY

## BIG TEN AT THE NCAA CHAMPIONSHIPS

T	I	E	A	App.	School	Championship Years
0	8	6	2	21	Michigan	1982-93-94-95-96-97-98-99-00-01-02-03-04-05-06-07-08-10-11-13-14
0	5	3	2	22	Nebraska*	1982-83-87-88-89-90-95-96-97-99-00-01-02-03-04-05-06-07-10-11-12-14
0	1	1	0	17	Penn State*	1982-84-85-86-88-91-92-93-95-96-97-98-99-00-05-09-14
0	1	1	0	3	Minnesota	1997-02-13
0	0	0	0	7	Ohio State	1983-85-86-87-89-90-12
0	0	0	0	4	Illinois	2009-11-13-14
0	0	0	0	2	Iowa	2003-04
0	0	0	0	1	Michigan State	1988
0	0	0	0	0	Indiana (discontinued in 1983)	
0	0	0	0	0	Wisconsin (discontinued in 1991)	

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

\* - Includes appearances prior to joining the Big Ten



# REGIONAL FINISHES

## NCAA REGIONAL FINISHES

1975	Carbondale, Ill.	3rd
1976	Ithica, N.Y.	2nd
1977	Towson, Md.	2nd
1978	Pittsburgh, Pa.	1st
1979	College Park, Md.	1st
1980	University Park, Pa.	1st
1981	Pittsburgh, Pa.	1st
1982	Pittsburgh, Pa.	1st
1983	Morgantown, W.Va.	3rd
1984	University Park, Pa.	1st
1985	Pittsburgh, Pa.	2nd
1986	University Park, Pa.	1st
1987	Columbus, Ohio	2nd
1988	University Park, Pa.	1st
1989	University Park, Pa.	2nd
1990	Columbus, Ohio	2nd
1991	Durham, N.H.	1st
1992	University Park, Pa.	1st
1993	Columbus, Ohio	1st
1994	Kingston, R.I.	2nd
1995	Kent, Ohio	1st
1996	University Park, Pa.	1st
1997	Columbus, Ohio	1st
1998	Pittsburgh, Pa.	1st
1999	University Park, Pa.	1st
2000	University Park, Pa.	2nd
2001	Lincoln, Neb.	4th
2002	University Park, Pa.	5th
2003	Ann Arbor, Mich.	4th
2004	University Park, Pa.	4th
2005	Seattle, Wash.	2nd
2006	Baton Rouge, La.	3rd
2007	Denver, Colo.	3rd
2008	University Park, Pa.	3rd
2009	Raleigh, N.C.	2nd
2010	University Park, Pa.	3rd
2011	Tuscaloosa, Ala.	3rd
2012	Raleigh, N.C.	4th
2013	Norman, Okla.	4th
2014	University Park, Pa.	2nd

# REGIONAL CHAMPIONS

## 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

## 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

## 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 Cimochowski
1994	Tracy Kerner
1995	Tracy Kerner
1997	Missy Leopoldus
1999*	Ellen Casey
2005	Kristal Uzelac

## 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

## 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



**2014 GYMNASTICS CHAMPIONSHIPS**

NATIONAL COLLEGIATE • UNIVERSITY PARK, PENNSYLVANIA  
PENNSYLVANIA STATE UNIVERSITY, HOST





### TV/MEDIA ROSTER



**Taylor Alotta - So.**  
5-2 - All-Around  
New Tripolo, Pa.



**Lexi Carroll - Jr.**  
5-3 - All-Around  
Olney, Md.



**Hannah Kobman - So.**  
5-7 - UB, BB  
Cincinnati, Ohio



**Randi Lau - Jr.**  
5-0 - All-Around  
Honolulu, Hawaii



**Nicole Medvitz - Fr.**  
5-1 - All-Around  
Paramus, N.J.



**Lindsay Musgrove - Sr.**  
5-3 - All-Around  
New Tripolo, Pa.



**Samantha Musto - So.**  
5-2 - All-Around  
Hammonton, N.J.



**Christina Postiglione - Fr.**  
5-0 - All-Around  
Selden, N.Y.



**Sidney Sanabria-Robles - Jr.**  
5-1 - All-Around  
Caguas, Puerto Rico



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



**Savannah Soares - So.**  
5-6 - V, BB, FX  
Providence, R.I.



**Kassidy Stauder - Sr.**  
5-3 - All-Around  
Palmerston, Pa.



**Krystal Welsh - Jr.**  
5-7 - All-Around  
Bowie, Md.



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



**Jeff Thompson**  
Head Coach  
Fourth Season



**Rachelle Thompson**  
Asso. Head Coach  
Fourth Season



**Randy Monahan**  
Assistant Coach  
Sixth Season



**Whitney Bencsko**  
Vol. Asst. Coach  
First Season



## INDIVIDUAL SCHOOL RECORDS

### VAULT

1.	10.00	Brandi Personett	2/13/2010
		Brandi Personett	1/23/2010
		Katie Rowland	3/29/2003
		Katie Rowland	2/16/2003
5.	9.975	<b>Emma Sibson</b>	<b>3/8/2014</b>
		Sharaya Musser	3/7/2010
		Brandi Personett	2/2/2008
		Katie Rowland	3/8/2003
9.	9.950	<b>Emma Sibson</b>	<b>2/8/2014</b>
		Madison Merriam	3/16/2013
		Madison Merriam	2/16/2013
		Sharaya Musser	3/17/2012
		Sharaya Musser	3/2/2012
		Sharaya Musser	1/15/2012
		Sharaya Musser	2/11/2011
		Sharaya Musser	3/20/2010
		Brandi Personett	4/10/2010
		Brandi Personett	2/20/2010
		Brandi Personett	2/13/2009
		Brandi Personett	1/30/2009
		Brandi Personett	3/29/2008
		Brandi Personett	3/31/2007
		Jennifer Orlando	2/25/2006
		Lisa Clark	2/13/2005
		Lisa Clark	4/3/2004
		Katie Rowland	4/12/003
		Katie Rowland	2/7/2003
		Katie Rowland	1/11/2003
		Katie Rowland	3/23/2002
		Katie Rowland	3/9/2002
		Katie Rowland	2/15/2002
		Katie Rowland	3/10/2001
		Gemma Cuff	3/2/2000
		Gemma Cuff	2/28/1998
		Joanna Knox	3/25/1995

### UNEVEN BARS

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

### BALANCE BEAM

1.	10.00	Katie Rowland	3/14/2003
		Nikki Smith	3/18/2000
		Missy Leopoldus	2/19/1999
		Missy Leopoldus	1/30/1999
5.	9.975	Meredith Hoover	2/25/2006
		Richelle Simpson	2/17/2001
		Maria Taylor	2/17/2001
		Nikki Smith	1/22/2000
10.	9.950	<b>Kassidy Stauder</b>	<b>3/8/2014</b>
		Sharaya Musser	3/16/2013
		Sharaya Musser	2/11/2012
		Sharaya Musser	3/4/2011
		Brandi Personett	2/6/2010
		Kristal Uzelac	3/26/2005
		Katie Rowland	3/9/2002
		Nikki Smith	3/11/2000
		Nikki Smith	1/16/2000
		Missy Leopoldus	1999
		Missy Leopoldus	1/17/1998
		Nicole Malinak	2/28/1997

### FLOOR EXERCISE

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

### ALL-AROUND

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

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

## TEAM SCHOOL RECORDS

### VAULT

1.	49.500	Cornell, Iowa, Yale	1/23/2010
	49.500	at NCAA Regionals	4/3/2004
	49.500	at West Virginia w/ Rutgers	2/16/2003
4.	49.475	Kentucky	3/16/2013
	49.475	at West Virginia w/ Ball State	2/13/2005
6.	49.450	<b>at N.H. w/Bridgeport, G. Wash.</b>	<b>3/8/2014</b>
7.	49.425	Nebraska, Rutgers, Yale	2/10/2006
8.	49.400	at Pittsburgh	2/13/2010
9.	49.375	Nebraska	3/20/2010
10.	49.350	Florida, Temple, Yale	3/14/2003

### UNEVEN BARS

1.	49.500	Massachusetts	2/23/2001
2.	49.425	Nebraska	3/1/2003
3.	49.375	at Maryland Quad	2/18/2011
	49.375	at Arizona w/ Kentucky, TWU	3/16/2007
	49.375	at Rhode Island	2/17/2001
5.	49.350	Michigan State	2/23/2013
	49.350	Maryland	3/17/2012
	49.350	at Big Ten Championships	3/27/2010
	49.350	Illinois	2/6/2010
	49.350	at Pittsburgh	3/18/2006
	49.350	at New Hampshire	3/6/2004
	49.350	New Hampshire	1/20/2001
	49.350	NCAA Regionals	4/10/1999
	49.350	Alabama	2/19/1999

### BALANCE BEAM

1.	49.650	at Rhode Island	2/17/2001
2.	49.550	Big Ten Championships	3/18/2000
3.	49.425	Central Michigan	1/24/2004
4.	49.375	<b>at N.H. w/Bridgeport, G. Wash.</b>	<b>3/8/2014</b>
	49.375	at Pittsburgh	2/28/2004
	49.375	Pennsylvania Championships	2/28/1997
7.	49.350	Maryland, Michigan, Bridgeport	3/7/2010
	49.350	at Illinois	1/13/2001
9.	49.300	Kentucky	3/16/2013
	49.300	Massachusetts	2/23/2001

### FLOOR EXERCISE

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

### TEAM

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





## 2014 TOP INDIVIDUAL PERFORMANCES

<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>
Emma Sibson	9.975 3/8/14	Kassidy Stauder	9.950 3/8/14	Krystal Welsh	39.500 3/22/14
Krystal Welsh	9.900 3/22/14	Nicole Medvitz	9.875 3/22/14	Kassidy Stauder	39.475 3/8/14
Sidney Sanabria-Robles	9.900 4/5/14	Sidney Sanabria-Robles	9.875 3/15/14	Sidney Sanabria-Robles	39.425 2/15/14
Randi Lau	9.875 3/8/14	Randi Lau	9.875 3/8/14	Randi Lau	39.225 1/18/14
Kassidy Stauder	9.850 2/28/14	Krystal Welsh	9.850 3/22/14	Samantha Musto	38.050 1/5/14
Lindsay Musgrove	9.850 2/28/14	Emma Sibson	9.825 3/15/14		
<b>Uneven Bars</b>	<b>(Perret/Ettl, 9.975)</b>	<b>Floor Exercise</b>	<b>(Ellen Casey, 10.00)</b>		
Kassidy Stauder	9.925 2/28/14	Lindsay Musgrove	9.925 3/8/14		
Sidney Sanabria-Robles	9.875 3/22/14	Krystal Welsh	9.925 1/18/14		
Krystal Welsh	9.875 3/15/14	Sidney Sanabria-Robles	9.900 4/5/14		
Alex Witt	9.875 2/28/14	Randi Lau	9.900 4/5/14		
Nicole Medvitz	9.850 3/22/14	Emma Sibson	9.900 3/22/14		
Samantha Musto	9.850 2/28/14	Kassidy Stauder	9.875 4/5/14		

## 2014 TOP TEAM PERFORMANCES

<b>Vault</b>	<b>(2003, 04, 10, 49.500)</b>	<b>Balance Beam</b>	<b>(2001, 49.650)</b>	<b>Team Score</b>	<b>(2001, 197.450)</b>
at UNH w/ Bridgeport, G. Wash.	49.450 3/8/14	at UNH w/ Bridgeport, G. Wash.	49.375 3/8/14	at UNH w/ Bridgeport, G. Wash.	197.200 3/8/14
Bridgeport, W. Michigan, Yale	49.325 2/28/14	at Michigan w/ Iowa, Minnesota	49.225 3/15/14	NCAA Regional	196.725 4/5/14
NCAA Regional	49.300 4/5/14	Illinois	49.175 2/15/14	Illinois	196.675 2/15/14
Big Ten Championships	49.250 3/22/14	Bridgeport, W. Michigan, Yale	49.075 2/28/14	Bridgeport, W. Michigan, Yale	196.600 2/28/14
at Rutgers w/ Temple, Ursinus	49.175 2/22/14	Nebraska	49.025 2/8/14	Big Ten Championships	196.475 3/22/14
				at Michigan w/ Iowa, Minnesota	196.475 3/15/14
<b>Uneven Bars</b>	<b>(2001, 49.500)</b>	<b>Floor Exercise</b>	<b>(2001, 49.725)</b>		
Big Ten Championships	49.300 3/22/14	NCAA Regional	49.425 4/5/14		
Bridgeport, W. Michigan, Yale	49.325 2/28/14	Big Ten Championships	49.425 3/22/14		
Cornell, Southeast Missouri, UIC	49.175 1/18/14	Cornell, Southeast Missouri, UIC	49.400 1/18/14		
Illinois	49.125 2/15/14	Illinois	49.375 2/15/14		
at Michigan w/ Iowa, Minnesota	49.100 3/15/14	at UNH w/ Bridgeport, G. Wash.	49.350 3/8/14		
		at Rutgers w/ Temple, Ursinus	49.200 2/22/14		

## 2014 SCHEDULE/RESULTS

<b>Date</b>	<b>Opponent</b>	<b>Time/Result</b>	<b>Record</b>
1/5	at Iowa State (1/5)	W, 193.925-193.550	1-0
1/10	at No. 21 Kentucky w/ Ball State & West Virginia (1/10)	2nd of 4 (193.975 pts)	3-1
<b>1/29</b>	<b>CORNELL, SOUTHEAST MISSOURI STATE, UIC (1/29)</b>	<b>1st of 4 (196.025 pts)</b>	<b>6-1</b>
1/25	at Michigan State* (1/25)	W, 194.825-192.750	7-1
2/1	at No. 21 Ohio State* (2/1)	W, 196.150-195.625	8-1
<b>2/8</b>	<b>No. 8 NEBRASKA* (2/8)</b>	<b>L, 196.150-197.225</b>	<b>8-2</b>
<b>2/15</b>	<b>No. 15 ILLINOIS* (2/15)</b>	<b>W, 196.675-196.500</b>	<b>9-2</b>
2/22	at Rutgers w/ Temple & Ursinus (2/22)	1st of 4 (195.825 pts)	12-2
<b>2/28</b>	<b>BRIDGEPORT, WESTERN MICHIGAN, YALE (2/28)</b>	<b>1st of 4 (196.600 pts)</b>	<b>15-2</b>
3/8	at New Hampshire w/ Bridgeport & George Washington (3/8)	1st of 4 (197.200 pts)	18-2
3/15	at No. 8 Michigan* w/ Iowa* & No. 13 Minnesota* (3/15)	2nd of 4 (196.475 pts)	20-3
<b>3/22</b>	<b>BIG TEN CHAMPIONSHIPS (3/22)</b>	<b>5th of 8 (196.475 pts)</b>	--
<b>4/5</b>	<b>NCAA REGIONALS (4/5)</b>	<b>2nd of 6 (196.725 pts)</b>	--
4/18-20	at NCAA Championships (4/18-20)	--	--

HOME MEETS IN BOLD CAPS All Times Eastern \* - Big Ten Competition

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



## 2014 MEET-BY-MEET TEAM EVENT SCORES

Date	Event Order	V	UB	BB	FX	TEAM
at Iowa State (1/5)	UB, V, FX, BB	48.625	48.225	48.475	48.600	193.925
at No. 21 Kentucky w/ Ball State & West Virginia (1/10)	UB, BB, FX, V	48.475	48.750	47.675	48.950	193.975
<b>CORNELL, SOUTHEAST MISSOURI STATE, UIC (1/29)</b>	<b>V, UB, BB, FX</b>	49.075	49.175	48.375	49.400	196.025
at Michigan State (1/25)	UB, V, FX, BB	49.000	48.800	48.200	48.825	194.825
at No. 21 Ohio State (2/1)	UB, V, FX, BB	49.075	49.075	48.950	49.050	196.150
<b>No. 8 NEBRASKA (2/8)</b>	<b>V, UB, BB, FX</b>	49.150	48.925	49.025	49.050	196.150
<b>No. 15 ILLINOIS (2/15)</b>	<b>V, UB, BB, FX</b>	49.000	49.125	49.175	49.375	196.675
at Rutgers w/ Temple & Ursinus (2/22)	BB, FX, V, UB	49.175	48.600	48.850	49.200	195.825
<b>BRIDGEPORT, WESTERN MICHIGAN, YALE (2/28)</b>	<b>V, UB, BB, FX</b>	49.325	49.225	49.075	48.975	196.600
at New Hampshire w/ Bridgeport & George Washington (3/8)	UB, BB, FX, V	<b>49.450</b>	49.025	<b>49.375</b>	49.350	<b>197.200</b>
at No. 8 Michigan w/ Iowa & No. 13 Minnesota (3/15)	BB, FX, V, UB	49.025	49.100	49.225	49.125	196.475
at Big Ten Championships (3/22)	FX, V, UB, BB	49.250	<b>49.300</b>	48.500	<b>49.425</b>	196.475
at NCAA Regionals (4/5)	V, Bye, UB, BB, Bye, FX	49.300	49.050	48.950	<b>49.425</b>	196.725
at NCAA Championships (4/18-20)	Bye, FX, V, Bye, UB, BB	--	--	--	--	--

### SEASON HIGH IN BOLD

## 2014 TOP TEN INDIVIDUAL PERFORMANCES

Vault (Rowland/Personett, 10.00)				Balance Beam (Rowland/Smith, 10.00)				All Around (Rowland, 39.775)			
1.	Emma Sibson	9.975	3/8/14	1.	Kassidy Stauder	9.950	3/8/14	1.	Krystal Welsh	39.500	3/22/14
2.	Emma Sibson	9.950	2/8/14	2.	Kassidy Stauder	9.925	2/8/14	2.	Kassidy Stauder	39.475	3/8/14
3.	Sidney Sanabria-Robles	9.900	4/5/14	3.	Kassidy Stauder	9.900	3/15/14	3.	Kassidy Stauder	39.425	2/28/14
	Emma Sibson	9.900	4/5/14		Kassidy Stauder	9.900	1/18/14		Sidney Sanabria-Robles	39.425	2/15/14
	Emma Sibson	9.900	3/22/14	5.	Nicole Medvitz	9.875	3/22/14	5.	Kassidy Stauder	39.400	2/15/14
	Krystal Welsh	9.900	3/22/14		Kassidy Stauder	9.875	3/22/14	6.	Sidney Sanabria-Robles	39.375	4/5/14
	Sidney Sanabria-Robles	9.900	3/8/14		Sidney Sanabria-Robles	9.875	3/15/14	7.	Kassidy Stauder	39.350	2/8/14
	Sidney Sanabria-Robles	9.900	2/22/14		Randi Lau	9.875	3/8/14	8.	Kassidy Stauder	39.325	4/5/14
9.	Randi Lau	9.875	3/8/14		Nicole Medvitz	9.875	3/8/14		Sidney Sanabria-Robles	39.325	3/8/14
	Krystal Welsh	9.875	3/8/14		Sidney Sanabria-Robles	9.875	3/8/14		Krystal Welsh	39.325	2/22/14
	Sidney Sanabria-Robles	9.875	2/28/14		Kassidy Stauder	9.875	2/15/14	11.	Kassidy Stauder	39.300	2/22/14
	Emma Sibson	9.875	2/28/14		Kassidy Stauder	9.875	2/1/14	12.	Kassidy Stauder	39.275	3/15/14
	Krystal Welsh	9.875	2/28/14		Kassidy Stauder	9.875	1/25/14		Krystal Welsh	39.275	3/15/14
	Krystal Welsh	9.875	2/22/14	14.	Krystal Welsh	9.850	3/22/14		Krystal Welsh	39.275	2/15/14
	Sidney Sanabria-Robles	9.875	2/15/14		Nicole Medvitz	9.850	2/28/14		Sidney Sanabria-Robles	39.275	2/1/14
	Krystal Welsh	9.875	2/8/14		Kassidy Stauder	9.850	2/28/14		Kassidy Stauder	39.275	1/18/14
					Nicole Medvitz	9.850	2/15/14				
					Sidney Sanabria-Robles	9.850	2/15/14				
					Sidney Sanabria-Robles	9.850	2/1/14				
Uneven Bars (Perret/Ettl, 9.975)				Floor Exercise (Ellen Casey, 10.00)							
1.	Kassidy Stauder	9.925	2/28/14	1.	Lindsay Musgrove	9.925	3/8/14				
2.	Kassidy Stauder	9.900	3/22/14		Krystal Welsh	9.925	1/18/14				
	Kassidy Stauder	9.900	3/15/14	3.	Randi Lau	9.900	4/5/14				
	Kassidy Stauder	9.900	2/8/14		Lindsay Musgrove	9.900	4/5/14				
5.	Kassidy Stauder	9.875	4/5/14		Sidney Sanabria-Robles	9.900	4/5/14				
	Sidney Sanabria-Robles	9.875	3/22/14		Lindsay Musgrove	9.900	3/22/14				
	Krystal Welsh	9.875	3/15/14		Emma Sibson	9.900	3/22/14				
	Alex Witt	9.875	2/28/14		Krystal Welsh	9.900	3/22/14				
	Kassidy Stauder	9.875	2/15/14		Emma Sibson	9.900	3/8/14				
	Kassidy Stauder	9.875	1/18/14		Krystal Welsh	9.900	2/15/14				
11.	Alex Witt	9.850	4/5/14		Lindsay Musgrove	9.900	1/18/14				
	Nicole Medvitz	9.850	3/22/14	12.	Kassidy Stauder	9.875	4/5/14				
	Krystal Welsh	9.850	3/22/14		Kassidy Stauder	9.875	3/22/14				
	Nicole Medvitz	9.850	3/8/14		Randi Lau	9.875	3/8/14				
	Kassidy Stauder	9.850	3/8/14		Randi Lau	9.875	2/15/14				
	Samantha Musto	9.850	2/28/14		Lindsay Musgrove	9.875	2/15/14				
	Kassidy Stauder	9.850	2/22/14		Kassidy Stauder	9.875	2/15/14				
	Krystal Welsh	9.850	2/22/14		Randi Lau	9.875	1/18/14				
	Krystal Welsh	9.850	2/15/14								
	Kassidy Stauder	9.850	2/1/14								
	Krystal Welsh	9.850	2/1/14								
	Nicole Medvitz	9.850	1/18/14								
	Sidney Sanabria-Robles	9.850	1/18/14								

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score





<u>Taylor Alotta</u>	<u>So.</u>	<u>Randi Lau</u>	<u>Jr.</u>	<u>Nicole Medvitz</u>	<u>Fr.</u>
<b>Floor Exercise</b> (9.850, 3/9/13) <i>Has Not Competed in 2014</i>		<b>All-Around</b> (39.225, 1/18/14) Cornell, Southeast Missouri, UIC (1/18) 39.225 (2) Illinois (2/15) 39.157 Nebraska (2/8) 39.100 at Ohio State (2/1) 39.000 at Michigan State (1/25) 38.975 (3) at Kentucky w/ Ball State, West Virginia (1/10) 38.850 (4) at Iowa State (1/5) 38.825 (T2) at Michigan w/ Iowa, Minnesota (3/15) 38.350 at Rutgers w/ Temple, Ursinus (2/22) 38.225		<b>Uneven Bars</b> (9.850, 3/22/14) Big Ten Championships (3/22) 9.850 at N.H. w/ Bridgeport, G. Wash (3/8) 9.850 (T1) Cornell, Southeast Missouri, UIC (1/18) 9.850 (T2) Illinois (2/15) 9.775 at Ohio State (2/1) 9.775 Bridgeport, W. Michigan, Yale (2/28) 9.750 Nebraska (2/8) 9.725 at Rutgers w/ Temple, Ursinus (2/22) 9.700 at Michigan State (1/25) 9.675 at Kentucky w/ Ball State, West Virginia (1/10) 9.675 NCAA Regional (4/5) 8.900 at Iowa State (1/5) 7.650	
<b>Lexi Carroll</b>	<b>Jr.</b>	<b>Vault</b> (*9.925, 3/8/13) at N.H. w/ Bridgeport, G. Wash (3/8) 9.875 (T4) NCAA Regional (4/5) 9.850 at Rutgers w/ Temple, Ursinus (2/22) 9.850 (3) at Ohio State (2/1) 9.850 (2) Big Ten Championships (3/22) 9.825 at Iowa State (1/5) 9.825 (1) at Michigan State (1/25) 9.800 at Michigan w/ Iowa, Minnesota (3/15) 9.775 Nebraska (2/8) 9.775 Cornell, Southeast Missouri, UIC (1/18) 9.775 Illinois (2/15) 9.750 at Kentucky w/ Ball State, West Virginia (1/10) 9.675		<b>Balance Beam</b> (9.875, 3/22/14) Big Ten Championships (3/22) 9.875 (T4) at N.H. w/ Bridgeport, G. Wash (3/8) 9.875 (T4) Bridgeport, W. Michigan, Yale (2/28) 9.850 (T1) Illinois (2/15) 9.850 (T3) at Michigan w/ Iowa, Minnesota (3/15) 9.825 at Rutgers w/ Temple, Ursinus (2/22) 9.825 (2) Nebraska (2/8) 9.825 Cornell, Southeast Missouri, UIC (1/18) 9.775 (T3) NCAA Regional (4/5) 9.750 at Iowa State (1/5) 9.750 (T3) at Michigan State (1/25) 9.725 at Ohio State (2/1) 9.700 at Kentucky w/ Ball State, West Virginia (1/10) 9.125	
<b>All-Around</b> (38.850, 1/26/13) <i>Has Not Competed in 2014</i>		<b>Uneven Bars</b> (*9.825, 3/16/12) at Ohio State (2/1) 9.775 Cornell, Southeast Missouri, UIC (1/18) 9.775 Illinois (2/15) 9.750 Nebraska (2/8) 9.750 at Kentucky w/ Ball State, West Virginia (1/10) 9.725 at Michigan State (1/25) 9.675 at Iowa State (1/5) 9.525 at Michigan w/ Iowa, Minnesota (3/15) 8.950 at Rutgers w/ Temple, Ursinus (2/22) 8.750		<b>Lindsay Musgrove</b>	<b>Sr.</b>
<b>Vault</b> (9.875, 3/2/13) <i>Has Not Competed in 2014</i>		<b>Balance Beam</b> (9.875, 3/8/14) at N.H. w/ Bridgeport, G. Wash (3/8) 9.875 (T4) NCAA Regional (4/5) 9.800 at Michigan w/ Iowa, Minnesota (3/15) 9.800 Illinois (2/15) 9.800 Cornell, Southeast Missouri, UIC (1/18) 9.800 (2) at Rutgers w/ Temple, Ursinus (2/22) 9.775 (T5) Nebraska (2/8) 9.750 at Michigan State (1/25) 9.725 at Iowa State (1/5) 9.725 at Kentucky w/ Ball State, West Virginia (1/10) 9.625 at Ohio State (2/1) 9.600 Big Ten Championships (3/22) 8.750		<b>Vault</b> (9.875, 4/6/13) Bridgeport, W. Michigan, Yale (2/28) 9.850 (T4) NCAA Regional (4/5) 9.825 at Michigan State (1/25) 9.825 (T2) Cornell, Southeast Missouri, UIC (1/18) 9.825 (T2) at Michigan w/ Iowa, Minnesota (3/15) 9.800 at N.H. w/ Bridgeport, G. Wash (3/8) 9.800 at Ohio State (2/1) 9.775 Big Ten Championships (3/22) 9.750 at Rutgers w/ Temple, Ursinus (2/22) 9.750 Illinois (2/15) 9.750 Nebraska (2/8) 9.725 at Kentucky w/ Ball State, West Virginia (1/10) 9.725 at Iowa State (1/5) 9.650	
<b>Uneven Bars</b> (9.775, 1/19/13) <i>Has Not Competed in 2014</i>		<b>Floor Exercise</b> (9.900, 4/5/14) NCAA Regional (4/5) 9.900 (T4) at N.H. w/ Bridgeport, G. Wash (3/8) 9.875 (T3) Illinois (2/15) 9.875 (T3) Cornell, Southeast Missouri, UIC (1/18) 9.875 (3) Big Ten Championships (3/22) 9.850 at Rutgers w/ Temple, Ursinus (2/22) 9.850 (T2) at Michigan w/ Iowa, Minnesota (3/15) 9.825 Nebraska (2/8) 9.825 at Kentucky w/ Ball State, West Virginia (1/10) 9.825 (T1) at Ohio State (2/1) 9.775 at Michigan State (1/25) 9.775 at Iowa State (1/5) 9.750		<b>Balance Beam</b> (9.625, 3/2/12) <i>Has Not Competed in 2014</i>	
<b>Balance Beam</b> (9.850, 3/16/13) Illinois (2/15) ^ 9.800 Bridgeport, W. Michigan, Yale (2/28) 9.750				<b>Balance Beam</b> (9.925, 3/8/14) at N.H. w/ Bridgeport, G. Wash (3/8) 9.925 (1) NCAA Regional (4/5) 9.900 (T4) Big Ten Championships (3/22) 9.900 Cornell, Southeast Missouri, UIC (1/18) 9.900 (2) Illinois (2/15) 9.875 (T3) at Michigan w/ Iowa, Minnesota (3/15) 9.850 Bridgeport, W. Michigan, Yale (2/28) 9.850 (1) Nebraska (2/8) 9.850 at Ohio State (2/1) 9.850 (T2) at Rutgers w/ Temple, Ursinus (2/22) 9.825 at Kentucky w/ Ball State, West Virginia (1/10) 9.750 at Iowa State (1/5) 9.750 at Michigan State (1/25) 9.700	
<b>Floor Exercise</b> (9.925, 3/9/13) Bridgeport, W. Michigan, Yale (2/28) 9.750 at Rutgers w/ Temple, Ursinus (2/22) ^ 9.750 Illinois (2/15) ^ 9.500					
<b>Hannah Kobman</b>	<b>So.</b>				
<i>Has Not Competed in 2014</i>					

\* - Set while at LSU

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

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



<b>Samantha Musto</b>	<b>So.</b>
<b>All Around</b> (39.025, 1/12/13)	
at Iowa State (1/5)	38.050
<b>Vault</b> (9.875, 3/16/13)	
Cornell, Southeast Missouri, UIC (1/18)	^ 9.675
at Iowa State (1/5)	9.200
at Michigan State (1/25)	^ 9.000
<b>Uneven Bars</b> (9.900, 2/16/13)	
Bridgeport, W. Michigan, Yale (2/28)	9.850 (3)
Big Ten Championships (3/22)	9.825
NCAA Regional (4/5)	9.775
at Michigan w/ Iowa, Minnesota (3/15)	9.775
Illinois (2/15)	9.775
Cornell, Southeast Missouri, UIC (1/18)	9.775
Nebraska (2/8)	9.750
at Michigan State (1/25)	9.750
at Ohio State (2/1)	9.675
at Rutgers w/ Ball State, West Virginia (1/10)	9.650
at Iowa State (1/5)	9.625
at Rutgers w/ Temple, Ursinus (2/22)	9.400
at N.H. w/ Bridgeport, G. Wash (3/8)	9.050
<b>Balance Beam</b> (9.850, 1/19/13)	
Cornell, Southeast Missouri, UIC (1/18)	9.700
at Iowa State (1/5)	9.575
at Kentucky w/ Ball State, West Virginia (1/10)	9.050
at Michigan State (1/25)	8.650
<b>Floor Exercise</b> (9.850, 1/18/14)	
Cornell, Southeast Missouri, UIC (1/18)	9.850 (T4)
at Kentucky w/ Ball State, West Virginia (1/10)	9.750
at Iowa State (1/5)	9.650
at Michigan State (1/25)	9.250
<b>Tina Postiglione</b>	<b>Fr.</b>
<b>Balance Beam</b> (9.750 ^, 2/8/14)	
Nebraska (2/8)	^ 9.750
at Ohio State (2/1)	^ 9.750
Cornell, Southeast Missouri, UIC (1/18)	^ 9.600

<b>Sidney Sanabria-Robles</b>	<b>Jr.</b>
<b>All Around</b> (39.425, 2/15/14)	
Illinois (2/15)	39.425 (1)
NCAA Regional (4/5)	39.375 (3)
Big Ten Championships (3/22)	39.350
at N.H. w/ Bridgeport, G. Wash (3/8)	39.325 (2)
at Ohio State (2/1)	39.275 (2)
at Michigan w/ Iowa, Minnesota (3/15)	39.225 (5)
Bridgeport, W. Michigan, Yale (2/28)	39.225 (2)
at Rutgers w/ Temple, Ursinus (2/22)	39.225 (4)
at Michigan State (1/25)	39.125 (2)
at Iowa State (1/5)	38.825 (T2)
Cornell, Southeast Missouri, UIC (1/18)	38.725
at Kentucky w/ Ball State, West Virginia (1/10)	38.750
Nebraska (2/8)	38.525
<b>Vault</b> (9.900, 4/5/14)	
NCAA Regional (4/5)	9.900 (T3)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.900 (3)
at Rutgers w/ Temple, Ursinus (2/22)	9.900 (1)
Bridgeport, W. Michigan, Yale (2/28)	9.875 (T1)
Illinois (2/15)	9.875 (1)
Big Ten Championships (3/22)	9.850
at Michigan State (1/25)	9.825 (T2)
Cornell, Southeast Missouri, UIC (1/18)	9.825 (T2)
at Michigan w/ Iowa, Minnesota (3/15)	9.800
Nebraska (2/8)	9.800
at Ohio State (2/1)	9.800
at Iowa State (1/5)	9.750 (2)
at Kentucky w/ Ball State, West Virginia (1/10)	9.500
<b>Uneven Bars</b> (9.875, 3/22/14)	
Big Ten Championships (3/22)	9.875
Illinois (2/15)	9.850 (T3)
Cornell, Southeast Missouri, UIC (1/18)	9.850 (T2)
at Ohio State (2/1)	9.825
NCAA Regional (4/5)	9.800
at Rutgers w/ Temple, Ursinus (2/22)	9.800 (4)
at Michigan w/ Iowa, Minnesota (3/15)	9.775
Bridgeport, W. Michigan, Yale (2/28)	9.775 (T5)
at Michigan State (1/25)	9.775 (T2)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.750
at Kentucky w/ Ball State, West Virginia (1/10)	9.750
at Iowa State (1/5)	9.650
Nebraska (2/8)	9.100
<b>Balance Beam</b> (9.875, 3/15/14)	
at Michigan w/ Iowa, Minnesota (3/15)	9.875
at N.H. w/ Bridgeport, G. Wash (3/8)	9.875 (T4)
Illinois (2/15)	9.850 (T3)
at Ohio State (2/1)	9.850 (3)
Big Ten Championships (3/22)	9.825
Bridgeport, W. Michigan, Yale (2/28)	9.800 (T4)
Nebraska (2/8)	9.800
at Michigan State (1/25)	9.800 (2)
NCAA Regional (4/5)	9.775
at Rutgers w/ Temple, Ursinus (2/22)	9.700
at Iowa State (1/5)	9.700
at Kentucky w/ Ball State, West Virginia (1/10)	9.675
Cornell, Southeast Missouri, UIC (1/18)	9.200
<b>Floor Exercise</b> (9.900, 4/5/14)	
NCAA Regional (4/5)	9.900 (T4)
Illinois (2/15)	9.850
Cornell, Southeast Missouri, UIC (1/18)	9.850 (T4)
at Rutgers w/ Temple, Ursinus (2/22)	9.825
Nebraska (2/8)	9.825
at Kentucky w/ Ball State, West Virginia (1/10)	9.825 (T1)
Big Ten Championships (3/22)	9.800
at N.H. w/ Bridgeport, G. Wash (3/8)	9.800
at Ohio State (2/1)	9.800
at Michigan w/ Iowa, Minnesota (3/15)	9.775
Bridgeport, W. Michigan, Yale (2/28)	9.775 (T5)
at Michigan State (1/25)	9.725
at Iowa State (1/5)	9.725

<b>Emma Sibson</b>	<b>Fr.</b>
<b>Vault</b> (9.975, 3/8/14)	
at N.H. w/ Bridgeport, G. Wash (3/8)	9.975 (1)
Nebraska (2/8)	9.950 (T1)
NCAA Regional (4/5)	9.900 (T3)
Big Ten Championships (3/22)	9.900 (T5)
Bridgeport, W. Michigan, Yale (2/28)	9.875 (T1)
Illinois (2/15)	9.850 (T2)
Cornell, Southeast Missouri, UIC (1/18)	9.850 (1)
at Michigan w/ Iowa, Minnesota (3/15)	9.825 (T5)
at Ohio State (2/1)	9.825 (T3)
at Rutgers w/ Temple, Ursinus (2/22)	9.725
at Michigan State (1/25)	9.725
at Kentucky w/ Ball State, West Virginia (1/10)	9.725
at Iowa State (1/5)	9.725 (3)
<b>Balance Beam</b> (9.825, 4/5/14)	
NCAA Regional (4/5)	9.825 (T5)
at Michigan w/ Iowa, Minnesota (3/15)	9.825
Bridgeport, W. Michigan, Yale (2/28)	9.825 (3)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.800
Illinois (2/15)	9.800
at Ohio State (2/1)	9.800
at Michigan State (1/25)	^ 9.625
at Rutgers w/ Temple, Ursinus (2/22)	9.500
Nebraska (2/8)	9.125
Big Ten Championships (3/22)	9.075
<b>Floor Exercise</b> (9.900, 3/22/14)	
Big Ten Championships (3/22)	9.900
at N.H. w/ Bridgeport, G. Wash (3/8)	9.900 (2)
NCAA Regional (4/5)	9.850
Illinois (2/15)	9.850
Cornell, Southeast Missouri, UIC (1/18)	^ 9.850
at Michigan w/ Iowa, Minnesota (3/15)	9.825
at Rutgers w/ Temple, Ursinus (2/22)	9.800
at Michigan State (1/25)	9.800
at Ohio State (2/1)	9.775
Bridgeport, W. Michigan, Yale (2/28)	9.725
Nebraska (2/8)	9.550
<b>Savannah Soares</b>	<b>So.</b>

Has Not Competed in 2014

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score



<b>Kassidy Stauder</b>	<b>Sr.</b>
<b>All Around</b>	<b>(39.475, 3/8/14)</b>
at N.H. w/ Bridgeport, G. Wash (3/8)	39.475 (1)
Big Ten Championships (3/22)	39.425 (T5)
Bridgeport, W. Michigan, Yale (2/28)	39.425 (1)
Illinois (2/15)	39.400 (2)
Nebraska (2/8)	39.350 (3)
NCAA Regional (4/5)	39.325 (5)
at Rutgers w/ Temple, Ursinus (2/22)	39.300 (3)
at Michigan w/ Iowa, Minnesota (3/15)	39.275 (T3)
Cornell, Southeast Missouri, UIC (1/18)	39.275 (1)
at Ohio State (2/1)	39.250 (T3)
at Kentucky w/ Ball State, West Virginia (1/10)	38.925 (T2)
<b>Vault</b>	<b>(9.850, 2/28/14)</b>
Bridgeport, W. Michigan, Yale (2/28)	9.850 (T4)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.825
NCAA Regional (4/5)	9.800
at Rutgers w/ Temple, Ursinus (2/22)	9.800 (T5)
Big Ten Championships (3/22)	9.775
Illinois (2/15)	9.775
Nebraska (2/8)	9.750
at Ohio State (2/1)	9.750
at Michigan w/ Iowa, Minnesota (3/15)	9.725
Cornell, Southeast Missouri, UIC (1/18)	9.725
at Kentucky w/ Ball State, West Virginia (1/10)	9.625
at Michigan State (1/25)	9.600
<b>Uneven Bars</b>	<b>(9.925, 2/28/14)</b>
Bridgeport, W. Michigan, Yale (2/28)	9.925 (1)
Big Ten Championships (3/22)	9.900 (T2)
at Michigan w/ Iowa, Minnesota (3/15)	9.900 (T2)
Nebraska (2/8)	9.900 (T1)
NCAA Regional (4/5)	9.875 (T5)
Illinois (2/15)	9.875 (2)
Cornell, Southeast Missouri, UIC (1/18)	9.875 (1)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.850 (T1)
at Rutgers w/ Temple, Ursinus (2/22)	9.850 (T1)
at Ohio State (2/1)	9.850 (T1)
at Michigan State (1/25)	9.825 (1)
at Kentucky w/ Ball State, West Virginia (1/10)	9.800 (T4)
at Iowa State (1/5)	9.750 (3)
<b>Balance Beam</b>	<b>(9.950, 3/8/14)</b>
at N.H. w/ Bridgeport, G. Wash (3/8)	9.950 (1)
Nebraska (2/8)	9.925 (T1)
at Michigan w/ Iowa, Minnesota (3/15)	9.900 (T2)
Cornell, Southeast Missouri, UIC (1/18)	9.900 (1)
Big Ten Championships (3/22)	9.875 (T4)
Illinois (2/15)	9.875 (2)
at Ohio State (2/1)	9.875 (T1)
at Michigan State (1/25)	9.875 (1)
Bridgeport, W. Michigan, Yale (2/28)	9.850 (T1)
at Rutgers w/ Temple, Ursinus (2/22)	9.800 (3)
NCAA Regional (4/5)	9.775
at Kentucky w/ Ball State, West Virginia (1/10)	9.725 (T4)
at Iowa State (1/5)	9.725
<b>Floor Exercise</b>	<b>(9.875, 4/5/14)</b>
NCAA Regional (4/5)	9.875
Big Ten Championships (3/22)	9.875
Illinois (2/15)	9.875 (T3)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.850 (T5)
at Rutgers w/ Temple, Ursinus (2/22)	9.850 (T2)
Bridgeport, W. Michigan, Yale (2/28)	9.800 (T2)
Nebraska (2/8)	9.775
at Ohio State (2/1)	9.775
Cornell, Southeast Missouri, UIC (1/18)	9.775
at Kentucky w/ Ball State, West Virginia (1/10)	9.775
at Michigan w/ Iowa, Minnesota (3/15)	9.750
at Iowa State (1/5)	9.475

<b>Krystal Welsh</b>	<b>Jr.</b>
<b>All Around</b>	<b>(39.500, 3/22/14)</b>
Big Ten Championships (3/22)	39.500 (4)
at Rutgers w/ Temple, Ursinus (2/22)	39.325 (2)
at Michigan w/ Iowa, Minnesota (3/15)	39.275 (T3)
Illinois (2/15)	39.275 (3)
at Ohio State (2/1)	39.250 (T3)
NCAA Regional (4/5)	39.200
Bridgeport, W. Michigan, Yale (2/28)	39.200 (3)
at N.H. w/ Bridgeport, G. Wash (3/8)	39.175 (3)
Nebraska (2/8)	39.175
at Kentucky w/ Ball State, West Virginia (1/10)	38.925 (T2)
Cornell, Southeast Missouri, UIC (1/18)	38.675
at Iowa State (1/5)	38.525
at Michigan State (1/25)	38.500
<b>Vault</b>	<b>(9.900, 3/22/14)</b>
Big Ten Championships (3/22)	9.900 (T5)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.875 (T4)
Bridgeport, W. Michigan, Yale (2/28)	9.875 (T1)
at Rutgers w/ Temple, Ursinus (2/22)	9.875 (2)
Nebraska (2/8)	9.875
NCAA Regional (4/5)	9.825
at Michigan w/ Iowa, Minnesota (3/15)	9.825 (T5)
at Ohio State (2/1)	9.825 (T3)
at Michigan State (1/25)	9.825 (T2)
Cornell, Southeast Missouri, UIC (1/18)	9.800 (T5)
Illinois (2/15)	9.750
at Kentucky w/ Ball State, West Virginia (1/10)	9.725
at Iowa State (1/5)	9.675
<b>Uneven Bars</b>	<b>(9.875, 3/15/14)</b>
at Michigan w/ Iowa, Minnesota (3/15)	9.875 (T5)
Big Ten Championships (3/22)	9.850
at Rutgers w/ Temple, Ursinus (2/22)	9.850 (T1)
Illinois (2/15)	9.850 (T3)
at Ohio State (2/1)	9.850 (T1)
Cornell, Southeast Missouri, UIC (1/18)	9.825 (T4)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.800
Bridgeport, W. Michigan, Yale (2/28)	9.800 (4)
Nebraska (2/8)	9.800
at Kentucky w/ Ball State, West Virginia (1/10)	9.800 (T4)
at Michigan State (1/25)	9.775 (T2)
NCAA Regional (4/5)	9.750
at Iowa State (1/5)	9.675
<b>Balance Beam</b>	<b>(9.850, 3/22/14)</b>
Big Ten Championships (3/22)	9.850
NCAA Regional (4/5)	9.775
Illinois (2/15)	9.775
at Rutgers w/ Temple, Ursinus (2/22)	9.750
at Michigan w/ Iowa, Minnesota (3/15)	9.725
Bridgeport, W. Michigan, Yale (2/28)	9.725
Nebraska (2/8)	9.725
at Ohio State (2/1)	9.725
at N.H. w/ Bridgeport, G. Wash (3/8)	9.700
at Kentucky w/ Ball State, West Virginia (1/10)	9.675
at Iowa State (1/5)	9.450
Cornell, Southeast Missouri, UIC (1/18)	9.125
at Michigan State (1/25)	9.075
<b>Floor Exercise</b>	<b>(9.925, 1/18/14)</b>
Cornell, Southeast Missouri, UIC (1/18)	9.925 (1)
Big Ten Championships (3/22)	9.900
Illinois (2/15)	9.900 (T1)
NCAA Regional (4/5)	9.850
at Michigan w/ Iowa, Minnesota (3/15)	9.850
at Rutgers w/ Temple, Ursinus (2/22)	9.850 (T2)
at Ohio State (2/1)	9.850 (T2)
at Michigan State (1/25)	9.825 (3)
at N.H. w/ Bridgeport, G. Wash (3/8)	9.800
Bridgeport, W. Michigan, Yale (2/28)	9.800 (T2)
Nebraska (2/8)	9.775
at Kentucky w/ Ball State, West Virginia (1/10)	9.725
at Iowa State (1/5)	9.725

<b>Alex Witt</b>	<b>Jr.</b>
<b>Vault</b>	<b>(9.800, 3/2/12)</b>
<i>Has Not Competed in 2014</i>	
<b>Uneven Bars</b>	<b>(9.875, 2/28/14)</b>
Bridgeport, W. Michigan, Yale (2/28)	9.875 (2)
NCAA Regional (4/5)	9.850
Big Ten Championships (3/22)	9.800
at Michigan w/ Iowa, Minnesota (3/15)	9.775
at N.H. w/ Bridgeport, G. Wash (3/8)	9.775

\* - School Record

# - NCAA Record

\$ - Big Ten Record

^ - Exhibition Score





## LEXICARROLL

All-Around

Olney, Md.

## JUNIOR

Hills Gymnastics

### MEETS COMPETED

	V	UB	BB	FX	AA
2014	--/13	--/13	1/13	1/13	--/13
2013	12/13	5/13	12/13	13/13	4/13
2012	9/13	--/13	--/13	7/13	--/13
<b>Career</b>	<b>21/39</b>	<b>5/39</b>	<b>13/39</b>	<b>21/39</b>	<b>4/39</b>

### 2014 Averages

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

### 2014 (Junior Year)

Competed one if the team's 12 meets...Also contributed exhibition performances in two meets... Missed 11 meets due to two separate injuries...Did not compete in the team's six meets due to a finger injury and missed the final five meets with an Achilles injury...Made touches on the balance beam and floor exercise...Returned from a finger injury to post an exhibition score of 9.800 on the balance beam and 9.500 on the floor exercise vs. Illinois (2/15)...Scored 9.750 in an exhibition performance on the floor exercise at Rutgers with Temple and Ursinus (2/22)... Returned to the balance beam and floor exercise lineups against Bridgeport, Western Michigan & Yale (2/28), scoring 9.750 on both events...Suffered an Achilles injury at New Hampshire on March 8.

### 2013 (Sophomore Year)

Competed all 12 if the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around...Led the team on the floor exercise...Ranked tied for third on the vault, tied for fourth on the balance beam and fifth on the team in the all-around...Scored for 9.850 on the floor exercise to finish tied for ninth at the NCAA Regional Championships (4/6)...Also competed on the balance beam (9.600) and the vault (9.800) at the NCAA Regional Championships (4/6)...At the Big Ten Championships (3/23), made touches on the vault (9.750), balance beam (9.550) and floor exercise (9.850)...Posted a career-best score of 38.850 in the all-around vs. Iowa, Pitt and Rutgers (1/26)...Also competed in the all-around in a tri-meet at Denver with Lindenwood (38.525; 1/5), at Michigan (38.350; 2/16) and at UIC (37.950; 1/12)...Posted a career-best effort on the vault with a score of 9.875 at Illinois (3/2) and in a tri-meet at Denver with Lindenwood (1/5)...Notched a career-best score of 9.775 vs. Minnesota, Towson and Kent State (1/19) on the uneven bars...Posted a career-best tally of 9.850 on the balance beam vs. Kentucky (3/16)...Also scored 9.800 on the balance beam at Michigan (2/16)...Won the floor exercise

twice during the season; posting a career-best score of 9.925 vs. New Hampshire, Temple and Penn (3/9) and a tally of 9.875 vs. Michigan State (2/23)...Also scored 9.875 on the floor exercise vs. Kentucky (3/16) and at Illinois (3/2).

### 2012 (Freshman Year)

Competed in eight of the team's 12 meets and at the NCAA Regional Championships...Made touches on the vault and floor exercise...Notched a season-best 9.850 on the vault and scored 9.750 on the floor exercise at the NCAA Regional (4/7)...Competed on the vault (9.775) and the floor exercise (9.725) at the Big Ten Championships (3/24)...Scored a 9.825 on the vault vs. North Carolina State, George Washington and William & Mary (2/11)...Also posted a score of 9.800 on the 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 Samford, Conn. on June 22, 1993...Daughter of Rich and Dori Carroll...Has five siblings; C.J., Mackenzie, Ryan, Jason and Shane... Majoring in journalism with a minor in communications arts and sciences.



* - Event Winner	V	UB	BB	FX	AA
@ Iowa State			DNP - Injury (Finger)		
@Kentucky Quad			DNP - Injury (Finger)		
Cornell, SEMO, UIC			DNP - Injury (Finger)		
@ Mich. State			DNP - Injury (Finger)		
@ Ohio State			DNP - Injury (Finger)		
Nebraska			DNP - Injury (Finger)		
Illinois	--	--	9.800	9.500	--
at Rutgers Quad	--	--	--	9.750	--
Brpt, WMU, Yale	--	--	9.750	9.750	--
at N.H. Quad			DNP - Injury (Achilles)		
at B1G Quad			DNP - Injury (Achilles)		
B1G Championships			DNP - Injury (Achilles)		
NCAA Regional			DNP - Injury (Achilles)		
NCAA Championships			DNP - Injury (Achilles)		
<b>Season Best</b>	<b>--</b>	<b>--</b>	<b>9.750</b>	<b>9.750</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>

**HANNAH KOBMAN SOPHOMORE**

UB, BB

Cincinnati, Ohio

Queen City  
Gymnastics**MEETS COMPETED**

	V	UB	BB	FX	AA
2014	--/13	--/13	--/13	--/13	--/13
2013	Did Not Compete - Injury				
<b>Career</b>	<b>--/13</b>	<b>--/13</b>	<b>--/13</b>	<b>--/13</b>	<b>--/13</b>

**2014 Averages**

2014 Averages		2014 RQS	
Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	--	Uneven Bars	--
Season Best	--	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	--

**2014 (Sophomore Year)**

Has not competed during the 2014 season.

**2013 (Freshman Year)**

Did not compete during the 2013 season due to an elbow injury.

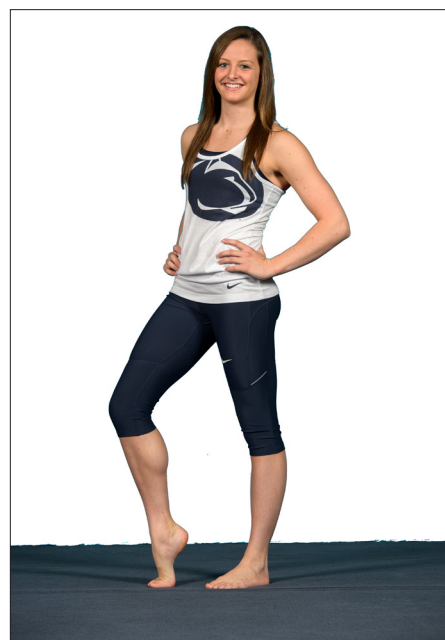
**Gymnastics Background**

Lettered all four years at Colerain High School...After missing her junior campaign with ankle surgery, she competed on uneven bars her senior year and posted a high score of 9.425...Posted a 4.0 GPA all four years of high school...Was a member of the National Honor Society and Spanish Honor Society...Competed for the Queen City Gymnastics Club and coach Trevor O'Hara...Placed fifth on the uneven bars at the Ohio State Meet and was also fifth on bars at Regional 5 Championships...Finished fourth in the all-around her freshman season and qualified for the Level Nine Eastern National Championships.

**Personal**

Born Hannah Leeann Kobman in Cincinnati, Ohio on Dec. 5, 1993...Daughter of Randy and Debbie Kobman...Has one brother, Garrett...Intends on majoring in kinesiology...Father played football at Indiana University.

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	--	--	--	--	--
@ Kentucky Quad	--	--	--	--	--
Cornell, SEMO, UIC	--	--	--	--	--
@ Mich. State	--	--	--	--	--
@ Ohio State	--	--	--	--	--
Nebraska	--	--	--	--	--
Illinois	--	--	--	--	--
at Rutgers Quad	--	--	--	--	--
Brpt, WMU, Yale	--	--	--	--	--
at N.H. Quad	--	--	--	--	--
at B1G Quad	--	--	--	--	--
B1G Championships	--	--	--	--	--
NCAA Regional	--	--	--	--	--
NCAA Championships	--	--	--	--	--
<b>Season Best</b>	--	--	--	--	--
<b>Career Best</b>	--	--	--	--	--





## RANDILAU

All-Around Honolulu, Hawaii

## JUNIOR

Kokokahi Gymnastics

### MEETS COMPETED

	V	UB	BB	FX	AA
2014	12/13	9/13	12/13	12/13	9/13
2013*	8/15	--/15	--/15	--/15	--/15
2012*	8/14	14/14	12/14	7/14	3/14
<b>Career</b>	<b>28/42</b>	<b>23/42</b>	<b>24/42</b>	<b>19/42</b>	<b>12/42</b>

\* - at LSU

### 2014 Averages

Vault	9.798	Vault	9.830
Season Best	9.875	National Rank	118th
Uneven Bars	9.519	Uneven Bars	9.753
Season Best	9.775	National Rank	269th
Balance Beam	9.657	Balance Beam	9.785
Season Best	9.875	National Rank	157th
Floor Exercise	9.827	Floor Exercise	9.855
Season Best	9.900	National Rank	83rd
All-Around	38.858	All-Around	39.020
Season Best	39.225	National Rank	62nd

### 2014 (Junior Year)

Competed in 11 of the team's 12 meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around...Earned Big Ten Gymnast of the Week on Jan. 6...Ranks second on the team on the balance beam, third on the floor exercise and fourth on the vault...Tied for second in the all-around in the season opener at Iowa State (1/5; 38.825) and finished second in the all-around vs. Cornell, Southeast Missouri and UIC (1/18), scoring a career-high 39.225...Also topped the 39.000 mark in the all-around vs. Illinois (2/15; 39.175), against Nebraska (2/8; 39.100) and at Ohio State (2/1; 39.000)...Posted a season-best vault of 9.875 at New Hampshire with Bridgeport and George Washington (3/8)...Won the vault with a 9.825 in the season opener at Iowa State (1/5)...Scored 9.850 on the vault three times; NCAA Regional (4/5), at Rutgers with Temple and Ursinus (2/22) and at Ohio State (2/1)...Set a season-high on the uneven bars at 9.775 at Ohio State (2/1) and vs. Cornell, Southeast Missouri and UIC (1/18)...Set a new career-high of 9.875 on the balance beam to finish fourth at New Hampshire with Bridgeport and George Washington (3/8)...Scored 9.800 on the balance beam four times; NCAA Regional (4/5), at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15), vs. Illinois (2/15) and vs. Cornell, Southeast Missouri and UIC (1/18) to finish second...Notched a career-best score of 9.900 on the floor exercise at the NCAA Regional (4/5)...Scored 9.875 three times on the season; at New Hampshire with Bridgeport and George Washington (3/8), vs. Illinois (2/15) and Cornell, Southeast Missouri and UIC (1/18), placing third in all three meets...Won the floor exercise with a 9.825 at Kentucky with Ball State and West Virginia.

### 2012-13 (Louisiana State University)

Attended LSU for two years and competed in gymnastics...Made touches on the vault, uneven bars, balance beam and floor exercise during her time at LSU...Also competed in the all-around...Won three vault titles and one title on the balance beam while with the Tigers...Set a career-best on the vault with a score of 9.925 twice; vs. Alabama (3/8/13) and at Auburn (2/22/13)...Owns a career best on the uneven bars at 9.825, doing so vs. West Virginia (3/16/12) and at Florida (2/10/12)...Notched a then career-best score of 9.850 on the balance beam; vs. West Virginia (3/16/12), vs. North Carolina State (3/2/12) and against Alabama (2/24/12)...Posted her LSU-best score of 9.825 on the floor exercise at Florida (2/10/12)...Scored a season-best 38.875 at the NCAA Championships (4/20) in 2012.

### Gymnastics Background

Trained at Kokokahi Gymnastics under coaches Bruce Burns and Suzie Gamble...Competed as a level 10 gymnast in 2010 and 2011...Three-time U.S. Nationals qualifier and three-time J.O. National Championships qualifier...Captured the beam title and finished third in the all-around at the 2011 Region 2 Championships...Member of the U.S. National Team as a junior international elite competitor in 2008 after placing fifth on beam and eighth in the all-around at the Visa Championships...Graduated a year early from Myron B. Thompson Academy in Honolulu, Hawaii...Member of the National Honor Society in high school.

### Personal

Born is Randi Kili Lau in Honolulu, Hawaii on March 1, 1994...Daughter of Robert and Susan Lau...Has one younger sister, Taylor, and one younger brother, Robby...Majoring in communication arts and sciences.

### \* - Event Winner

	V	UB	BB	FX	AA
@ Iowa State	9.825*	9.525	9.725	9.750	38.825
@ Kentucky Quad	9.675	9.725	9.625	9.825*	38.850
Cornell, SEMO, UIC	9.775	9.775	9.800	9.875	39.225
@ Mich. State	9.800	9.675	9.725	9.775	38.975
@ Ohio State	9.850	9.775	9.600	9.775	39.000
Nebraska	9.775	9.750	9.750	9.825	39.100
Illinois	9.750	9.750	9.800	9.875	39.175
@ Rutgers Quad	9.850	8.750	9.775	9.850	38.225
Brpt, WMU, Yale		DNP - Injury (Concussion)			
@ N.H. Quad	9.875	--	9.875	9.875	--
@ B1G Quad	9.775	8.950	9.800	9.825	38.350
B1G Championships	9.825	--	8.750	9.850	--
NCAA Regional	9.850	--	9.800	9.900	--
@ NCAA Championships					

<b>Season Best</b>	<b>9.875</b>	<b>9.775</b>	<b>9.875</b>	<b>9.900</b>	<b>39.225</b>
<b>Career Best</b>	<b>9.925#</b>	<b>9.825#</b>	<b>9.875</b>	<b>9.900</b>	<b>39.225</b>

# - Set while at LSU





**NICOLEMEDVITZ FRESHMAN**

All-Around Paramus, N.J. ENA Paramus

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2014	--/13	12/13	13/13	--/13	--/13
<b>Career</b>	<b>--/13</b>	<b>12/13</b>	<b>13/13</b>	<b>--/13</b>	<b>--/13</b>

**2014 Averages**

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.570	Uneven Bars	9.790
Season Best	9.850	National Rank	186th
Balance Beam	9.750	Balance Beam	9.845
Season Best	9.875	National Rank	57th
Floor Exercise	--	Floor Exercise	--
Season Best	--	National Rank	--
All-Around	--	All-Around	--
Season Best	--	National Rank	--

**2014 (Freshman Year)**

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches 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)...Ranks tied for second on the team on the balance beam and tied for fifth on the uneven bars...Scored a career-best 9.850 on the uneven bars three times; Big Ten Championships (3/22), at New Hampshire with Bridgeport and George Washington (3/8) and against Cornell, Southeast Missouri and UIC (1/18)...Tied for the event title at New Hampshire with Bridgeport and George Washington (3/8)...Swung to a 9.775 on the uneven bars vs. Illinois (2/15) and at Ohio State (2/1)...Boasted a career-high 9.875 on the balance beam at the Big Ten Championships (3/22) and at New Hampshire with Bridgeport and George Washington (3/8), finishing tied for fourth in both meets...Tied for the event title with a 9.850 vs. Bridgeport, Western Michigan and Yale (2/28).

**Gymnastics Background**

Competed for ENA Paramus under coaches Craig and Jen Zappa and John Wojtczuk... Competed as a Level 10 gymnast from 2009-13...Five-time Junior Olympic National Championship qualifier... Won the Junior Olympic National Championship on the balance beam in 2011, 2012 and 2013...Won four balance beam titles and two uneven bar crowns at the Regional Championships...Finished runner-up in the all-around at the 2010, 2011 and 2012 Regional Championships...Claimed three uneven bar championships and four balance beam titles at the New Jersey State Championships...Won the New Jersey State Championship in the all-around in 2011 and 2012 and was runner-up in 2010...Named 2010-11 New Jersey Gymnast of the Year...Was a National Honor Society and high honor roll member in high school...Also competed for the swimming and diving team at Paramus and was the Big North Conference diving champion.

**Personal**

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

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	--	7.650	9.750	--	--
@Kentucky Quad	--	9.675	9.125	--	--
Cornell, SEMO, UIC	--	9.850	9.775	--	--
@ Mich. State	--	9.675	9.725	--	--
@ Ohio State	--	9.775	9.700	--	--
Nebraska	--	9.725	9.825	--	--
Illinois	--	9.775	9.850	--	--
at Rutgers Quad	--	9.700	9.825	--	--
Brpt, WMU, Yale	--	9.750	9.850*	--	--
at N.H. Quad	--	9.850*	9.875	--	--
at B1G Quad	--	--	9.825	--	--
B1G Championships	--	9.850	9.875	--	--
NCAA Regional	--	8.900	9.750	--	--
NCAA Championships	--	--	--	--	--
<b>Season Best</b>	--	<b>9.850</b>	<b>9.875</b>	--	--
<b>Career Best</b>	--	<b>9.850</b>	<b>9.875</b>	--	--





## LINDSAY MUSGROVE SENIOR

All-Around League City, Texas. Champion  
Gymnastics Academy

### MEETS COMPETED

	V	UB	BB	FX	AA
2014	13/13	--/13	--/13	13/13	--/13
2013	11/13	--/13	1/13	12/13	--/13
2012	6/13	--/13	1/13	1/13	--/13
2011	12/12	--/12	--/12	9/12	--/12
<b>Career</b>	<b>42/51</b>	<b>--/51</b>	<b>2/51</b>	<b>35/51</b>	<b>--/51</b>

2014 Averages		2014 RQS	
Vault	9.769	Vault	9.805
Season Best	9.850	National Rank	156th
Uneven Bars	--	Uneven Bars	--
Season Best	--	National Rank	--
Balance Beam	--	Balance Beam	--
Season Best	--	National Rank	--
Floor Exercise	9.835	Floor Exercise	9.875
Season Best	9.925	National Rank	47th
All-Around	--	All-Around	--
Season Best	--	National Rank	--

### 2014 (Senior Year)

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault and floor exercise...Competed on the vault and floor exercise each of the team's meets...Leads the team on the floor exercise...Ranks tied for fifth on the team on the vault...Posted a season-best score of 9.850 on the vault to tie for fourth vs. Bridgeport, Western Michigan and Yale (2/28)...Scored 9.825 at the NCAA Regional (4/5)...Also logged a 9.825 at Michigan State (1/25) and vs. Cornell, Southeast Missouri and UIC (1/18) to finish tied for second at each meet...Set a new career-high to win the floor exercise at New Hampshire with Bridgeport and George Washington (3/8)...Has logged a score of 9.900 on three occasions; NCAA Regional (4/5) to finish tied for fourth, Big Ten Championships (3/22) and vs. Cornell, Southeast Missouri and UIC (1/18) to finish second.

### 2013 (Junior Year)

Competed in 11 of the team's 12 meets and at the NCAA Regional Championships...Made touches on the vault, balance beam and floor exercise...Earned Academic All-Big Ten and was a Big Ten Distinguished Scholar...Competed on the floor exercise in all 11 of her competitions...Ranked tied for third on the team on the vault and was fourth on the squad on the floor exercise...Finished tied for seventh on the vault and tied her career-best score of 9.875 at the NCAA Regional Championships (4/6)...Competed on the vault (9.750) and floor exercise (9.825) at the Big Ten Championships (3/23)...Set a career-high on the vault against Kentucky (3/16) with a score of 9.875...Topped the 9.800 mark three other times on the vault; vs. New Hampshire, Temple and Penn (9.850; 3/9), at Michigan (9.825; 2/16) and at Nebraska (9.800; 2/10)...Competed on the balance beam in a tri-meet at Denver with Lindenwood (1/5) and posted a score of 9.100...Posted a career-best score of 9.900 on the floor exercise vs. New Hampshire, Temple and Penn (3/9)...Posted a score of 9.850 on the floor three times; vs. Michigan State (2/23), at Michigan (2/16) and at Nebraska (2/10).

### 2012 (Sophomore Year)

Competed in six of the team's 12 meets and at the NCAA Regional Championships...Made touches on the vault, balance beam and floor exercise...Earned Academic All-Big Ten and was a Big Ten Distinguished Scholar...Competed on the vault at the NCAA Regional (4/7) and scored 9.800...Owned a season-best score of 9.850 against SUNY Brockport (2/18) on the vault...Posted a vault score of 9.825 in a quad meet against North Carolina State, George Washington and William & Mary (2/11)...Posted a score of 9.625 on the balance beam in a tri-meet with Michigan and North Carolina (3/2)...Scored 9.800 on the floor exercise in a tri-meet with Michigan and North Carolina (3/2).

### 2011 (Freshman Year)

Competed in all 11 of the team's meets and at the NCAA Regional Championships...Made touches on the vault and floor exercise...Competed on the vault in every meet...Competed on the vault (9.725) and the floor exercise (9.750) at the NCAA Regional (4/2)...Made touches on the vault (9.750) and the floor exercise (9.850) at the Big Ten Championships (3/19)...Posted a season-best 9.775 on the vault twice; vs. New Hampshire (1/22) and at West Virginia (3/12)...Notched a 9.750 on the vault twice; at Big Ten Championships (3/19) and in a tri-meet with Maryland and North Carolina State...Earned a season-best 9.850 on the floor exercise twice; in a tri-meet vs. North Carolina State and Maryland (3/4) and at the Big Ten Championship (3/19)...Scored a 9.775 on the floor exercise twice; at the Maryland Quad (2/18) and at North Carolina (2/11).

### Gymnastics Background

Competed for Champion Gymnastics Academy in Katy, Texas...Was a 2009 and 2010 Junior Olympic National Qualifier...Was a 2010 State Team Champion...Was the uneven bars champion and earned second place in the all-around and on the balance beam at the 2010 Regional...Placed second on the vault, floor exercise and in the all-around at the 2009 Regional...Finished third on the balance beam and fourth on uneven bars

and in the all-around at 2009 Texas Championships... Was the 2008 Texas Championships uneven bars champion...Graduated Magna Cum Laude from Clear Creek High School...Named Most Outstanding Senior Math Student...Named to the Honor Roll all four years.

### Personal

Born Lindsay Ellen Musgrove in League City, Texas on Jan. 18, 1992...Daughter of Bob and Debbie Musgrove...Has one sister, Lauren...Majoring in bio-behavioral health...Father was a power lifter in college.

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	9.650	--	--	9.750	--
@ Kentucky Quad	9.725	--	--	9.750	--
Cornell, SEMO, UIC	9.825	--	--	9.900	--
@ Mich. State	9.825	--	--	9.700	--
@ Ohio State	9.775	--	--	9.850	--
Nebraska	9.725	--	--	9.850	--
Illinois	9.750	--	--	9.875	--
@ Rutgers Quad	9.750	--	--	9.825	--
Brpt, WMU, Yale	9.850	--	--	9.850*	--
@ N.H. Quad	9.800	--	--	9.925*	--
@ B1G Quad	9.800	--	--	9.850	--
B1G Championships	9.750	--	--	9.900	--
NCAA Regional	9.825	--	--	9.900	--
@ NCAA Championships					
<b>Season Best</b>	<b>9.850</b>	--	--	<b>9.925</b>	--
<b>Career Best</b>	<b>9.875</b>	--	<b>9.625</b>	<b>9.925</b>	--



**SAMANTHA MUSTO SOPHOMORE**All-Around Hammonton, N.J. Atlantic Coast  
Gymnastics**MEETS COMPLETED**

	V	UB	BB	FX	AA
2014	1/13	13/13	4/13	4/13	1/13
2013	10/13	12/13	11/13	3/13	3/13
<b>Career</b>	<b>11/26</b>	<b>25/26</b>	<b>15/26</b>	<b>7/26</b>	<b>4/26</b>

**2014 Averages**

Vault	9.200	Vault	--
Season Best	9.200	National Rank	--
Uneven Bars	9.658	Uneven Bars	9.760
Season Best	9.850	National Rank	228th
Balance Beam	9.244	Balance Beam	--
Season Best	9.700	National Rank	--
Floor Exercise	9.625	Floor Exercise	--
Season Best	9.850	National Rank	--
All-Around	38.050	All-Around	--
Season Best	38.050	National Rank	--

**2014 (Sophomore Year)**

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Competed in the all-around once on the season...Participated on the uneven bars in every meet...Ranks tied for fifth on the team on the uneven bars...Competed in the all-around in the season opener at Iowa State (1/5) and scored 38.050...Scored a season-best 9.850 on the uneven bars to finish third vs. Bridgeport, Western Michigan and Yale (2/28)...Scored 9.825 on the uneven bars at the Big Ten Championships (3/22)...Logged a score of 9.775 on the uneven bars four times, including at the NCAA Regional (4/5) and at No. 8 Michigan with Iowa and No. 13 Minnesota...Scored a season-best 9.700 on the balance beam vs. Cornell, Southeast Missouri and UIC (1/18)...Set a career-best of 9.850 on the floor exercise vs. Cornell, Southeast Missouri and UIC (1/18) to tie for fourth on the event.

**2013 (Freshman Year)**

Competed in 11 of the team's 12 meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around...Named Big Ten Freshman of the Week twice (1/7 & 1/14)...Ranked third on the team on the uneven bars, tied for third on the vault, fourth in the all-around and tied for fourth on the balance beam...Scored 9.725 on the vault and 9.775 on the uneven bars at the NCAA Regional (4/6)...Posted a score of 9.750 on the vault and 9.800 on the uneven bars at the Big Ten Championships (3/23)...Owned a career-best vault of 9.875 on two occasions; vs. Kentucky (3/16) and at Nebraska (2/10)...Notched her career-best score of 9.900 on the uneven bars at Michigan (2/16)...Posted her career-best score of 9.850 on the balance beam vs. Minnesota, Towson and Kent State (1/19)...Won the individual title in the all-around (39.025) and on the floor exercise (9.750), setting career-bests in both, at UIC (1/12).

**Gymnastics Background**

Lettered all four years at Delsea Regional High School...Was a part of the Athenium League and Honor Roll at Delsea Regional...Competed for Atlantic Coast Gymnastics Club in Williamstown, N.J. and was coached by Nic Tomasette, Jesse Rappaport and Darlene Blank...Finished fourth on uneven bars and eighth in the all-around at the 2010 Nastia Liukin Cup...Won the New Jersey State Championship in the all-around in 2010...Was the 2010 Regional Champion on the uneven bars and all-around...Won the 2010 Junior Olympics National Championship on the balance beam, finished fourth on the vault, ninth on the floor exercise and third in the all-around...Claimed the 2011 New Jersey State Championships on the uneven bars and finished third in the all-around...Qualified for the Junior Olympic Nationals in 2011.

**Personal**

Born Samantha Morgan Musto in Morristown, N.J. on Sept. 10, 1993...Daughter of David and Anne Musto...Has two sisters, Amanda and Michelle...Plans on majoring in bio-behavioral health.

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	9.200	9.625	9.575	9.650	38.050
@ Kentucky Quad	--	9.650	9.050	9.750	--
Cornell, SEMO, UIC	9.675	9.775	9.700	9.850	--
@ Mich. State	9.000	9.750	8.650	9.250	--
@ Ohio State	--	9.675	--	--	--
Nebraska	--	9.750	--	--	--
Illinois	--	9.775	--	--	--
@ Rutgers Quad	--	9.400	--	--	--
Brpt, WMU, Yale	--	9.850	--	--	--
@ N.H. Quad	--	9.050	--	--	--
@ B1G Quad	--	9.775	--	--	--
B1G Championships	--	9.825	--	--	--
NCAA Regional	--	9.775	--	--	--
@ NCAA Championships					
<b>Season Best</b>	<b>9.200</b>	<b>9.850</b>	<b>9.700</b>	<b>9.850</b>	<b>38.050</b>
<b>Career Best</b>	<b>9.875</b>	<b>9.900</b>	<b>9.850</b>	<b>9.850</b>	<b>39.025</b>







## CHRISTINA POSTIGLIONE FRESHMAN

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

### MEETS COMPETED

	V	UB	BB	FX	AA
2014	--/13	--/13	--/13	--/13	--/13
<b>Career</b>	<b>--/13</b>	<b>--/13</b>	<b>--/13</b>	<b>--/13</b>	<b>--/13</b>

2014 Averages		2014 RQS	
Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	--	Uneven Bars	--
Season Best	--	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	--

### 2014 (Freshman)

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

### Gymnastics Background

Competed for Gold Medal Gymnastics Center under coach Tammy Marshall... Competed as a Level 10 gymnast from 2008-13... Four-time Junior Olympic National Championship qualifier... Won the 2013 Region 6 Championship on the uneven bars and finished second in the all-around... Won all four events and claimed the all-around title at the 2012 Region 6 Championships... In 2009, claimed the 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... Intends on majoring in psychology.

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State			DNP - Injury (Knee)		
@ Kentucky Quad			DNP - Injury (Knee)		
Cornell, SEMO, UIC	--	--	9.600	--	--
@ Mich. State	--	--	--	--	--
@ Ohio State	--	--	9.750	--	--
Nebraska	--	--	9.750	--	--
Illinois			DNP - Injury (Knee)		
@ Rutgers Quad			DNP - Injury (Knee)		
Brpt, WMU, Yale			DNP - Injury (Knee)		
@ N.H. Quad			DNP - Injury (Knee)		
@ B1G Quad			DNP - Injury (Knee)		
B1G Championships			DNP - Injury (Knee)		
NCAA Regional			DNP - Injury (Knee)		
@ NCAA Championships			DNP - Injury (Knee)		
<b>Season Best</b>	--	--	--	--	--
<b>Career Best</b>	--	--	--	--	--



**SIDNEYSANABRIA-ROBLES JUNIOR**All-Around Caguas, P.R. Orlando Metro  
Gymnastics**MEETS COMPLETED**

	V	UB	BB	FX	AA
2014	13/13	13/13	13/13	13/13	13/13
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>25/26</b>	<b>25/26</b>	<b>26/26</b>	<b>16/26</b>	<b>16/26</b>

\* - at LSU

**2014 Averages**

Vault	9.808	Vault	9.865
Season Best	9.900	National Rank	66th
Uneven Bars	9.731	Uneven Bars	9.820
Season Best	9.875	National Rank	122nd
Balance Beam	9.746	Balance Beam	9.840
Season Best	9.875	National Rank	62nd
Floor Exercise	9.798	Floor Exercise	9.825
Season Best	9.900	National Rank	137th
All-Around	39.083	All-Around	39.280
Season Best	39.425	National Rank	31st

**2014 (Junior Year)**

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around in each of the team's meets...Named second team All-Big Ten...Ranks second on the team on the vault, uneven bars and balance beam...Sits third on the team on the floor exercise and in the all-around...Won the all-around with a career-best score of 39.425 vs. Illinois (2/15)...Scored 39.375 at the NCAA Regional (4/5) and 39.350 at the Big Ten Championships (3/22) in the all-around...Scored a career-best 9.900 on the vault three times...Tied for third at 9.900 on the event at the NCAA Regional (4/5)...Finished third with a 9.900 at New Hampshire with Bridgeport and George Washington (3/8)...Won the vault at 9.900 at Rutgers with Temple and Ursinus (2/22)...Also won the vault at 9.875 vs. Bridgeport, Western Michigan and Yale and against Illinois (2/15)...Scored a career-high 9.875 on the uneven bars at the Big Ten Championships (3/22)...Tied for second vs. Cornell, Southeast Missouri and UIC and tied for third vs. Illinois (2/15) on the uneven bars with a score of 9.850...Posted a career-best score of 9.875 twice; at No. 8 Michigan with Iowa and No. 13 Minnesota and at New Hampshire with Bridgeport and George Washington...Set a new career-high of 9.900 on the floor exercise at the NCAA Regional (4/5)...Also scored 9.850 on the floor exercise twice; vs. Illinois (2/15) and against Cornell, Southeast Missouri and UIC (1/18).

**2013 (Sophomore Year)**

Competed in 11 of the team's 12 meets and at the NCAA Regional Championships...Made touches on the 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 the vault and tied for fifth on the team on the uneven bars...Placed eighth on the uneven bars with a season-best score of 9.850 at the NCAA Regional (4/6)...Also scored 9.825 on the vault and 9.650 on the balance beam at the NCAA

Regional (4/6)...Competed on the vault (9.700), uneven bars (9.800) and balance beam (9.200) at the Big Ten Championships (3/23)...Set a season-best on the vault against Kentucky (3/16) with a mark of 9.875...Boasted a vault score of 9.800 on four occasions; vs. New Hampshire, Temple and Penn (3/9), at Michigan (2/16), at Nebraska (2/10) and vs. Ohio State (2/2)...Scored 9.850 on the uneven bars vs. Kentucky (3/16) and vs. Iowa, Pitt and Rutgers (3/9)...Posted a season-best score of 9.825 on the balance beam vs. Michigan State (2/23)...Scored 9.800 on the balance beam vs. New Hampshire, Temple and Penn (3/9)...Notched a season-best 9.775 on the floor exercise vs. Iowa, Pitt and Rutgers (1/26).

**2011 (Louisiana State University)**

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

**Gymnastics Background**

Trained at Orlando Metro Gymnastics with Jeff Wood and Christi Barineau-Mitchell...Also competed as an international elite gymnast in Puerto Rico...Led Puerto Rico to the title at the 2010 National Championships in Puerto Rico...Helped the Puerto Rican National Team to a third place finish at the 2010 Central American Games...Placed fifth on the vault at the 33rd Turnier der Meister World Cup in Germany in 2009...Received the bronze medal on the vault and finished seventh on the balance beam and floor exercise at the Pan-Am Games in 2008...Placed fifth on floor exercise and sixth on the balance beam at the World Cup in Doha, Qatar in 2008...Captured second place on the floor exercise at the 2006 Central American Games in Colombia...Attended Freedom High School where she maintained a 4.0 GPA.

**Personal**

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

**\* - Event Winner**

	V	UB	BB	FX	AA
@ Iowa State	9.750	9.650	9.700	9.725	38.825
@ Kentucky Quad	9.500	9.750	9.675	9.825*	38.750
Cornell, SEMO, UIC	9.825	9.850	9.200	9.850	38.725
@ Mich. State	9.825	9.775	9.800	9.725	39.125
@ Ohio State	9.800	9.825	9.850	9.800	39.275
Nebraska	9.800	9.100	9.800	9.825	38.525
Illinois	9.875*	9.850	9.850	9.850	39.425*
@ Rutgers Quad	9.900*	9.800	9.700	9.825	39.225
Brpt, WMU, Yale	9.875*	9.775	9.800	9.775	39.225
@ N.H. Quad	9.900	9.750	9.875	9.800	39.325
@ B1G Quad	9.800	9.775	9.875	9.775	39.225
B1G Championships	9.850	9.875	9.825	9.800	39.350
NCAA Regional	9.900	9.800	9.775	9.900	39.375
@ NCAA Championships					

<b>Season Best</b>	<b>9.900</b>	<b>9.875</b>	<b>9.875</b>	<b>9.900</b>	<b>39.425</b>
<b>Career Best</b>	<b>9.900</b>	<b>9.875</b>	<b>9.875</b>	<b>9.900</b>	<b>39.425</b>





## EMMASIBSON FRESHMAN

All-Around Allen, Texas Zenith Gymnastics

### MEETS COMPETED

	V	UB	BB	FX	AA
2014	13/13	--/13	10/13	11/13	--/13
<b>Career</b>	<b>13/13</b>	<b>--/13</b>	<b>10/13</b>	<b>11/13</b>	<b>--/13</b>

2014 Averages		2014 RQS	
Vault	9.829	Vault	9.875
Season Best	9.975	National Rank	53rd
Uneven Bars	--	Uneven Bars	--
Season Best	--	National Rank	--
Balance Beam	9.594	Balance Beam	9.745
Season Best	9.825	National Rank	224th
Floor Exercise	9.792	Floor Exercise	9.835
Season Best	9.900	National Rank	118th
All-Around	--	All-Around	--
Season Best	--	National Rank	--

### 2014 (Freshman Year)

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, balance beam and floor exercise...Twice earned Big Ten Freshman of the Week (3/3 & 3/10)... Leads the team on the vault...Ranks tied for second on the team on the floor exercise...Currently is tied for fifth and ninth on the Penn State vault charts... Posted a career-best score of 9.975 on the vault at New Hampshire with Bridgeport and George Washington (3/8) to win the event...Notched a score of 9.950 on the vault to tie for the event victory against Nebraska (2/8)...Totaled a score of 9.900 at the Big Ten Championships (3/22) and the NCAA Regional (4/5)...Tied for the vault title with a 9.875 against Bridgeport, Western Michigan and Yale (2/28)...Also won the vault title vs. Cornell, Southeast Missouri and UIC (1/18; 9.850)...Posted a career-best score of 9.825 on the balance beam at the NCAA Regional (4/5)...Scored 9.825 on the balance beam at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15) and against Bridgeport, Western Michigan and Yale (2/28), finishing third in the later meet...Tallies a 9.900 on the floor exercise at the Big Ten Championships (3/22) and at New Hampshire with Bridgeport and George Washington (3/8)...Scored 9.850 on the event at the NCAA Regional (4/5) and against Illinois (2/15).

### Gymnastics Background

Competed for Zenith Gymnastics under coaches Alex Atomas, J.P. Lavachery and Tatiana Schegolkova... Competed as an Elite Level gymnast from 2010-12...Missed most of the 2013 competition schedule due to injury...Won the vault title at the 2013 Alamo Classic... Qualified for the 2011 and 2012 Canadian Championships...Qualified for the 2010 Junior Olympic National Championships...Won the 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 the 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...Intends on majoring in psychology.

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	9.725	--	--	--	--
@ Kentucky Quad	9.725	--	--	--	--
Cornell, SEMO, UIC	9.850*	--	--	--	--
@ Mich. State	9.725	--	--	9.800	--
@ Ohio State	9.825	--	9.800	9.775	--
Nebraska	9.950*	--	9.125	9.550	--
Illinois	9.850	--	9.800	9.850	--
@ Rutgers Quad	9.725	--	9.500	9.800	--
Brpt, WMU, Yale	9.875*	--	9.825	9.725	--
@ N.H. Quad	9.975*	--	9.800	9.900	--
@ B1G Quad	9.825	--	9.825	9.825	--
B1G Championships	9.900	--	9.075	9.900	--
NCAA Regional	9.900	--	9.825	9.850	--
@ NCAA Championships					
<b>Season Best</b>	<b>9.975</b>	--	<b>9.825</b>	<b>9.900</b>	--
<b>Career Best</b>	<b>9.975</b>	--	<b>9.825</b>	<b>9.900</b>	--





**SAVANNAH SOARES SOPHOMORE**

V, BB, FX

Providence, R.I.

Aim High Academy

**MEETS COMPLETED**

	V	UB	BB	FX	AA
2014	--/13	--/13	--/13	--/13	--/13
2013	--/13	--/13	--/13	--/13	--/13
<b>Career</b>	<b>--/26</b>	<b>--/26</b>	<b>--/26</b>	<b>--/26</b>	<b>--/26</b>

**2014 Averages**

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	--	Uneven Bars	--
Season Best	--	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	--

**2014 RQS****2014 (Sophomore Year)**

Did not compete during the 2014 season.

**2013 (Freshman Year)**

Did not compete during the 2013 season.

**Gymnastics Background**

Lettered all four years at LaSalle Academy in Providence, R.I. for coach Cathy Kent...Selected team captain as a senior...Named first team All-State three times during her career, earning the distinction as a sophomore, junior and senior...Placed third in the all-around at Rhode Island Interscholastic League State Championships...Was the Regional Champion on the floor exercise as a junior...Was a member of the RILL State Championship team as a freshman...Competed with the Aim High Academy and coaches Cheri Jackson and Ricky Harris...Was a three-time USAG Rhode Island State Champion and a two-time Jackie Court Award winner...Was a member of National Honor Society and the Rhode Island Honor Society.

**Personal**

Born Savannah M. Soares in Providence, R.I. on April 27, 1994...Daughter of Nicole and Mariano Soares...Has one brother, Joseph...Intends on majoring in rehabilitation and human services...Cousin, James Robinson, plays basketball at the University of Pittsburgh.

* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	--	--	--	--	--
@ Kentucky Quad	--	--	--	--	--
Cornell, SEMO, UIC	--	--	--	--	--
@ Mich. State	--	--	--	--	--
@ Ohio State	--	--	--	--	--
Nebraska	--	--	--	--	--
Illinois	--	--	--	--	--
@ Rutgers Quad	--	--	--	--	--
Brpt, WMU, Yale	--	--	--	--	--
@ N.H. Quad	--	--	--	--	--
@ B1G Quad	--	--	--	--	--
B1G Championships	--	--	--	--	--
NCAA Regional	--	--	--	--	--
@ NCAA Championships	--	--	--	--	--
<b>Season Best</b>	--	--	--	--	--
<b>Career Best</b>	--	--	--	--	--





## KASSIDYSTAUDER

All-Around Palmerton, Pa.

## SENIOR

Lehigh Valley Sports Academy

### MEETS COMPLETED

	V	UB	BB	FX	AA
2014	12/13	13/13	13/13	12/13	11/13
2013	2/13	13/13	13/13	12/13	2/13
2012	7/13	13/13	13/13	6/13	6/13
2011	4/12	1/12	5/12	5/12	--
<b>Career</b>	<b>25/51</b>	<b>40/51</b>	<b>44/51</b>	<b>35/51</b>	<b>19/51</b>

### 2014 Averages

Vault	9.745
Season Best	9.850
Uneven Bars	9.858
Season Best	9.925
Balance Beam	9.856
Season Best	9.950
Floor Exercise	9.780
Season Best	9.875
All-Around	39.310
Season Best	39.425

### 2014 RQS

Vault	9.785
National Rank	183rd
Uneven Bars	9.880
National Rank	34th
Balance Beam	9.895
National Rank	14th
Floor Exercise	9.830
National Rank	125th
All-Around	39.365
National Rank	18th

### 2014 (Senior Year)

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Competed in the all-around in 10 meets and the NCAA Regional...Earned regular season All-American honors from the NACGCW on the balance beam...Garnered Big Ten Championships All-Tournament Team honors...Named first team All-Big Ten...Was named Big Ten Event Specialist of the Week on Jan. 6...Leads the team on the uneven bars and balance beam...Ranks fifth on the team on the vault and sixth on the floor exercise...Won the all-around with a career-best 39.475 at New Hampshire with Bridgeport and George Washington...Scored 39.425 to win the all-around vs. Bridgeport, Western Michigan and Yale (2/28)...Duplicated the 39.425 effort in the all-around at the Big Ten Championships (3/22)...Scored 39.400 in the all-around vs. Illinois (2/15)...Set a new career-high on the vault of 9.850 vs. Bridgeport, Western Michigan and Yale (2/28)...Won four straight uneven bars titles from Jan. 18 - Feb. 8 and claimed three straight from Feb. 22 - March 8...Scored a career-high 9.925 on the uneven bars to win the event vs. Bridgeport, Western Michigan and Yale (2/28)...Scored 9.900 three times on the season; at Big Ten Championships (3/22) and at No. 8 Michigan with Iowa and No. 13 Minnesota to tie for second in each meet, along with vs. No. 8 Nebraska (2/8) to tie for the event title...Claimed four straight balance beam titles from Jan. 18 - Feb. 8...Scored a career-best 9.950 to tie for 10th on the all-time PSU charts and win the event at New Hampshire with Bridgeport and George Washington (3/8)...Totalled 9.925 on the balance beam tie for the event title vs. No. 8 Nebraska (2/8)...Logged a 9.900 on the event to win the event vs. Cornell, Southeast Missouri and UIC (1/18) and finish second at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15)...Also won the event at Ohio State (2/1; 9.875), at Michigan State (1/25; 9.875) and vs. Bridgeport, Western Michigan and Yale (2/28; 9.850)...Scored a new career-high of 9.875 on the floor exercise three times on the season; at NCAA Regional (4/5), Big Ten Championships (3/22) and vs. Illinois (2/15).

### 2013 (Junior Year)

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around at two meets...Earned Academic All-Big Ten...Ranked second on the team on the balance beam, third in the all-around and tied for fifth on the uneven bars and floor exercise...Competed on the uneven bars (9.775), balance beam (9.775) and floor exercise (9.725) at the NCAA Regional (4/6)...Finished tied for eighth on the balance beam with a score of 9.850 at the Big Ten Championships (3/23)...Also competed on the uneven bars (9.800) and on the floor exercise (9.750) at the Big Ten Championships (3/23)...Competed on the vault twice during the season; at Illinois (9.700; 3/2) and vs. Michigan State (9.675; 2/23)...Posted a season-best score of 9.850 to place second on the uneven bars vs. New Hampshire, Temple and Penn (3/9)...Scored 9.825 on the uneven bars vs. Kentucky...Notched a score of 9.800 on the uneven bars vs. Michigan State (3/23), at Michigan (2/16) and vs. Minnesota, Towson and Kent State (1/19)...Posted a season-high score to win the balance beam vs. Minnesota, Towson and Kent State (1/19)...Tallied a score of 9.875 on the balance beam vs. Kentucky (3/16)...Boasted a season-best showing on the floor exercise with a score of 9.850 twice on the season; vs. New Hampshire, Temple and Penn (3/9) and vs. Michigan State (2/23)...Scored 9.825 on the floor exercise at Michigan (2/16)...In the all-around, posted scores of 39.075 vs. Michigan State (2/23) and 39.000 at Illinois (3/2).

### 2012 (Sophomore Year)

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around in six meets...Competed on the uneven bars and balance beam in every meet...Set a season-high with a 9.775 score on the vault vs. West Virginia and Maryland (1/8)...Scored 9.750 on the vault vs. Michigan State, Cornell and Alabama (1/21)...Tallied a season-high of 9.875 on the uneven bars against Michigan and North Carolina (3/2)...Scored 9.825 on the uneven bars vs. Maryland (3/17) and at Pittsburgh (3/11)...Notched a season-best on the balance beam with a score

of 9.900 at Iowa (2/3)...Scored 9.800 on the balance beam three times during the season; at NCAA Regional (4/7), at Big Ten Championships (3/24) and at Minnesota (1/28)...Earned season-best scores of 9.775 on floor twice; vs. New Hampshire (1/15) and at Minnesota (1/28)...Posted a personal best score of 39.100 in the all-around at Iowa (2/3).

### 2011 (Freshman Year)

Competed in five of the team's 11 meets...Made touches on vault, uneven bars, balance beam and floor exercise...Scored a season-best 9.750 on vault vs. New Hampshire (1/22)...Posted a mark of 9.700 on the vault in a tri-meet at Florida with North Carolina State (2/6)...Earned a season-best 9.800 on uneven bars at West Virginia (3/12)...Posted a season-best score of 9.825 on balance beam vs. New Hampshire (1/22)...Notched a 9.725 on the balance beam twice; in a tri-meet at Florida with North Carolina State (2/6) and in a tri-meet at Michigan with Illinois (1/14)...Boasted a season-best 9.800 on the floor exercise vs. New Hampshire (1/22)...Scored a 9.750 on the floor exercise in a tri-meet at Florida with North Carolina State (2/6).

### Gymnastics Background

Competed for the Lehigh Valley Sports Academy in Allentown, Pa...Was a four-year Level 10 Regional Qualifier...Was a three-time Junior Olympic National Qualifier...Was a 2007 Pre-Elite Qualifier...Won the 2009 Regional Championship on the uneven bars...Named to the National Society of High School Scholars...Graduated in the top 10 percent of her class at Palmerton Area High School.

### Personal

Born Kassidy Taylor Stauder in Palmerton, Pa. on Sept. 4, 1992...Daughter of Kim and Bill Stauder...Has one brother, Kuty...Majoring in elementary education.



* - Event Winner	V	UB	BB	FX	AA
@ Iowa State	--	9.750	9.725	9.475	--
@ Kentucky Quad	9.625	9.800	9.725	9.775	38.925
Cornell, SEMO, UIC	9.725	9.875*	9.900*	9.775	39.275*
@ Mich. State	9.600	9.825*	9.875*	--	--
@ Ohio State	9.750	9.850*	9.875*	9.775	39.250
Nebraska	9.750	9.900*	9.925*	9.775	39.350
Illinois	9.775	9.875	9.875	9.875	39.400
@ Rutgers Quad	9.800	9.850*	9.800	9.850	39.300
Brpt, WMU, Yale	9.850	9.925*	9.850*	9.800	39.425*
@ N.H. Quad	9.825	9.850*	9.950*	9.850	39.475*
@ B1G Quad	9.725	9.900	9.900	9.750	39.275
B1G Championships	9.775	9.900	9.875	9.875	39.425
NCAA Regional	9.800	9.875	9.775	9.875	39.325
@ NCAA Championships					
<b>Season Best</b>	<b>9.850</b>	<b>9.925</b>	<b>9.950</b>	<b>9.875</b>	<b>39.475</b>
<b>Career Best</b>	<b>9.850</b>	<b>9.925</b>	<b>9.950</b>	<b>9.875</b>	<b>39.475</b>

**KRYSTALWELSH**

All-Around

Bowie, Md.

**JUNIOR**Docksiders  
Gymnastics**MEETS COMPLETED**

	V	UB	BB	FX	AA
2014	13/13	13/13	13/13	13/13	13/13
2013	--/13	10/13	11/13	--/13	--/13
2012	12/13	13/13	12/13	12/13	12/13
<b>Career</b>	<b>25/39</b>	<b>36/39</b>	<b>36/39</b>	<b>25/39</b>	<b>25/39</b>

**2014 Averages**

Vault	9.819	Vault	9.865
Season Best	9.900	National Rank	66th
Uneven Bars	9.813	Uneven Bars	9.845
Season Best	9.875	National Rank	84th
Balance Beam	9.608	Balance Beam	9.740
Season Best	9.850	National Rank	228th
Floor Exercise	9.827	Floor Exercise	9.870
Season Best	9.925	National Rank	57th
All-Around	39.067	All-Around	39.265
Season Best	39.500	National Rank	34th

**2014 (Junior Year)**

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Competed in the all-around in each of the team's meets...Named second team All-Big Ten...Leads the team on the floor exercise and in the all-around...Ranks second on the team on the vault and uneven bars...Scored a career-high 39.500 in the all-around at the Big Ten Championships (3/22) to finish fourth...Placed second in the all-around at Rutgers with Temple and Ursinus (2/22; 39.325) and at Kentucky with Ball State and West Virginia (1/10; 39.925)...Set a new career-high of 9.900 on the vault at the Big Ten Championships (3/22)...Scored 9.875 four times on the vault, including vs. Bridgeport, Western Michigan and Yale (2/28) to tie for the event title...Logged a career-best 9.875 on the uneven bars at No. 8 Michigan with Iowa and No. 13 Minnesota (3/15)...Scored 9.850 on the event four times; at Big Ten Championships (3/22), vs. Illinois (2/15) and did so in tying for the event title at Rutgers with Temple and Ursinus (2/22) and at Ohio State (2/1)...Set a new career-best mark at 9.850 on the balance beam at the Big Ten Championships (3/22)...Scored a career-high 9.925 to win the floor exercise vs. Cornell, Southeast Missouri and UIC (1/18)...Logged a 9.900 at the Big Ten Championships (3/22) and won the event with that score vs. Illinois (2/15).

**2013 (Sophomore Year)**

Competed in 10 of the team's 12 meets and at the NCAA Regional Championships...Made touches on the uneven bars and balance beam...Ranked fourth on the team on the uneven bars...Scored 9.775 on the uneven bars and 9.625 on the balance beam at the NCAA Regional (4/6)...Competed on the uneven bars (9.750) and the balance beam (9.750) at the Big Ten Championships (3/23)...Set a season-best on the uneven bars with a mark of 9.875 to win the event vs. New Hampshire, Temple and Penn (3/9)...Scored 9.825 on the uneven bars at Illinois (3/2)...Tallied a score of 9.800 twice on the uneven bars; vs.

Michigan State (2/23) and at Michigan (2/16)...Had a season-best score of 9.825 on the balance beam vs. Kentucky (3/16)...Tallied a balance beam score of 9.800 vs. Michigan State (2/23)...Scored 9.775 twice on the balance beam; at Illinois (3/2) and at Michigan (2/16).

**2012 (Freshman Year)**

Competed in all 12 of the team's meets and at the NCAA Regional Championships...Made touches on the vault, uneven bars, balance beam and floor exercise...Also competed in the all-around in 12 meets...Posted a score of 9.800 to finish tied for 12th on the floor exercise at the NCAA Regional (4/7), helping her to a 12th place showing in the all-around with a score of 38.575...Scored 9.750 on the vault, 9.800 on the uneven bars and 9.225 on the balance beam at the NCAA Regional (4/6)...Competed in the all-around (38.650) at the Big Ten Championships (3/24)...Scored 9.750 on the vault, 9.700 on the uneven bars, 9.500 on the balance beam and 9.700 on the floor exercise at the Big Ten Championships (3/24)...Set a season-best score of 9.825 on the vault twice; at North Carolina State with George Washington and William & Mary (2/11) and vs. SUNY-Brockport (2/18)...Notched a season-best showing of 9.825 on the uneven bars against Maryland (3/17)...Scored 9.800 twice on the uneven bars; vs. Pittsburgh (3/11) and at the NCAA Regional (4/6)...Posted a season-best showing of 9.825 on the balance beam at Iowa (2/3)...Set a season-high with a score of 9.875 on the floor exercise against Pittsburgh (3/11)...Posted a score of 9.850 twice on the floor exercise; vs. SUNY-Brockport (2/18) and vs. Michigan State, Cornell and Alabama (1/21)...Scored a season-best 39.150 in the all-around at North Carolina State with George Washington and William & Mary (2/11).

**Gymnastics Background**

Competed for 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...Member of

the 2009 All-Star Team...Finished second on floor exercise and ninth in the all-around at the 2009 Junior Olympic Nationals...Finished second on uneven bars in the 2010 Maryland State Championships...Placed second on floor exercise and eighth in the all-around at 2010 Regional...Finished sixth on bars at the 2010 Junior Olympic Nationals...2011 Maryland State Champion on the vault and floor exercise...Also placed second on uneven bars and in the all-around at the 2011 Maryland State Championships...2011 Regional Champion on the uneven bars...Was a member of the National Honor Society at Archbishop Spalding High School.

**Personal**

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

**\* - Event Winner**

	V	UB	BB	FX	AA
@ Iowa State	9.675	9.675	9.450	9.725	38.525
@Kentucky Quad	9.725	9.800	9.675	9.725	38.925
Cornell, SEMO, UIC	9.800	9.825	9.125	9.925*	38.675
@ Mich. State	9.825	9.775	9.075	9.825	38.500
@ Ohio State	9.825	9.850*	9.725	9.850	39.250
Nebraska	9.875	9.800	9.725	9.775	39.175
Illinois	9.750	9.850	9.775	9.900*	39.275
@ Rutgers Quad	9.875	9.850*	9.750	9.850	39.325
Brpt, WMU, Yale	9.875*	9.800	9.725	9.800	39.200
@ N.H. Quad	9.875	9.800	9.700	9.800	39.175
@ B1G Quad	9.825	9.875	9.725	9.850	39.275
B1G Championships	9.900	9.850	9.850	9.900	39.500
NCAA Regional	9.825	9.750	9.775	9.850	39.200
@ NCAA Championships					
<b>Season Best</b>	<b>9.900</b>	<b>9.875</b>	<b>9.850</b>	<b>9.925</b>	<b>39.500</b>
<b>Career Best</b>	<b>9.900</b>	<b>9.875</b>	<b>9.850</b>	<b>9.925</b>	<b>39.500</b>





## ALEXWITT

V, UB Odessa, Fla.

## JUNIOR

LaFleur's  
Gymnastics

### MEETS COMPLETED

	V	UB	BB	FX	AA
2014	--/13	5/13	--/13	--/13	--/13
2013	4/13	1/13	--/13	--/13	--/13
2012	5/13	--/13	--/13	--/13	--/13
<b>Career</b>	<b>9/39</b>	<b>6/39</b>	<b>--/39</b>	<b>--/39</b>	<b>--/39</b>

### 2014 Averages

Vault	--	Vault	--
Season Best	--	National Rank	--
Uneven Bars	9.815	Uneven Bars	--
Season Best	9.875	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	--

#### 2014 (Junior Year)

Competed in four of the team's 12 meets and at the NCAA Regional...Missed the first eight meets of the season due to a thumb injury...Made touches on the uneven bars...Ranks tied for second on the team on the uneven bars...Placed second and scored a season-best 9.875 on the uneven bars in her return from injury against Bridgeport, Western Michigan and Yale (2/28)...Tallied a 9.850 on the event in the NCAA Regional (4/5) and scored 9.800 at the Big Ten Championships (3/22)...Scored 9.775 on the uneven bars at New Hampshire with Bridgeport and George Washington (3/8) and at No. 8 Michigan with Iowa and No. 13 Minnesota.

#### 2013 (Sophomore Year)

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

#### 2012 (Freshman Year)

Competed in five of the team's 12 meets...Made touches on the vault...Earned a career-high score of 9.800 vs. Michigan and North Carolina (3/2)...Boasted a score of 9.725 on the 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
@ Iowa State			DNP - Injury (Thumb)		
@ Kentucky Quad			DNP - Injury (Thumb)		
Cornell, SEMO, UIC			DNP - Injury (Thumb)		
@ Mich. State			DNP - Injury (Thumb)		
@ Ohio State			DNP - Injury (Thumb)		
Nebraska			DNP - Injury (Thumb)		
Illinois			DNP - Injury (Thumb)		
@ Rutgers Quad			DNP - Injury (Thumb)		
Brpt, WMU, Yale	--	9.875	--	--	--
@ N.H. Quad	--	9.775	--	--	--
@ B1G Quad	--	9.775	--	--	--
B1G Championships	--	9.800	--	--	--
NCAA Regional	--	9.850	--	--	--
@ NCAA Championships					
<b>Season Best</b>	<b>--</b>	<b>9.875</b>	<b>--</b>	<b>--</b>	<b>--</b>
<b>Career Best</b>	<b>9.800</b>	<b>9.875</b>	<b>--</b>	<b>--</b>	<b>--</b>





# 2014 MEDIA CLIPPINGS





## Nittany Lions Punch Their Ticket to the NCAA Championships



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

UNIVERSITY PARK, Pa. - Following a superb performance at the NCAA Regional Championships on Saturday in Rec Hall, the Nittany Lion women's gymnastics team is headed to the NCAA Championships for the first time since 2009.

"Well, if you were in the building you know how exciting that was," head coach Jeff Thompson said. "We had the right rotation tonight."

Florida, Oregon State, Kentucky, Maryland, New Hampshire and Penn State were the teams competing in the overall team competition, with gymnasts from Brown, Cornell, Pittsburgh and the Bridgeport competing as individuals.

The NCAA gymnastics championships are very different from March Madness. According to NCAA rules, the top two performing teams and the top two all-around competitors (who are not from an advancing team) from each regional site receive automatic berth to the NCAA Championships.

After six rotations, Florida and Penn State secured those top positions with scores of 197.050 and 196.725, respectively.

"This is something that we have been working for since the day that I walked onto campus," senior Kassidy Stauder said. "We've been so close the last three years and to finally qualify in Rec Hall is the best feeling ever. It really showed the hard work that this team has put in since preseason started. It shows how close we have become as a team throughout this year and how much trust we have in one another."

The Nittany Lions started off their first rotation on vaults, where freshman Emma Sibson and junior Sydney Sanabria-Robles earned scores of 9.90. Also competing for Penn State on vault were Stauder, Randi Lau, Krystal Welsh and Lindsay Musgrove. The team finished with an overall vault score of 49.300.

"I think we all knew what we had to hit [tonight]," Sanabria-Robles said. "We had that focus and excitement in us. We knew we could do it and we just went out there and did what [our coaches] have been telling us all along: just be us and have fun."



Stauder led the team with a score of 9.875 on bars, with junior Alex Witt and Sanabria-Robles who contributed scores of 9.850 and 9.800. Also competing for Penn State on bars were Welsh, Nicole Medvitz and Samantha Musto. The team finished with an overall bars score of 49.050.

Penn State was then slated to compete on beam, which coach Thompson believed was the team's "shaky" event.

"Beam scores were a little tight and they stayed tight all night," Thompson said.

Lau and Sibson were the top beam performers for the Nittany Lions with scores of 9.800 and 9.825. The team finished their beam rotation with a total score of 48.950.

Penn State received a bye-rotation after their beam performance, giving coach Thompson ample time for a locker room pep talk.

"When I walked into the locker room [during our bye in the fifth rotation], I said to the girls 'Do you want to know the score?'" Thompson said. "And they said 'Yes, I mean we are going to see it anyways.' I told them we were down by one-tenth of a point. We knew Oregon State was going into their best event; they are ranked eighth in the country on balance beam. We also knew we were going into our best event ranked ninth on the floor exercise."

The Nittany Lions shined in their floor rotation. Sanabria-Robles, Lau and Musgrove each earned scores of 9.90, with Sibson, Welsh and Stauder earning scores of 9.850 or above. The team earned the highest floor score of the regional tournament with a 49.425, securing the birth to the NCAA Championships.

"There is no other way I would rather to leave Rec Hall than to qualify to the NCAA Championships with my team," Stauder said. "It was an incredible way to go out."

"After the season ended last year, we had a meeting and the coaches talked to us about some changes that we were going happen; a culture change and other adjustments that we were going to make," Sanabria-Robles said. "We made the commitment and now we are headed to nationals. Obviously it worked."

The Nittany Lions will make their way to the NCAA Championships in Birmingham, Ala., on April 18-20. For the first time in five years, Penn State will be competing as a full team.

"We have a lot of fun," Thompson said. "We accomplished our goal. Now we have a new goal, the Super Six."

## Nittany Lions advance to NCAAs

BY RYNE GERY - [rgery@centredaily.com](mailto:rgery@centredaily.com)

UNIVERSITY PARK — When Penn State finished its floor routine, the Nittany Lions faithful unrolled a white banner featuring red capital letters and an exclamation point that signaled the fulfillment of a goal that's eluded the program for the last four years.

"BIRMINGHAM BOUND!" the banner read, referring to Birmingham, Ala., the site of the NCAA Championships.

No. 15 Penn State finished second to No. 1 Florida at the NCAA Regional Championships at Rec Hall on Saturday to earn its first berth to nationals since 2009. The Nittany Lions recorded a team score of 196.725. The Gators finished with a 197.050, and No. 12 Oregon State grabbed third with a 196.525.

Penn State junior Sidney Sanabria-Robles and senior Cassidy Stauder finished third and fifth in the all-around, respectively. Sanabria-Robles and freshman Emma Sibson were tied for third in the vault to help the Nittany Lions get off to a strong start in the first rotation. And Sanabria-Robles, junior Randi Lau and senior Lindsay Musgrove each scored 9.9 to tie for fourth in the floor exercise, feeding off the home crowd's energy to clinch Penn State's spot in the NCAA Championships to be held April 18-20.

"We just really used that energy to fuel us to do awesome floor routines and come out with the win," Stauder said. "Well, not the win, but qualify. It's a win to us. It feels like a win."

Penn State went into the final rotation with a score of 147.3, trailing Florida's 147.5 and Oregon State's 147.4.

Nittany Lions coach Jeff Thompson reminded his team that it was heading into its best event, the floor exercise, where it's ranked No. 9 in the country. He told them Oregon State would also finish in its best event, the balance beam, where it's ranked No. 8 in the country. And then he told them to be themselves and have fun.

Sanabria-Robles took that advice and started the Nittany Lions final event with a bang.

She elicited roars from the fans after her first two landings and brought them to their feet by the end of her routine. When her score of 9.9 was revealed, the crowd erupted again.

And Lau picked up right where her teammate left off, matching her 9.9. Stauder recorded a 9.875, Sibson finished with a 9.850 and Musgrove scored another 9.9 to push Penn State's team score to 196.725. After Penn State junior Krystal Welsh scored 9.850 to complete the Nittany Lions' day, the fans revealed the banner. The Nittany Lions were going to the NCAA Championships.

"I think we all knew we had to hit," Sanabria-Robles said. "And we had that excitement in us, and we knew we could do it."

That confidence was the product of a change Thompson made in the program after Penn State finished fourth in the NCAA Regionals last year. The coach challenged his athletes to be more dedicated. He wanted to see them put academics first and gymnastics second. Everything else came third.

"After our season ended last year, we had a meeting and the coaches talked to us about some changes that we're going to go through," Sanabria-Robles said. "And a culture change and other adjustments that we're going to make, and we did them, and it got us this."

Thompson credited his upperclassmen for getting everyone to buy into his system this season. Stauder said she and her teammates owned that new mentality focused on taking pride in being a Division-I athlete.

It ultimately led to Penn State's success.

“At the beginning of the season, I don’t think a lot of people expected a lot from us,” Thompson said. “We graduated some superstars, and it just speaks volumes to the hard work these girls have put in, how much they believe in each other, how much they believe in the coaches and the system.”

Any sacrifice made for that system was worth it Saturday.

The Nittany Lions proudly took their place as a team at the second-place spot on the podium. They unfurled the same banner their fans did earlier in the day, another reminder their season will continue on the sport’s biggest stage.

“To me, it’s something that we’ve been working for since day one that I walked into Rec Hall at Penn State,” Stauder said. “We haven’t qualified. We’ve been so close to qualifying all the years that I’ve been here, and to finally qualify in Rec Hall is the best feeling ever.”



## **Penn State qualifies for NCAA Championships**

**By Makiala Yates | Collegian Staff Writer**

Coach Jeff Thompson walked into the girls' locker room during the Nittany Lions' bye rotation before the last event and asked if the team wanted to know the score.

When they said they did, he told them that they were down one-tenth of a point to No. 1 Florida. In order to qualify for the NCAA Championships, they would have to finish in the top two, and the team was feeling pressure from No. 12 Oregon State.

"We knew Oregon State was going into their best event, they are ranked eighth in the country on balance beam," Thompson said. "We also knew we were going into our best event ranked ninth on the floor exercise. I told them to just go out there and do what they do every day in practice: Go out there and be us."

The home crowd was electric as the Lions went out and nailed their routines.

Scores of 9.900 from Sydney Sanabria-Robles, Randi Lau and Lindsay Musgrove helped move the team into second place and allowed them to qualify for the NCAA Championships in Birmingham, Ala.

As the last score was posted, the Penn State section in the stands rolled out a banner that said "Birmingham Bound," which was especially meaningful for senior Cassidy Stauder, who competed for the last time in Rec Hall.

"We had a huge fan section of our alumni and our family," Stauder said. "We really used that energy to fuel us to do well, especially during our floor routines, and it helped us come out with a qualifying spot for nationals. There is no other way I would rather want to leave Rec Hall than to qualify to the NCAA Championships with my team. It was an incredible way to go out."

Stauder, who received All-American honors two weeks ago, had another solid performance, finishing fifth in the all-around competition.

Like she has all season, Sanabria-Robles also competed well, taking third in the all-around.

"I think we all knew what we had to hit [tonight]," Sanabria-Robles said. "We had that focus and excitement in us. We knew we could do it and we just went out there and did what [our coaches] have been telling us all along: just be us and have fun."

This is the first time the team has qualified for the championship meet since 2009.

Thompson said after graduating important seniors last year, he sat down with the team and had a talk about what needed to happen to get back.

"When the last two graduated last year we went to them at the end of the season and said, 'If you want to make nationals, if you want to be one of the top team, these are the things you need to buy into,'" Thompson said.

"Everybody decided that they were going to buy into the system. We have a lot of fun. We accomplished our goal. Now we have a new goal, Super Six."

The NCAA Championships will begin on April 18.

The team plans to use its past success as a foundation to continue building.

"This speaks volumes to the hard work that these girls have put in and how much they believe in each other, how much they believe in the coaching staff and our system," Thompson said. "They have been super consistent, having a lot of fun, and we are going to have even more fun in Birmingham."



## Women's Gymnastics Keys to NCAA Regionals



By **Samantha DelRosso**, *GoPSUsports.com Student Staff Writer*

UNIVERSITY PARK, Pa. - During each week this past November, the Penn State women's gymnastics coaches, Jeff and Rachelle Thompson, gave the team a letter. With this letter, the team would pick a motivating word that began with that letter. Then, during each week this season, the word they chose in November would resurface as, "The Word of The Week."

This week, the team has two words leading up to the NCAA Regional Championships this weekend - 'Wow' and 'Inspire'.

"If we do well and finish first or second, then, 'Wow. We made it to Nationals.' But we're going to have to have inspired performances in order to do that," Jeff Thompson said.

Senior Kassidy Stauder said that these two words are important because she wants to go to Regionals and "wow" everyone and make it to Nationals. If the team places first or second this weekend, they will advance to the NCAA National Championships for the first time as a team since 2009.

"We need to go in there and inspire one another and also inspire the upcoming teams to make a new tradition of making it to Nationals every year," Stauder said.

The team decided to combine the two words of the week to make an acronym. They took the first letter in 'wow' and the first two letters in 'inspire' to create 'WIN' - What's Important Now.

"This means just focusing on staying in moment. And what's important to us is hitting our routines and doing our best to progress on to the next meet," senior Lindsay Musgrove said.

Some of the gymnasts competing in NCAA Regionals found their "keys" to being successful in the meet this weekend:

Kassidy Stauder: Confidence

"Go in there with confidence and having fun. Remember that our best is good enough and do what we do every day."



Sidney Sanabria-Robles: Compete as if it were warm ups

"Stay calm and do everything as if it was warm up. In warm up, I'm not thinking about anything, and it actually turns out really good. Just stay relax and think 'warm up'."

Randi Lau: Focus

"We have to focus on the details and sticking our landings, because we are a Top 12 team and we're really capable of making it to Nationals. We just have to stay focused and finish really [well] on floor."

Krystal Welsh: Having fun

"Just have fun and do exactly what we do in practice."

Coach Jeff Thompson: Hitting routines

"The most important thing for everyone is to hit routines. If everyone hits, then it's going to come down to stuck landings."

Lindsay Musgrove: Compete freely

"We've put in all of the preparation up until now, so we don't need to stress or worry. I think just have fun and compete freely and just let ourselves do our gymnastics because we all know how to great routines. We hit them in the gym every day."

In the NCAA Regional Championships this weekend, No. 15 Penn State will take on No. 1 Florida, No. 12 Oregon State, No. 23 New Hampshire, Kentucky, and Maryland. Penn State is the No. 3 seed.

Catch the Nittany Lions at home in Rec Hall for the last time this season on Saturday at 4 p.m.

## Women's Gymnastics Big Ten Roundup - We Are... Us



By **Samantha DelRosso**, *GoPSUsports.com Student Staff Writer*

UNIVERSITY PARK, Pa. - It was an electric atmosphere in Rec Hall on Saturday, as it housed the 2014 Big Ten Women's Gymnastics Championships. Fans from many of the Big Ten schools filled the gymnasium, cheering for their teams and sporting their team's colors, in hopes of a Big Ten Championship title.

The seventh-ranked Michigan Wolverines were declared the 2014 Big Ten Champions, scoring a 197.550. The Nittany Lions finished fifth with a score of 196.475.

Hosting the championship event at home provided an advantage for the Nittany Lions, having their fans behind them. But the Lions also fed off of the energy of the opposing teams' fans.

"At every championship meet, it's crazy loud," senior Cassidy Stauder said. "It's really great to feel that energy coming off of our fans, but also the energy coming off of all of the other teams. Even though they might be routing for Michigan or Nebraska, they are all routing for gymnastics."

The gymnasts themselves were just as energetic from start to finish. No. 15 Penn State began on the floor exercise and the team's energy busted through the navy blue barriers that the teams stood behind for each event.

The floor exercise was the Nittany Lions' highest score of the day, recording a team total of 49.425. Head coach Jeff Thompson expressed how impressed he was with each gymnast's performance.

"We got off to a great start. Emma [Sibson]'s floor routine was outstanding. She had very difficult tumbling and she nailed all of it. Krystal's tumbling was very difficult, she nailed all of it," Thompson said. "They got on a roll and they built off of each other."

Stauder prepared for her floor routine with a pep talk from assistant coach Rachele Thompson.

"Rachele always runs us through our entire routine from the dance, to the first tumbling pass, to what we're going to do; just a little reminder before you do your routine. And she knows all of our routines so well," Stauder said.

Stauder scored a 9.875 on the floor exercise on Saturday, 0.125 points higher than her previous routine in the meet at Michigan on March 15.

"At the Michigan quad meet, I went a tad bit crooked on my last pass, so I was definitely working on that this week, so I didn't get the deduction on being right in the corner," Stauder said. "I just felt more confident on my floor routine this week. I was really working on that in gym, fixing little things so that I could feel that confidence today."

Stauder earned All-Conference Team honors and tied for both second place on the uneven bars and fifth place overall with a score of 39.425.

"It's more about the team for me and I've always gone out there for the team, but it's cool my senior year, letting all my hard work show off to our fans," Stauder said.

In preparation for the Big Ten championship meet, Jeff Thompson focused on telling the gymnasts that what they do is good enough.

"We don't have to try to be better than what we are. That's when mistakes happen; when you're trying to do something you don't normally do," Thompson said. "[On Friday night] we talked about [the term] 'We Are...' and I wrote, 'Us'. That's who we are."

The Nittany Lions placed second on the uneven bars, scoring a 49.300. The team recorded a 49.250 on vault, which was the fourth-highest team vault score of the day. Penn State finished on the balance beam, scoring a 48.500, coming in fifth place.

In order to improve and build from this meet, Stauder said the team needs to work on confidence and knowing that "their best is good enough."

"We just need to go out there and do what we do every day at the White Building," Stauder said.

Penn State will not host the Big Ten Championships for another 10 years, as it rotates from school to school each year.

"We told the girls, you will bring your children back the next time Penn State hosts," Thompson said.

Next up for the Nittany Lions is the NCAA Regional Championships, in their home gym again. The team's goal is to finish first or second to advance to the 2014 NCAA Championships in Birmingham, Ala.

Stauder said the team will be preparing for the NCAA Regional Championships by working hard on beam, gaining confidence on beam and working on the small details to improve everyone's scores.

Penn State is expected to be the No. 3 seed in the Regional Championships meet. The Nittany Lions will start on vault and end on floor, which is the team's typical rotation at home meets.

"It's going to be the same set up, all of the equipment is in the same places, all the same mats, it's all of our stuff, we know exactly what to expect," Thompson said. "We will get to go vault, BYE, bars, beam, BYE and then come out and rock floor at the end, and we'll know exactly what [score] we need [on floor] to win."



## Michigan wins Big Ten title, Penn State falters to fifth

BY GORDON BRUNSKILL - gbrunskill@centredaily.com

UNIVERSITY PARK — A bobble here or there can be all the difference in gymnastics. A fall can be downright devastating.

Knowing it needed to be nearly perfect on the balance beam — the final rotation for the Penn State women's gymnastics team — the Nittany Lions instead had two falls among its six competitors.

It dropped Penn State from being the runner-up, with an outside shot at winning, down to fifth place at the Big Ten Championships on Saturday at Rec Hall.

Setting the bar by competing in the day's early session, Michigan captured its 20th conference crown on the same floor on which the men's team earned the national title 11 months earlier.

"At first it was like, 'Oh, wow,'" senior Kassidy Stauder said of seeing Michigan's score. "But we really came together and go out there because our best is good enough. We tried to do that tonight. We came up a little short at the end, but our first three events showed how great we were."

The Wolverines, with the top team totals on three of four apparatus, finished with a team total of 197.550 to easily take the title, while two-time defending champion Nebraska followed with a 196.950.

Penn State compiled a 196.475 team total in the eight-team field, broken into two four-team sessions.

"We still wouldn't have caught Michigan — their lead was too great," coach Jeff Thompson said. "But we host the (NCAA) Regionals in two weeks ... and the goal all year has been to advance to the nationals."

The Nittany Lions had posted strong scores, fractions behind the Wolverines, on each of its first three events in the floor exercise, vault and uneven bars.

"We got out momentum going," said Stauder, who tied for fifth in the all-around race with a 39.425 total. "We were really excited and got to use that power and good scores to work off that in the next event."

Even before the evening session began, the Nittany Lions knew how tough the road ahead was.

"We were just focusing on what we needed to do," said Krystal Welsh, who was fourth in the all-around at 39.500. "We just wanted to be us, be in our bubble, and that's exactly what we did."

Penn State needed a 49.575 total — averaging 9.915 per athlete — on the balance beam just to match the Wolverines.

But freshman Emma Sibson and junior Randi Lau each fell off the beam to crush the team's hopes. With five scores counting among the six competitors, only one low round could be wiped away, and Sibson's 9.075 had to be counted.

"The balance beam is only four inches wide, and sometimes they fall," Thompson said. "We had a freshman that was very nervous before the start of the last event, we spoke with her. She looked like she was calm, she said she got herself calmed down, but she was just a little crooked. When you're off, you're off, and then when (Lau) followed her, she had a lot of pressure not to fall."

The Nittany Lions dropped all the way from second place with the way they had been rolling.

"We really hadn't had a meet like that in a while where everything was the way it is in the gym," Thompson said. "When we got to the beam, I think everyone expected us to pull it off. Krystal got us off to a good start with a wobble-free routine ... but freshmen are going to be freshmen."

Penn State had posted three of the top scores on the beam, with Stauder and Nicole Medvitz part of a

three-way tie for fourth with a 9.875 and Welsh in a four-way tie for seventh at 9.850. Sidney Sanabria-Robles tied for 11th at 9.825.

"We were psyched, but to have that one fall, we were like, 'All right, we just have to come back,'" Welsh said. "But having two — I'm just proud of our last three girls who went out there and hit it out of the park. That's what we needed to get to fifth place."

Among other top Nittany Lion scores, Stauder tied for second on the bars with a 9.900, and Welsh and Sibson tied for fifth on the vault with a 9.900.

Minnesota's Lindsay Mable in the vault, and Michigan's Joanna Sampson and Nebraska's Emily Wong in the floor exercise each posted perfect scores of 10.

Sampson also was third in the all-around for the Wolverines and had the top score on the uneven bars, and teammate Austin Sheppard was second in the vault.

Mable was crowned the all-around champion with her 39.650 total.

Other conference award winners included Freshman of the Year Nicole Artz of Michigan, Gymnast of the Year Wong of Nebraska and Coach of the Year Meg Stephenson of Minnesota.

Penn State will host the NCAA Regional meet April 5.

"It hurts, but we have one more shot in regionals," Welsh said. "We're just going to lay it out there."

## Big Ten Championships Preview - Pride of the Process



By **Samantha DelRosso, GoPSUsports.com Student Staff Writer**

UNIVERSITY PARK, Pa. -- With "heart" and "energy", the Penn State women's gymnastics team will take on the Big Ten Championships this weekend. The Nittany Lions are hosting the competition for the first time in seven years.

Each week, the Lions choose one word for the "Word of the Week" to focus on before each meet. This week, however, with it being a championship meet, the team decided to focus on two words: heart and energy.

"The heart of our team is just amazing. Our chemistry, helping one another every time we get up [for an event]," junior Krystal Welsh said.

With the championship meet being at home for the Lions, there is sure to be a lot of "energy."

"Because it's in our house, there is going to be a whole lot of energy and we're going to bring a lot of energy too," senior Cassidy Stauder said. "It's championship season, it's championship competition. So it's that much more exciting."

Hosting the championship meet provides familiarity and the opportunity for a large cheering section for the Nittany Lions.

"I'm just so excited to hear our fans in the stands. Any time we go to Big Tens anywhere, we only have a certain amount of people there. This will have family, friends, and other athletes cheering us on," Welsh said. "It makes it so much easier to compete in our own arena, too."

The 14<sup>th</sup>-ranked Nittany Lions will be competing in Session Two at 5 p.m. on Saturday with No. 8 Michigan, No. 9 Nebraska and No. 13 Illinois. The Lions defeated Illinois and Michigan, but fell to Nebraska at home earlier in the season.

"Everyone is a tough competitor because it depends on who shows up that night," Stauder said. "But looking at the season, [the toughest competitor] would be Nebraska. We lost to them at a home meet and we definitely want to protect our house against them."



Leading up to the meet, the Nittany Lions will be doing different many things to prepare.

In practice, the group worked on the "little details".

"We're definitely going to work on sticks. That's always our only downfall," Stauder said. "At our last meet, we had an incredible meet, but we just left some tenths out there on the floor with sticks."

The night before the meet, the gymnasts and coaches come together for a team meeting. On the day of the meet, the team has a "POP" meeting. "POP" means "Pride of the Process". In this meeting, the gymnasts participate in mental routines and get themselves in the competition mode.

Welsh and Stauder found the three "keys" to being successful in the Big Ten Championships:

1. Have fun:

"We do our best when we are having fun. Our coaches always say that our best is good enough," Stauder said. "We just need to go out there and have fun and do our best."

2. Transferring what the team does in practice into the meets:

"It's important to transfer what we do in the White Building to what we're going to do in Rec Hall, not letting the crowd or the judges sitting watching let that affect us," Stauder said.

3. Confidence:

"Go out there and know that everything in the universe is going to happen the way it's supposed to," Stauder said.

"We know we're going to hit. We know we are going to do well," Welsh said.

## The Coaching Clause in Marriage Vows: Thompsons In It 'For Better or Worse'



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

UNIVERSITY PARK, Pa. - It's a rather unusual thing, a husband and wife coaching, together. For Jeff and Rachelle Thompson, coaching together is a normal activity, one that has occupied 15 of their 21 years of marriage.

The year was 1991. Jeff was in his second season as a full time coach at the University of Wisconsin and Rachelle was a senior at Louisiana State University. Wisconsin had just announced that they were dropping five varsity sports that year, one of which was gymnastics.

"They made the announcement right before NCAA regionals and we had a gymnast qualify," Jeff said. "So, I went to coach her at the tournament while the head coach stayed home to fight the legal battle."

Rachelle, a three-time NCAA All-American was set to compete at the regional tournament at Auburn University.

"We were in the bookstore at Toomer's Corner and we literally ran into each other," Rachelle said.

"We knew each other, but we had never spoken to each other," Jeff added.

After the tournament, Jeff asked Rachelle to come and coach at one of Wisconsin's summer camps and a year later they were married.

No, the dynamic duo didn't do back-handsprings down the aisle, as Jeff isn't a gymnast. He is a rugby player turned gymnastics coach, a passion he developed through his master's degree in biomechanics and through his childhood involvement at the local YMCA.

"I have always been interested in the science behind gymnastics," Jeff said. "I have always been passionate about the sport. My high school graduation ring has a gymnast on the side of it and my high school didn't even have a gymnastics team. It's weird, I know."

The pair began coaching together at Auburn University in 1999. At the start of their tenure with the Tigers,

Jeff was the head coach and Rachelle served as a choreographer and volunteer coach. She was promoted to assistant coach in 2002 and associate head coach in 2006. In the duo's time with the Tigers they produced four NCAA All-Americans, four All-SEC team members, three SEC gymnasts of the year, nine NCAA Championship qualifiers and four NCAA regional event champions.

"We have learned a lot about each other over the years," Rachelle said. "We have learned to balance our working relationship and our marriage in a unique way that makes it enjoyable."

If you have the opportunity to watch the Thompsons coach, you will see Rachelle doing some of the motions of her girls' routines, while Jeff is relaxed, watching from the sidelines.

"We don't normally fight with each other, but if we do its always about gymnastics," Jeff said with a laugh.

"But, I am always right," Rachelle chimed in.

And like any smart husband, Jeff agreed.

The Thompsons traded in their orange and navy blue coaching jackets in 2010 in exchange for the Big Ten coaching position at Penn State.

"This was a huge turning point for us," Rachelle said. "We came here wanting to win a national championship."

The Thompsons had an incredible freshman-coaching season in the Big Ten. Their team placed second at the 2011 Big Ten Championships and was the No. 2 seed heading into the NCAA Regional Championships.

"I think we were blessed with two sons because every year we have 15 daughters," Jeff said.

The duo has its coaching methods down to a science, but the true success as coaches is visible in the classroom. Winning an all-around championship is always a resume-worthy accomplishment, but coupled with a strong academic record, one is unstoppable. From their time at Auburn to their current position at Penn State, there has never been a year where the two haven't had a handful of Academic All-Americans.

"Coaching together has definitely influenced our parenting," Rachelle said. "I want to coach the girls to our best ability, but I also want to prepare them for their life after gymnastics. I can teach them how to flip in the air, but I can also teach them how to do their laundry, manage their money and grocery shop."

This year marks their fourth season with the Nittany Lions and so far, they have only lost two meets and secured the first 20-win season in the program's history. Penn State is ranked No. 3 in the Big Ten and No. 14 in the NCAA standings.

"We measure our success over the past four years by looking at Cassidy [Stauder] and Lindsay [Musgrove]," Rachelle said.

"I am proud of the gymnasts and people that have become," Jeff said.

"They are just amazing," Rachelle said.

It is obvious that the pair loves nothing more than to coach by each other's side, a reality that is a primary ingredient in their coaching philosophy. For 15 years the Thompsons have spent most of their days together, in the same gym, with the same people, but they wouldn't have it any other way.

"I couldn't imagine a day without coaching with him," Rachelle said. "We are best friends."

## **Gymnasts will focus on details, depth in quad meet**

**Kendall Brodie | Collegian Staff Writer**

With just two meets left before the Big Ten Championships, coach Jeff Thompson said at this point in the season the team's preparation doesn't change much from week to week.

And for a team that continues to out-perform itself and its opponents, more of the same may not be such a bad thing.

The team has bested its season-high score four times this season, which is second-highest among Big Ten teams. The Nittany Lions left last weekend's meet with their second-highest overall score, as well as new season highs on vault and uneven bars.

Thompson's group hopes to continue its strong performance as it travels to New Hampshire on Saturday for a quad meet with Bridgeport and George Washington.

"Right now, it's about hitting routines and sticking dismounts," Thompson said. "Focusing on the little things."

While the team defeated Bridgeport in last week's meet, Thompson does not believe it gives his team an advantage.

"There isn't defense in gymnastics. We could be competing against the No. 1 team or the No. 100 team — we're still going to do the same routines," Thompson said.

A large contributor to the offense this season is freshman Emma Sibson, who was recognized as Big Ten Freshman of the Week for her showing last weekend.

"She's living up to the potential, she's living up to the hype and she's doing what we planned for her to do," Thompson said.

Though Sibson is certainly a standout, for the first time in his four years at Penn State, there is no superstar on the team, Thompson said.

"Everybody has a role to play, and everybody has an equal role," Thompson said. "Our chemistry is great."

This weekend, the Lions will capitalize on nearly every gymnast's role, as the team faces its healthiest self yet.

Juniors Lexi Carroll and Alex Witt have returned from a broken finger and thumb surgery, respectively, and are expected to perform Saturday.

Junior Randi Lau, who suffered a concussion during a meet in late February, was cleared on Thursday and is expected to compete on vault and perform exhibition routines, Thompson said.

"We have more depth and more bodies than we've had all season," Thompson said. "We have to decide to stick with what we have or to try something different—whatever is going to maximize our score."

Regardless of line-up, Thompson remains confident in his team's ability for Saturday's meet and for the rest of the season.

"They're fighters," Thompson said. "They just don't quit."





## Nittany Lions Close Out Quad Meet With A Win, Touching Tribute To Seniors



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

UNIVERSITY PARK, Pa. - As the Penn State women's gymnastics team funneled into the locker room before Friday's meet, they knew that they had to win. The win wouldn't just signify a near-perfect home record, but it would be the icing on top of the cake for the seniors. Emotions were running high as the Nittany Lions made their way onto the mat; each teammate presented a little, handmade gift to the seniors.

The team delivered a solid, heartwarming performance in their win at Friday's quad meet. The Nittany Lions won their last home meet of the season with a score of 196.600, beating Western Michigan, Bridgeport, and Yale.

Across the board, the Nittany Lions delivered a solid performance; a great close to the home season for seniors Lindsay Musgrove and Cassidy Stauder.

Penn State started the quad meet on vault with a lineup much shorter than they are used to. After suffering injuries at last week's meet, junior all-rounder Randi Lau did not compete. With her absence, the Nittany Lions competed with five vaulters, instead of the usual six. Musgrove and Stauder scored 9.850, with Emma Sibson, Krystal Welsh, and Sidney Sanabria-Robles each scoring a 9.875, posting a total event score of 49.325.

Head coach Jeff Thompson was most impressed with his team's vault performance, the event that housed the their highest score of the evening.

"With it being senior night, I was a little worried that we weren't going to have a great night," Thompson said. "We only had five girls compete on vault and they each knew they had to hit. We got off to a great start."

The team followed suit on bars with Stauder posting a 9.925 and junior Alex Witt posting a career high 9.850 in her first meet after recovering from an injury. The team finished their rotation on the uneven bars

with a score of 49.225.

"What a great way for Alex [Witt] to come back," Thompson said. "She put up the second highest score on bars."

The Nittany Lions put up a score of 49.075 on balance beam and 48.975 on floor, sweeping the top three spots in the all-around.

"What a great way to win on senior night," Thompson said. "The kids fell back on their training and they did what they had to do to win."

### **Saying Goodbye to Musgrove and Stauder**

Musgrove, Stauder and Coach Thompson each started their Penn State careers at the same time four years ago. In a touching video tribute to the seniors prior to the awards ceremony and in the post-match press conference, it was clear how much these seniors mean to their coaching staff. It was hard to miss the tears welling up in Coach Thompson's eyes as he reminisced on his seniors.

"It is always hard to say goodbye to seniors, but this class is different," Thompson said. "They are the first group who started and finished with us. Those girls signed up for one thing and were stuck with us. We give them a lot of credit and a lot of thanks because it would have been easy for them to change their mind and go somewhere else."

Musgrove made her transition to Penn State in 2010; she quickly adjusted to the rigorous schedule of Big Ten gymnastics and relished at the opportunity to succeed academically. The Texas native has not only been a major contributor on vault, balance beam and floor for the Nittany Lions, but she has been recognized for equally impressive performance in the classroom. Musgrove was awarded Academic All-Big Ten honors and Big Ten Distinguished Scholar Awards every season except her freshman year, making the dean's list all but one semester.

"Being able to represent such an amazing school and being a part of a team is a whole other family away from home," Musgrove said. "It has been an amazing four years."

Musgrove has competed in the NCAA Regional Championships each year of her collegiate gymnastics career. She reflected on her first time competing in Rec Hall and how that experience has fueled her passion for the past four years.

"When you compete in club gymnastics there is only one set of bleachers and you perform in front of your family," Musgrove said. "Competing in Rec Hall is just so different than that. There are fans in the stands, your classmates, and even little girls who look up to you. Being able to do what I have been training for since I was 2 is just amazing."

Musgrove will graduate this semester with a degree in bio behavioral health, with the intention of going to medical school. She hopes to use her degree to continue her passion for sports; trading in her leotard for a lab coat and become a sports medicine doctor.

"We have grown so much over the past four years," Stauder said. "I am happy I go through this experience with Lindsay [Musgrove]."

Stauder has made a lasting impact competitively on the Penn State women's gymnastics team. She encompasses the definition of consistency, striving to finish on the top of the leaderboard in every event that she competes in.

"We have been afforded such a great opportunity to be here," Stauder said. "From our professors, teammates, coaches, nutritionists, and everyone who has helped make this time the best for us, we have been given the opportunity to go so far."

As a Pennsylvania girl born and bred, coming to Penn State has always been a dream of Stauder's. In the course of her four years as a Nittany Lion she has constantly set the bar higher for herself, beating her career bests on a regular basis. This Friday's meet was no different: she set a new career high all-around



score with a 39.425.

"I wasn't really thinking about the all-around score going into the meet," Stauder said. "It's a great feeling on senior night to go out with great scores and to improve week after week."

Stauder is hoping to beat her scores of last year's Big Ten performance where she finished third in the all-around, took second on the balance beam, and tied for fifth on bars and floor. She hopes that when she turns her tassel in May that she can improve last year's scores as she has been doing all season. Stauder will graduate with a degree in elementary education and with a personality perfectly suited for teaching.

"I think what I will miss the most about those two is that they are unpredictable," Thompson said. "Every day in the gym it is always something different. This is one of the closest teams that I have ever had the pleasure of coaching. They genuinely love each other."

Coach Thompson is notorious for sharing a "word of the week" with his team. When asked if he had one word to describe his seniors he didn't hesitate when he chose the word "fabulous."



## Stauder and Musgrove 'Focus On The Details' For Senior Meet



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

UNIVERSITY PARK, Pa. - Week in and week out the Penn State women's gymnastics team strives to "compete how they practice." Head coach Jeff Thompson believes that this is the key to winning big meets and scoring a lot of points. For seniors Lindsay Musgrove and Cassidy Stauder, being consistent comes naturally, but it's the little details that prove to be the most difficult.

"Gymnastics is based on the tiny little details," Musgrove said. "Nerves make you a little shaky or you might want to push harder to do better in a meet, but that never works in your favor. That is why we try to compete how we train every single day. We have been sticking all the time in practice, so we just have to keep doing the same thing."

Over the past few weeks, the Nittany Lions have not only been consistent, they have been putting up impressive scores. Coming off of a 196.150-197.225 loss to No.8 Nebraska on Feb.8, Penn State used the close match as a measuring stick of comparison, realizing they can compete against the big teams. The Feb. 15 match proved just that: Penn State beat No.15 Illinois 196.675-195.600.

"That meet against Illinois really built our confidence," Musgrove said. "We have been working on all of the little details in practice and we are hoping to see the same thing happen this weekend."

The Nittany Lions return to Rec Hall this Friday after winning a quad meet at Rutgers last weekend, besting Rutgers, Temple and Ursinus with a first place score of 195.825. Penn State will host a quad meet of its own Friday at 7 p.m., welcoming Yale, Western Michigan and Bridgeport to Happy Valley. This Friday's quad meet will be senior night for Musgrove and Stauder, who will be competing in Rec Hall for the last time before the Nittany Lions host the Big Ten Championships on March 22.

To encourage the mantra of "competing how you practice," Coach Thompson offers a "word of the week" for his Nittany Lions to use as inspiration in practice and on the competition floor. For this week, the word is "navigate." Penn State returned home last weekend with another "W," but was forced to navigate around an injury suffered by junior all-arounder Randi Lau.

"This weekend is going to be a true test of how well we did navigate with Randi being out," Musgrove

said. "We have to replace her on every event, so we have girls coming back from their injuries to compete this weekend."

Friday's quad meet is the first home meet in almost a month that is not a double dual and Musgrove said that the team would miss having the men's gymnastics team cheering them on.

"Quad meets are really exciting and full of energy," Musgrove said. "I am looking forward to the whole meet over all. It is our last home meet before the Big Tens. Right now, we are trying to get the best home scores we can get so that we will be ranked at the best sport possible."



## Aspire to Succeed



By **Samantha DeIRosso**, *GoPSUsports.com Student Staff Writer*

UNIVERSITY PARK, Pa. -- At age four, Penn State gymnast Sidney Sanabria-Robles was hanging and swinging on anything and everything. Her parents decided to put her in gymnastics because they thought it would be a good fit. And it was.

Eighteen years later, Sanabria-Robles, is still dominating the vault, floor, uneven bars, and beam, helping the Penn State women's gymnastics be the 20<sup>th</sup>-ranked team in the country.

Last weekend, Sanabria-Robles placed first in the all-around against No. 14 Illinois with a score of 39.245. She also received the Ann Carr Award, an honor given to the most inspirational female gymnast at each home meet. This was the second time Sanabria-Robles has won this award in her career.

"We work hard in the gym all the time, so it's always nice to get recognized, especially when you actually do what you do in practice in the meet, which is hard for me," Sanabria-Robles said.

The Caguas, Puerto Rico, native is far from her family, but they still support her from miles away.

"I talk to them all of the time. They're always paying attention and making sure I have everything I need. They are just there for me. In everything," Sanabria-Robles said.

In addition to her family, Sanabria-Robles's motivation for gymnastics comes from within herself.

"It's important to do the sport for yourself," Sanabria-Robles said. "As long as you love what you're doing and you have a goal in mind, which our goal is to make it to Nationals as a team, you will be [motivated]."

Before each event, Sanabria-Robles visualizes herself performing her routine perfectly. During the routine, she said she takes it one skill at a time and stays focused and with the process.

The key to a successful performance for Sanabria-Robles begins with transferring what she does in the gym to the meet. The next step is having confidence. Sanabria-Robles said she felt very confident in her performance last weekend against Illinois.

Head coach Jeff Thompson said in the beginning of Sanabria-Robles' Penn State career, her confidence was not where it is today.

"Her gymnastics and competition has gotten so much better because her confidence has grown," Thompson said. "She takes it one skill at a time, one event at a time, and doesn't allow herself to get overwhelmed."

Sanabria-Robles said there are many things the team does to ensure success during meets. First is staying calm and trusting that the work the girls put in is going to transfer itself in the competition. Another important aspect is staying positive. Sticking landings is also an important aspect of the sport that if done correctly, will ensure success.

"From this point forward, sticking is going to be a part of every assignment. There's no point in rewarding them for doing something that doesn't end well," Thompson said "Every step on a landing is a tenth of a point, so the more of those we can eliminate, the higher we can score."

This week in practice, Sanabria-Robles will be working on dismounts and taking her time during routines before she competes this weekend.

As a team, the Nittany Lions will be focusing on the "word of the week" this week in practice. This week's word is "aspire."

"Aspire to get to the next level, aspire to be one day better, which is our slogan for this year. One day better," Sanabria-Robles said.

The "true team" aspect of Penn State gymnastics is Sanabria-Robles's favorite part about being on the team.

"Everyone cares about each other and we go out there and give it our all and everyone is rooting for everyone to do their best," Sanabria-Robles said.

The Nittany Lions are preparing this week to travel to Rutgers, where they will participate in a quad meet against Rutgers, Temple, and Ursinus. Sanabria-Robles said preparing for a quad meet is the same as preparing for a meet against one team.

"We try to think of every meet at the most important meet because we're not going to be thinking about the meet five weeks from now," Sanabria-Robles said. "No matter who you're going against, you're still going to give it your all no matter what."

Although the team will be missing Penn State's THON this weekend because they will be competing, they created a video to show during the "Pep Rally" that recognizes Penn State student-athletes.

## Women's Gymnastics 'Stickin' It' To Win

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

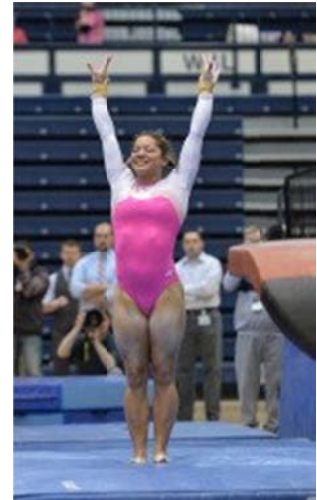
UNIVERSITY PARK, Pa. - When women's gymnastics' head coach Jeff Thompson walked into the press room after Saturday's meet he had one thing to say, "I knew our girls could do this."

His smile lit up the room as he tried to communicate how proud he was of the performance of his Nittany Lions.

Last weekend's meet against Nebraska was a tough one to watch; seeing the women's gymnastics team tie their season high score, but fall short of a victory because of "sticks." The team's goal for this Saturday's meet was to "stick it," and they rose to the occasion, besting No.15 Illinois 196.675-196.500.

The Nittany Lions started out Saturday's double dual with their vault routines, posting a team score of 49.000. Sidney Sanabria-Robles and Emma Sibson led Penn State's vault program, posting scores of 9.875 and 9.850 respectively.

"We weren't sticking as many vault landings today, but when we got done with our bar rotation I knew we were on a roll," Thompson said. "The girls came to win today."



Kassidy Stauder led Penn State's bar rotation with a score of 9.875, with both Krystal Welsh and Sanabria-Robles posting 9.850 in their bar routines. The team posted a total bar score of 49.125.

Stauder, Welsh and Sanabria-Robles were the top performers in the all-around. Sanabria-Robles took home the gold with an all-around score of 39.425, her first of her collegiate career.

"They [Stauder, Welsh, Sanabria-Robles] gave impressive performances today," Thompson said. "This is a huge confidence booster for them."

Heading into the floor and bar rotation, Illinois was in the lead, but the Nittany Lions quickly answered. Illinois is arguably one of the best beam teams in the Big Ten, a fact that coach Thompson was well aware of heading into the meet.

"Illinois thought they would secure a lead with their beam routine," Thompson said. "We took control in our house, and we showed them who owns Rec Hall."

The Nittany Lions and the Fighting Illini ultimately tied on beam, each posting scores of 49.175.

The most impressive display of how tough the Big Ten gymnastics competition is was during the Nittany Lions' floor routine. After tying Illinois on beam, winning the floor rotation was a must in order to for the Nittany Lions to win. Welsh posted a 9.900, along with Randi Lau, Lindsay Musgrove and Stauder each scoring 9.875.

"We were so excited to go out there and do what we do in practice," Welsh said. "We did that with every routine today. I am so, so happy."

With all of the excitement and impressive performances in this Saturday's meet, it was hard to miss all of the pink in Rec Hall. This weekend's meet was dedicated to breast cancer and the strength of those who are doing their best to "stick it" to the terrible disease.

"Wearing pink today added another element to us wanting to win," Stauder said. "Those women are fighters, they deserve to see our support and know that we are rooting for them."

For coach Thompson, this meet proved two things about his team: that his team is competitive against the elite teams in the conference and that the rest of this season will be nothing short of exciting.

"Heading into the rest of the season and the Big Ten Tournament, I can't wait to see what these girls will do," Thompson said. "We just need to keep competing how we practice. We have to keep taking charge. When you get a team down you have to keep pounding them and keep them down. That is what it takes to be a national championship team."



## **Women's gymnasts set season-high in upset victory against Illinois**

**Kendall Brodie | Collegian Staff Writer**

In the four years he has been coaching at Penn State, coach Jeff Thompson said he has never had a team with a killer instinct.

But Saturday night, the Nittany Lions' performance against Illinois proved differently.

The No. 21 Lions (9-2, 3-1 Big Ten) defeated No. 15 Illinois (4-3, 2-3 Big Ten) 196.675 – 196.500 in their Flip for the Cure meet alongside the men's team, which also walked out with a win. Junior Sidney Sanabria-Robles placed first in the all-around competition, senior Cassidy Stauder placed second and junior Krystal Welsh placed third, all while achieving personal bests.

After their loss to Nebraska last weekend, the Lions focused on sticking to their routines and performing the way they do in practice.

This week, the team stuck five of its six bars routines and had no falls on beam. Penn State won three of the four events and posted a season high of 49.175 on beam, despite tying Illinois on the event.

"It felt great to take control, to take charge in our house and show them who owns Rec Hall," Thompson said.

The Lions went into floor — their final event of the night — trailing Illinois by .025 of a point, which is where the team proved its relentlessness, Thompson said.

"We killed it. We absolutely killed it," Thompson said. "When you get a team down, you just keep pounding and you keep them down, and that's what we did. And that's what it takes to be a championship team."

Welsh posted a huge 9.900 on the floor routine and season-high on the bars, while Stauder placed second on both bars and beam. Sanabria-Robles won the vault event, tying her best score of 9.875. Junior Randi Lau also scored big numbers for the Lions, tying her personal bests of 9.800 on the beam and 9.875 on the floor.

This win and the team's new season-high score is a huge confidence booster, both Welsh and Stauder said.

"We could see everybody walk in with that face, that confidence, just ready to go, and everybody hit [their routines]," Welsh said. "It brings us together even more."

The pink meet for breast cancer awareness also added another element to the victory.

"Women battling cancer are fighters and we were going out there and fighting," Stauder said. "We were competing for them, we really were."

Penn State now prepares for an away quad meet with Rutgers, Temple and Ursinus before returning home for its senior night on Feb. 28.

As the Big Ten championships approach in late March, Thompson remains confident in the team's current and future performances.

"I like where we are right now," Thompson said. "And I really like our chances."



## Emma Sibson: Dedication Vaulting Her to Success

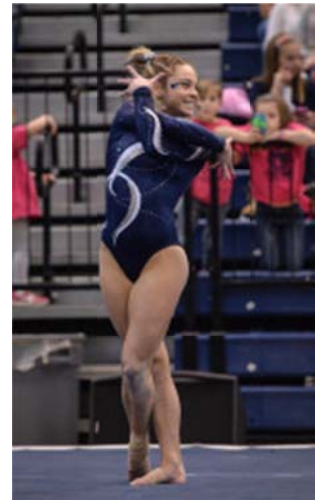
By **Gabrielle Richards**, *GoPSUsports.com Student Staff Writer*

UNIVERSITY PARK, Pa. - Thirteen years ago, a little girl walked into her first gymnastics class in Victoria, British Columbia. The soft spoken, always smiling Emma Sibson never expected to become completely obsessed with gymnastics.

When Sibson was eight, she realized that going through the motions in a practice facility wasn't going to cut it for her; she wanted to compete. Her family moved to Allen, Texas, where she joined the Dallas based World Olympic Gymnastics Academy (WOGA) and began her competitive career.

Sibson was welcomed with open arms; even at such a young age she showed promise to her coaches'. The WOGA girls took a liking to a young Sibson as soon as she walked through the door. The team operated on a big sister/little sister support system, a system that Sibson says paired her with one of the most "influential big sisters she could have asked for." Sibson got to call none other than 2008 Olympic Gold Medalist Nastia Liukin "big sister."

"I got to train with Nastia (Liukin) and Carly Patterson," Sibson said. "I remember during the Olympic games staying up super late to watch them on television. It was crazy that I knew them and got to practice with them."



In 2004, Sibson transferred to Zenith Elite Gymnastics Academy in McKinney, Texas, where she would become a level 10 gymnast by 2008. Sibson was competing all across the state of Texas, gracing the podium at several local and regional competitions. From the beginning of her competitive career, the vault has always been her happy place.

"For me, vault is the most empowering event," Sibson said. "In every other event, you get to stick a landing multiple times. On vault, you have one opportunity to stick the landing and score points. That's what I love about it."

Sibson's love for vault helped her continue to impress judges at her level 10 competitions. In 2010, Sibson finished first in vault and floor at the Level 10 Regionals in Texas, where she then qualified for the Junior Olympic Nationals. She won the Junior Olympic Vault title and qualified to the Visa Championships and competed at the Elite Canada tournament in Quebec City, where she placed eighth in the all-around, fifth on floor and third in vault. Sibson was named to the British Columbia gymnastics team where she competed at the 2010 Canada Winter Games in Nova Scotia. Her team walked away with a silver medal, and Sibson returned to the States with a bronze medal in vault.

"Being a part of that team was definitely a high point in my career," Sibson said. "It was such a great experience."

Sibson's dedication to the sport goes without saying. She attended high school at Spring Creek Academy in Plano, Texas, a school designed for competitive athletes, where they only went to class for two and a half hours in the afternoon, giving them off in the morning to train.

After her performance in the Canada Winter Games, Sibson and her coaches had their eyes on the Olympics. But, Sibson's Olympic dreams were cut short when she broke her ankle during her senior year at Spring Creek Academy.

"I realized I wanted to go to the Olympic trials when I was competing for Canada Elite," Sibson said. "Sometimes things just aren't meant to be."

Realizing that she would never be able to grace the Olympic podium, she made it her goal to make the collegiate podium her new home; Sibson signed on to become a Nittany Lion.

"Competing in college has always been a dream of mine," Sibson said. "Penn State was the right place to make that happen."

This season, the freshman Nittany Lion has proven to be a vital component to the women's gymnastics team. Sibson is Penn State's top performer in vault with a high score of 9.950, along with contributing top performances on floor and balance beam. Sibson says that she was able to relax her nerves this season because of the seamless transition she experienced in coming to Penn State.

"My coaches made it so easy for me to go from club competition to competing in the Big Ten," Sibson said. "It is so hard to leave home and I wouldn't have been able to do it without them. Your performance is no longer just for yourself, it's for your team."

Sibson has found her home in Happy Valley on the mat, but also with her teammates. She is known to be a goofball, giving her team some laughs and making the best out of every situation. Her light-hearted attitude became clear when she asked her teammates to help her execute a prank on the men's hockey team.

"At Christmas, the guys kept working so hard on decorating their tree," Sibson said. "I decided that I wanted to steal it from them when they were at practice. So I got a few girls to help me. Their reaction to what happened was totally worth it."

When she isn't thinking about ways to make people laugh, Sibson has her eyes set on the Big Ten tournament and helping her team qualify for nationals.

"I am so grateful for the opportunity to compete for such a great school and great team," Sibson said. "Being able to contribute and be on the mat as a freshman is definitely one of the proudest moments for me so far in my career."

Her team's national goals were solidified last weekend in their performance against No. 8 Nebraska. The girls were just tenths of a point behind the Cornhuskers, which gave them the confidence they needed to keep pushing themselves, day after day in practice.

"Last week opened our eyes to what we can do," Sibson said. "We can be a top team. I have no doubt about that."

Sibson and the Nittany Lions take on Illinois this Saturday in a double dual with the men's gymnastics team at Rec Hall.

"I have grown up as competitor and as a person since coming to Penn State," Sibson said. "I am so excited to see what the rest of this season will bring."



## **Women's gymnastics host coach's former team**

**Makiala Yates | Collegian Staff Writer**

Coach Jeff Thompson will see familiar colors as he leads his team this weekend.

The women's gymnastics team will take on Illinois, a school Thompson was an assistant coach at for two years.

Although the colors may look familiar, the team and coaching staff is completely different from the 1992 and 1993 Illini that Thompson coached and worked with, so his previous experience with the opponent will not provide an advantage.

"It might be an advantage if it was an away meet, knowing your way around, knowing the building, that kind of thing," Thompson said. "I could be coaching someone who is part of my family, but that doesn't help me beat their team."

The Lions are coming off a loss against No. 7 Nebraska and have been working hard this week to improve their routines.

Last weekend, Nebraska stuck 17 out of 18 dismounts compared to Penn State's seven out of 18, Thompson said.

"Every time you step out of bounds it's a tenth of a point, so those 10 add up to the point that we lost by," Thompson said. "So the one thing we need to get better at this weekend is doing a better job of sticking in the gym."

This weekend, the No. 21 Lions and the No. 15 Illini are evenly matched. Thompson said the difference will come down to who performs the best on beam and each team's last event.

One thing the team has been working on is a concept Thompson likes to call "process versus result."

"It's a sports psychology and training technique," Thompson said. "If all you're thinking about is sticking your dismount, you're forgetting to think about how to stick your dismount. Process. But if you're thinking about how to, and you don't think about sticking, you're most likely to get the result you want."

Like last weekend, this will be a double dual meet, and both men and women will be competing against Illinois.

This provides a chaotic, yet exciting, environment for both student-athletes and spectators.

Additionally, this will be a Pink Zone meet, meaning all proceeds will go directly to women's basketball for the Pink Zone. It also helps to get the teams and crowd involved.

"Both women's teams will be in pink and normally the men have pink socks or something," Thompson said. "It's funny to see them in their pink, but we expect a good crowd and it should be an exciting day."



## Reviewing the Men's and Women's Gymnastics Double Dual

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

UNIVERSITY PARK, Pa. - Saturday's contest at Rec Hall was unique with both Penn State's men's and women's gymnastics teams competing together. As both teams made their way out onto the mat, they engaged the crowd in the infamous "WE ARE" cheer. The women took on the Nebraska Cornhuskers and the men battled it out with the Temple Owls.

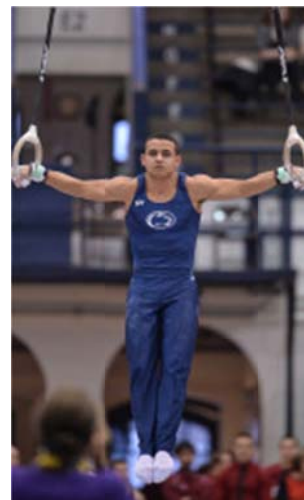
### And then there is Trevor Howard...

The sophomore has been the most consistent performer for the Nittany Lions. Howard competes in all but one event. He put up big numbers on parallel bars (15.150) and vault (14.800) against Temple this Saturday.

"I love competing in double duals," said Howard. "The girls are always extremely supportive and it's great to see all of the fans and my family come out."

When Howard stepped out to compete in his high bar rotation, he was the only gymnast on the mat. In what was a chaotic atmosphere for most of the double dual, Rec Hall was silent as they watched Howard put up 14.550 points on the high bar.

"High bar was definitely my best even today," said Howard. "I have been working really hard on it in practice. To be able to come out today, stick the landing and give the crowd a show was awesome."



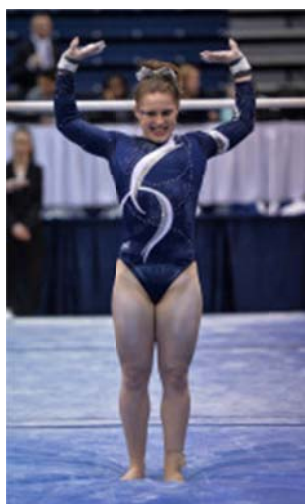
But, being the last to compete is a challenge that Howard welcomes with open arms, as he uses that pressure as preparation for National Team tryouts.

"I try to build off these types of settings and set higher goals for myself," said Howard. "Coach Jepson has me go last to help me prepare for those pressure sets."

### Rec Hall's competitive setting isn't just for teams, but for siblings, too

Penn State's women's gymnastics' Krystal Welsh was especially excited for Saturday's double dual. She not only got to compete in front of her parents, but she had the rare opportunity of sharing the mat with her brother and Temple Owl, Jakob Welsh.

"I was so excited to see him compete," said Jakob Welsh. "He was the first person I looked for when I walked on the mat. We both made all-around so that makes me really happy."



Krystal Welsh finished second for Penn State, and fourth in the all-around and Jakob Welsh finished first for Temple.

### Stauder's focus and bringing practice performances to competition

Kassidy Stauder is quickly becoming a household name in Big Ten gymnastics, as she owns her performances in uneven parallel bars and beam. The key to her consistent performances, she says, is her effort to perform her routines in competition exactly how she does in practice. Stauder's numbers this weekend illustrate her dedication to the notion, "practice makes perfect."

"Competing how we practice is becoming a team theme," said Stauder. "I warm up the same way for a meet as I do in practice, which helps keep my performance consistency."

Stauder finished behind Nebraska's DeZiel and Emily Wong in the all-around

with 39.350 points.

### **Season best score gives Nittany Lions hope, despite loss to Nebraska**

No. 23 Penn State's women's gymnastics put up a fight against No. 8 Nebraska this Saturday in the double dual. Despite season best score of 196.150, the Nittany Lions fell short of the Cornhuskers' score of 197.225.

Head Coach Jeff Thompson isn't going to let this tough loss hold his team back from improvement. His coaching staff and team will look at the positives.

"We knew we had our work cut out for us heading into today's meet," said Thompson. "We got off to a great start of vault, but I think we got a little too excited."

The Nittany Lions gave the Cornhuskers a run for their money on vault, especially with the performance of freshman Emma Sibson. Sibson tied Nebraska's Jessie DeZiel with a score of 9.950.

"Today I was focused on staying relaxed," said Sibson. "I did my vault how I do it in practice, which was a personal high for me, but there is always room for improvement."

Penn State was neck and neck with Nebraska in vault, losing 49.400 to 49.150.

### **What's Next?**

Coach Thompson is looking forward to the rest of the season, especially after his team's performance against Nebraska. With key meets in the Big Ten coming up, it is imperative for the Nittany Lions to not lose sight of the positive strides made in Saturday's dual.

"We lost events by tenths of a point," said Thompson. "We can find those tenths of a point by doing a few extra hand stands and sticking some more landings. We can only build from the team's performance today."

The gymnastics teams will compete in another double dual next weekend at Rec Hall against Illinois. The Nittany Lions and the Fighting Illini will take the mat on Saturday at 4 p.m.

## Keys to the Meet - Penn State vs. No. 8 Nebraska

By **Samantha DelRosso**, *GoPSUsports.com Student Staff Writer*

UNIVERSITY PARK, Pa. -- After a successful weekend at Ohio State, the 23<sup>rd</sup>-ranked Penn State women's gymnastics team has found the keys to being successful. Trust, starting and finishing well, being consistent, and taking what the team does in practice and applying it to the meets.

Senior all around gymnast Kassidy Stauder and head coach Jeff Thompson know what it takes to be victorious this weekend against No. 8 Nebraska in their first home Big Ten meet of the season.

### **Trust:**

Each week, the Nittany Lions have a word of the week that they focus on. The "Word of the Week" this week is trust. Trusting themselves. Trusting each other. Trusting the coaches. Trusting the judges. Trusting their talent.

"[We are trusting ourselves to] go into the meet and [we are] trusting that what we've done in the gym every day is what we're capable of doing at the meet," Stauder said. "[We are] trusting ourselves to just let it go and let it all out there."

### **Starting and Finishing Well:**

Previously, the team focused on a good start in the first event and a good finish in the last event. Now the team is focusing on starting well in one event and finishing well in that same event. This mindset helped the Lions defeat Ohio State last weekend. The Lions will be kicking off the competition on the vault this weekend against Nebraska.

"What I hope is that we get a great start on vault, but [also] we get off to a great start on every event," Thompson said.

### **Consistency:**

Last weekend, Stauder set a season-high mark on the floor with a 9.775. Stauder said she and the team are working on their consistency, and are continuing to put the whole meet together as a team. The Nittany Lions hit all 24 competitive routines last weekend and hope that they can be consistent and continue this success against Nebraska.

Stauder said the team has done a great job of hitting their routines with good handstands and dismounts and being aggressive in the meets. She said she wants the team to continue this this weekend.

Thompson said the team is looking to build on the confidence that it gained from the road win against Ohio State. The team is still competing for the Big Ten regular season title. If the team continues to be consistent and victorious, they have the chance to fulfill that dream.

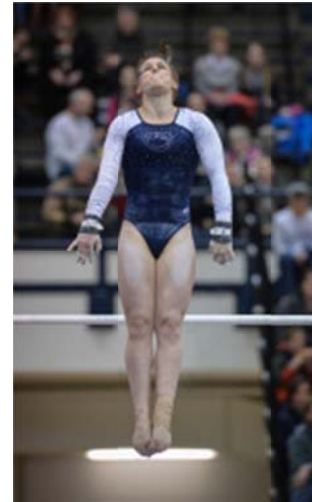
"There were so many good things last weekend that we just want to continue that feeling at home, with our crowd behind us. The atmosphere is going to be really fun," Thompson said.

### **Performing How They Practice**

"Go White." That's what the Nittany Lions chant from the side when their teammates are performing. This means, "Go to White Building." The girls vision themselves in the White Building, where they practice, to feel like they are just at another practice, doing another routine, just like they do every day.

This weekend is a double dual, in which both the women and men's team compete at the same time. The women's and men's teams practice together, so this weekend will be even more similar to practicing in the White Building. The men's gymnastics team will be taking on Temple this weekend.

"We absolutely love double duals because we train with the guys every day, so it makes us feel even more like we're in White Building," Stauder said. "And it brings a lot more energy and fun to the meet. I





think the crowd really likes it too. They enjoy being able to see both the women and the men compete."

The women's gymnastics team has won three consecutive meets and is looking to continue the winning streak against Nebraska at home. Stauder said using the equipment that the team is used to, having family and fans there, and not having to deal with traveling gives the Nittany Lions an advantage.

The team will again host Nebraska in March during the Big Ten Championships.

"It's really cool because Big Ten [Championships] are going to be here, so it's kind of like a trial run having the Big Ten schools here," Stauder said.

## **Women's gymnastics faces former Nittany Lion**

**Kevin Alonzo | Collegian Staff Writer**

Coaches take different approaches to mentally prepare their teams for an upcoming game.

There's the old "us against the world" pre-game speech players seem to rally around. Other coaches keep it simple and compile a Muhammad Ali highlight reel to get their squads going. But coach Jeff Thompson stays away from the clichés.

Throughout the week of practice leading up to each meet, Thompson emphasizes a particular word he wants his Lady Lions to absorb. The team calls it the "word of the week." There's an underlying message behind every word.

This week's word going into a Big Ten matchup against Ohio State on Saturday is "encouragement," which Thompson broke down.

Thompson stressed five themes to his gymnasts, one for each finger on a hand, such as being tough, fighting until the end and bailing teammates out after mistakes. When all five points are made, he forms a fist and smashes it into his other hand, encouraging the team to do these things.

"The thing we're working with this week with encouragement is how each finger by itself isn't very strong," Thompson said, "but when you close them together and make a fist, it's basically unbreakable."

The word of the week following the season opener at Iowa State was "drive." Ironically, the Lions had to settle for an 18-hour bus drive from Iowa, back to State College due to a flight postponement.

The team has bought into the idea so far. Senior Lindsay Musgrove views it as something that can only take pressure off of someone who is going through a tough stretch.

"It helps if you're having a bad day or you're getting caught up in yourself and your routines," Musgrove said. "Just take a step back and think about the word 'encouragement.' Let me help my teammates, let them help me."

Thompson's motivational ploy also resonates with senior Cassidy Stauder.

"One of the five things is to go out there and have fun," Stauder said. "That one definitely stands out to me because I know I perform best when I go out there loving what I'm doing and having a lot of fun."

While Penn State's fast start to the season can't be directly attributed to a word players and coaches throw around during practice, it certainly has not hurt. These words of the week are a fun way for coaches to communicate important messages with their players.

"There's been a lot of fist bumping this week," Musgrove said. "Fist bump each other or fist-bump the lion just to get that little extra motivation to do our routines."



## Stauder Leads Lions in Home Opener

By **Samantha DelRosso**, *GoPSUsports.com Student Staff Writer*

UNIVERSITY PARK, Pa. - Three meets into the 2014 season, senior Kassidy Stauder is off to a strong start to her final campaign as a Nittany Lion gymnast. Stauder led the Nittany Lions to victory in a quad meet against Cornell, Southeast Missouri, and UIC on Saturday, with a career-high all-around score of 39.275.

This season, Stauder has won the All-Around title and has tied for second with a score of 38.925 in a quad meet earlier this month against Kentucky, Ball State, and West Virginia. She also owns the team's top scores on balance beam (9.900) and uneven bars (9.875).

But Stauder has not always been the all-around gymnast that we see today. She has evolved into an all-around gymnast during her time at Penn State. Before coming to Penn State, she had not vaulted at the skill level she vaults at today.

She began Saturday's competition on the vault and scored a 9.725, only .050 below her career-high. Head coach Jeff Thompson commended the Palmerton, Pa., native for her effort on the vault.

"She didn't do that vault before she got to college and actually, she was pretty terrified of vaulting when she got here. She's worked through that and gotten herself in a position where when we need her, she can step up and give us a score," Thompson said.

After vaulting, Stauder headed to the uneven bars where she scored a career-high 9.875. Her performance on the bars was both the team's highest and the meet's highest score on the uneven bars. On the bars, the "little things" matter. Stauder said the team focused on this in practice before Saturday's meet.

"We took what we did last week in the competition and really focused on the mistakes that we made, like the little details, handstands, pointed toes, feet together, and sticking [the landing]," Stauder said.

In a competition earlier this month against Iowa State, Stauder's score of 9.725 was the third-highest score on uneven bars in the meet.

Stauder, who started gymnastics at age eight, said she felt very confident after completing her routines on Saturday. She noted that she is able to feel how well she did before her score is even announced. She felt most comfortable on both the uneven bars and the balance beam. On the beam, she said she felt, "really calm and excited."

She tied her career-high of 9.900 on the balance beam on Saturday. This was the team and meet's highest score on the beam.

Stauder's final performance of the day was her floor exercise. She was the leadoff for the Nittany Lions and received a score of 9.775. Thompson said she did a great job hitting her routine.

"[I am] super proud of her for being in the all-around tonight; doing such a great job, being the anchor on beam, hitting that floor routine like she did, her bar routine was our highest score. What a great, fun first home meet of her senior year," Thompson said.

Stauder said she will be working on the details and fixing the little things before the team's first Big Ten meet of the season against Michigan State on Saturday.







## Women's Gymnastics Shines in First Home Meet

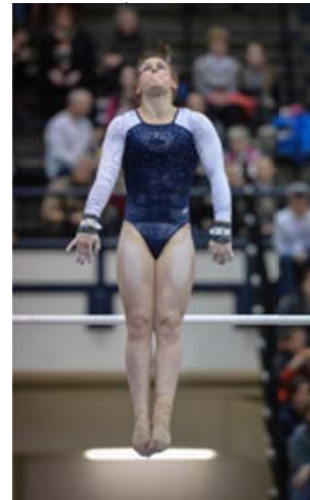
By **Gabrielle Richards, GoPSUsports.com Student Staff Writer**

UNIVERSITY PARK, Pa. - As the Nittany Lions met in a huddle on the side of the mat, you knew they meant business. "We Are" echoed off the walls of Rec Hall as Penn State's women's gymnastics team headed toward its first rotation in the quad-meet this past Saturday. Aside from the Nittany Lions, Cornell, Southeast Missouri, and Illinois-Chicago were also in attendance.

Starting on vault for the Nittany Lions were Lindsay Musgrove, Emma Sibson, Krystal Welsh, Kassidy Stauder, Sidney Sanabria-Robles, and Randi Lau. Sibson had a personal best score of 9.85, taking first place over all in the event. The team finished with an overall vault score of 49.075.

"With our first two meets on the road, our scores weren't what we wanted them to be," said head coach Jeff Thompson. "We took the performances from the last two meets, came out strong and did better."

After a winning performance on the vault, Samantha Musto, Nicole Medvitz, Welsh, Stauder, Lau and Sanabria-Robles made their way to the bars as starters for the Lions. Stauder shined on the bars, as she propelled herself to first place in the event with a score of 9.875. The Nittany Lions claimed first through third place in bar routines. Stauder finished first, followed by Medvitz and Sanabria-Robles, who tied for second with a score of 9.850, followed by Welsh who finished in third place with a score of 9.825. The team finished with an overall bar score of 49.175.



"The girls did a great job today," said Thompson. "If you can get a tenth of a point higher in each routine, it really adds up and the girls came pretty close to doing that today."

Penn State's third event of the evening was beam, where Tina Postiglione, Lau, Medvitz, Musto, Stauder and Sanabria-Robles competed for the Nittany Lions. Penn State claimed first through third place on beam, with Stauder in first, followed by Lau in second and Medvitz in third. The team finished with a final score of 45.925 on beam.

Finally, the Nittany Lions approached the center of Rec Hall to perform their floor routines. Stauder, Medvitz, Sanabria-Robles, Welsh, Lau and Musto. Welsh secured first place with a score of 9.925, followed by Musgrove (9.900), Lau (9.875) and Musto and Sanabria-Robles, who both scored 9.850. The team scored a 49.400 on the floor.

Coach Thompson's reflection on Saturday's success spoke volumes to the example he believes his team can set for future gymnasts.

"A majority of our fans are between the ages of eight to 14 years old," said Thompson. "These girls are role models for them, which makes them think about their actions on and off the mat. Audience members might not be able to hear what is said on the mat, but they can read body language. Our girls need to have a positive outlook in practice, in the locker room and on the mat."

Kassidy Stauder proved to be the perfect illustration of positivity on Saturday as she claimed the all-around title with a 39.275. Stauder placed first in both bars and beam.

"Stauder is one of those girls who can turn on any switch when you need her to," said Thompson.

Penn State finished with a season-high score of 196.025.

"We are going to use this meet to propel us into Michigan State next weekend," said Thompson. "I am so proud of these girls and I am really looking forward to what this season brings. Their energy was awesome today."