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**CHESHIRE ACADEMY STUDENT-ATHLETE NAMED  
GATORADE CONNECTICUT GIRLS TRACK & FIELD PLAYER OF THE YEAR**

CHICAGO (June 21, 2018) — In its 33<sup>rd</sup> year of honoring the nation's best high school athletes, The Gatorade Company, today announced Alexis Holmes of Cheshire Academy as its 2017-18 Gatorade Connecticut Girls Track & Field Athlete of the Year. Holmes is the second Gatorade Connecticut Girls Track & Field Athlete of the Year to be chosen from Cheshire Academy.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the track, distinguishes Holmes as Connecticut's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Athlete of the Year award to be announced in June, Holmes joins an elite alumni association of state track & field award-winners, including Lolo Jones (1997-98, Roosevelt High School, Iowa), Allyson Felix (2002-03, Los Angeles Baptist High School, Calif.), Robert Griffin III (2006-07, Copperas Cove High School, Texas), Grant Fisher (2013-14 & 2014-15, Grand Blanc High School, Mich.) and Candace Hill (2014-15, Rockdale County High School, Ga.).

The 5-foot-10 senior won the 400-meter dash at the New Balance Nationals Outdoor this past season in a meet-record time of 51.21 seconds, which ranked as the nation's No. 1 performance among prep competitors in 2018 at the time of her selection, and No. 7 in U.S. high school history. Holmes also won three individual events at the Division 3 New England Prep School Track Association championships, setting meet records in all three. She won the 100 with a time of 12.24, while capturing the 200 in 24.86 and the 400 in 53.95. In March, she took second in the 400 and third in the 200 at the New Balance Nationals Indoor.

Holmes has volunteered locally on behalf of clothing-donation drives and a food pantry. "Alexis will go down as one of the most dominant sprinters in New England Prep Track history," said Cheshire Academy coach Eric Sacco. "She's a consummate athlete with a strong work ethic, dedication and ability."

Holmes has maintained a 3.16 GPA in the classroom. She has signed a National Letter of Intent to compete in track and field on scholarship at Penn State University this fall.

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 Player of the Year Selection Committee, 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.

Holmes joins recent Gatorade Connecticut Girls Track & Field Athletes of the Year Brittany Jones (2016-17, Bloomfield High School), Jessica Drop (2015-16, Coginchaug Regional High School), Danae Rivers (2014-15 & 2013-14, Wilbur Cross High School), Claire Howlett (2012-13, Westhill High School), Precious Holmes (2011-12 & 2010-11, Hillhouse High School), Lindsay Crevoiserat (2009-10, Glastonbury High School), Meg Ryan (2008-09, Fairfield Warde High School), Anna Shields (2007-08, Lewis Mills High School), and Shaniqua Burgess (2006-07, Hillhouse High School) among the state's list of former award winners.

As a Gatorade Player of the Year, Holmes will be able to select a national or local youth sports organization to receive a grant as part of the Gatorade Play It Forward program. Every Gatorade Player of the Year state winner receives a \$1,000 grant to donate and will have the opportunity to enter for an additional \$10,000 spotlight grant by writing a brief essay explaining why their selected organization deserves additional support. 12 spotlight grants - one for each sport - will be announced throughout the year.

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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