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**GEORGETOWN DAY SCHOOL STUDENT-ATHLETE NAMED  
GATORADE DISTRICT OF COLUMBIA 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 Ziyah Holman of Georgetown Day School as its 2017-18 Gatorade District of Columbia Girls Track & Field Athlete of the Year. Holman is the first Gatorade District of Columbia Girls Track & Field Athlete of the Year to be chosen from Georgetown Day 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 track, distinguishes Holman as District of Columbia'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, Holman 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-7 sophomore won the 200- and 400-meter dash and ran the anchor leg for the winning 4x400-meter relay quartet in helping the Mighty Hoppers take fourth at the DC State Athletic Association Championships Meet. Holman clocked meet records in the 200 (24.51 seconds) and 400 (54.40) while helping to set the record in the 4x400 (3:58.45), earning DCSAA Outdoor Championships Meet MVP honors in the process. A two-time team MVP who scored 30 of her team's 68 points at the Independent School League Championships, Holman's personal-best performance in the 400 meters (53.92) at the Great Southwest Classic ranked as the No. 25 in the nation at the time of her selection.

An active member of the Girls Scouts, Holman has volunteered locally as a peer tutor and on behalf of Martha's Table, which donates food and clothing to those in need. She has also donated her time to Student Council elections at her school and she's the founder and head of the Georgetown Day School Female Athlete Club. "Ziyah Holman is everything a coach could ask for," said Anthony Belber, head coach at Georgetown Day School. "She is a fierce competitor who seems to find remarkable strength just at the moment her competitors are starting to feel their fatigue or doubt their resolve. She runs for the benefit of the team as well as to accomplish her own goals. She trains and competes with a balanced, but focused passion for excellence."

Holman has maintained an unweighted 3.58 GPA in the classroom. She will begin her junior year of high school 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.

Holman joins recent Gatorade District of Columbia Girls Track & Field Athletes of the Year Ingrid Joseph (2016-17, School Without Walls High School), Page Lester (2015-16, National Cathedral School), Jeryne Fish (2014-15, National Cathedral School), Deonna Diggs (2013-14, Woodrow Wilson High School), Emily Kaplan (2012-13, Georgetown Visitation Preparatory School), Kiah Seymour (2011-12, Archbishop Carroll High School), Destiny Phillips (2010-11, Dunbar High School), Angela Bonham (2009-10 & 2008-09, Dunbar High School), JuaShaunna Kelly (2007-08, Roosevelt High School), and DeAnna Brown (2006-07, Dunbar High School) among the state's list of former award winners.

As a Gatorade Player of the Year, Holman 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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