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**JEFFERSON FOREST HIGH SCHOOL STANDOUT NAMED  
GATORADE VIRGINIA GIRLS SOCCER PLAYER OF THE YEAR**

CHICAGO (May 20, 2014) — In its 29<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Katie Cousins of Jefferson Forest High School as its 2013-14 Gatorade Virginia Girls Soccer Player of the Year. Cousins is the first Gatorade Virginia Girls Soccer Player of the Year to be chosen from Jefferson Forest High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Cousins as Virginia's best high school girls soccer player. Now a finalist for the prestigious Gatorade National Girls Soccer Player of the Year award to be announced in May, Cousins joins an elite alumni association of past state award-winners in 12 sports, including Abby Wambach (1997-98, Our Lady of Mercy, N.Y.), Derek Jeter (1991-92, Kalamazoo HS, Mich.), Candace Parker (2001-02, Naperville Central HS, Ill.), Alexi Lalas (1987-88, Cranbrook HS, Mich.), Heather O'Reilly (2001-02, East Brunswick HS, N.J.) and Mark Sanchez (2004-05, Mission Viejo HS, Calif.).

The 5-foot junior midfielder had led the Cavaliers to a 14-1 record entering the regular-season finale against Amherst High, scheduled for May 16. Cousins scored eight goals and passed for five assists through 16 games despite missing the final three games of the regular season due to commitments with the U.S. Soccer Under-18 Women's National Team. A First Team All-Region player as a freshman in 2012, Cousins did not play high school soccer as a sophomore. A club Youth All-American selection by the National Soccer Coaches Association of America is ranked as the nation's No. 1 recruit in the Class of 2015 by TopDrawerSoccer.com.

Cousins has maintained an A-minus average in the classroom and plans on graduating early from high school, in December. A member of the varsity basketball team and a French horn player in the school band, she has volunteered locally as part of fundraising campaigns to benefit the Blue Ridge Autism and Achievement Center as well as cancer research. Also a student leader in her school's Fellowship of Christian Athletes chapter, Cousins has participated in multiple-community service initiatives through her church youth group.

"Katie is a quiet leader who lets her game speak for itself," said Rob Ukrop, Cousins' club coach with the Richmond Kickers. "What she does on the field—controlling the tempo and solving problems for her teammates—is so unique and special that there are very few women players in the United States with this ability."

Cousins has verbally committed to play soccer on an athletic scholarship at the University of Tennessee beginning in the fall of 2015.

The [Gatorade Player of the Year](#) program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by the Gatorade high school sports leadership team in partnership with [USA TODAY High School Sports](#), which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Cousins joins recent Gatorade Virginia Girls Soccer Players of the Year Brittany Basinger (2012-13, Woodgrove High School), Anna McClung (2011-12 & 2010 - 11, Gate City High School), Jenna Richmond (2009-10 & 2008-09, Centreville), Brook Chang (2007-08, Bishop O'Connell), and Liz Carroll (2006-2007, Bishop O'Connell) among the state's list of former award winners.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners and the announcement of the Gatorade National Player of the Year, visit [www.gatorade.com/poy](http://www.gatorade.com/poy).

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