

**MCGILL-TOOLEN CATHOLIC HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE ALABAMA VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (January 15, 2019) — In its 34<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, today announced Lillie Fromdahl of McGill-Toolen Catholic High School as its 2018-19 Gatorade Alabama Volleyball Player of the Year. Fromdahl is the sixth Gatorade Alabama Volleyball Player of the Year to be chosen from McGill-Toolen Catholic 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 Fromdahl as Alabama's best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award to be announced in January, Fromdahl joins an elite alumni association of state award-winners in 12 sports, including USA Volleyball players Kayla Banwarth (2006-07, Wahlert High School, Iowa), Alisha Glass (2005-06, Leland Public High School, Mich.), Jordan Larson (2004-05, Logan View High School, Neb.) and Foluke Akinradewo (2004-05, St. Thomas High School, Fla.).

The 5-foot-8 senior setter led the Yellow Jackets to a 48-5 record and the Class 7A state championship this past season. Fromdahl amassed 1,503 assists to go with 171 digs, 85 kills and 39 service aces. The Al.com Super All-State Player of the Year, she was named a PrepVolleyball.com All-American and a 2018-19 Under Armour Honorable Mention All-American.

A devoted member of her church community, Fromdahl has volunteered locally on behalf of food drives for the needy, a Vacation Bible School and youth volleyball programs. "Lillie Fromdahl is an excellent and very accurate setter," said Bentley Stephenson, head coach at Auburn High. "She makes wise decisions and does an excellent job of recognizing what type of attack is most likely to be successful against a given opponent. She's also a very accomplished defender, at the net and in the back row."

Fromdahl has maintained a 3.21 GPA in the classroom. She has signed a National Letter of Intent to play volleyball on scholarship at the University of South Alabama 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.

Fromdahl joins recent Gatorade Alabama Volleyball Players of the Year Kenya McQuirter (2017-18, McGill-Toolen Catholic High School), Lauren Chastang (2016-17, Bayside Academy), Sara Carr (2015-16 & 2014-15, Mountain Brook High School), and Leah Lawrence (2013-14, Covenant Christian Academy) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Fromdahl has the opportunity to award a \$1,000 grant to a local or national youth sports organization of her choosing. She is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [www.Gatorade.com/POY](http://www.Gatorade.com/POY), on Facebook at [www.facebook.com/GatoradePOY](http://www.facebook.com/GatoradePOY) or follow us on Twitter at [www.twitter.com/Gatorade](http://www.twitter.com/Gatorade).

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