

NC State's Lauren Kent Named EAGL Gymnast of the Year

Kent placed in the top 25 in the conference in NQS in four events for the Wolfpack this season

DURHAM, N.H. (April 1, 2020) – The East Atlantic Gymnastics League announced junior Lauren Kent (Willow Springs, N.C.) of North Carolina State as the 2020 Gymnast of the Year on Tuesday, April 2. Kent played an integral role in the Wolfpacks' 2020 campaign, leading the team as they shared the inaugural EAGL regular season Co-champion title with UNH.

Kent was named to the All-EAGL first team on bars and all-around, while earning All-EAGL second team honors on beam. Her NQS of 39.090 in all-around was the top score in the conference. Lauren also had the second highest NQS in the conference on bars, posting a score of 9.835. Kent's NQS of 9.815 on beam was good for ninth in the EAGL.

According to NC State head coach Kim Landrus:

“Her ‘lead by example’ attitude was displayed every day when she came into the gym. She understood the full meaning of being a team player. It was never about Lauren, but instead it was about what she could do to better the team.”

The Wolfpack junior finished the season with 17 podium finishes, including four individual titles, also competing in the all-around in every meet this season. Kent achieved career-high's on vault, beam, floor and all-around and tied her career high on bars (9.900).

Lauren is also involved in NC State's Student-Athlete Advisory Committee (SAAC) and was named to the All-EAGL Academic team for her excellent work in the classroom.

Be sure to check <http://eaglnews.wixsite.com/eaglgymnastics> and the EAGL Gymnastics Facebook, Twitter, and Instagram Pages for the most up-to-date results on the annual awards being released throughout the week.

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