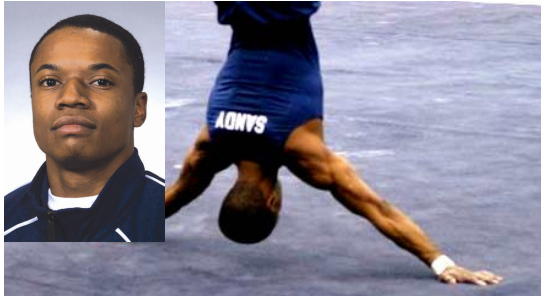




PENN STATE'S CASEY SANDY WINS 2009 NISSEN-EMERY AWARD



Bob Emery and Casey Sandy



Although Canada did not encourage him to attempt to be a part of the 2008 Canadian Olympic team, Casey Sandy did not miss a beat in his preparations for the 2009 USA NCAA Men's Gymnastics season and ended up winning the most coveted award in the sport, the NISSEN-EMERY AWARD.

Sandy became one of the world's elite All Around gymnasts in spite of suffering a season ending injury in 2006. He not only recovered from this injury he came back even stronger than before.

In 2009 Sandy was 3-time CGA National Gymnast of the Week, and 5-time Big Ten Gymnast of the Week, and Canadian National AA Champion. In 11 meets this season, the seven-time All-American captured 28 titles, including seven in the pommel horse and six in the parallel bars.



In 2008 he was an All American in six of seven events, winning the NCAA National Championship in the All Around, placing 2nd in FX, PH and PB's, 8th on SR, and 6th on V. All of this after a glorious season which saw him also win the AA at the Big Ten plus placing 2nd in FX, 3rd on PH, 6th on V, and 1st on PB's.



In 2007 Sandy became one of the nation's top collegiate gymnasts finishing the season an All American on the PH by placing 2nd in the event at the NCAA Nationals. He also placed 2nd in the AA at the Big Ten Championships. In addition to these accomplishments he was instrumental in helping Penn State capture the National Team Championship.

In 2006 he was ranked # 1 in the NCAA on PH and was # 3 in the All Around rankings, prior to his injury.

Internationally he represented his native Canada in the 2007 World Championships placing 25th in the All Around. He also represented Canada at the 2003 World Championships.

In his acceptance speech Sandy remarked that, "I am honored to be the recipient of this award. I am sorry my parents could not be present but they will be here for the competition." He further expressed his appreciation to the Penn State University coaching staff for giving him the opportunity to compete at Penn St. He thanked his coaches for taking a chance on him and finished by quoting Tiger Woods who said, "No matter how good you are you can get better." He then thanked the voters and said, "God Bless."



By Jerry Wright

