

WILMINGTON FRIENDS SCHOOL STUDENT-ATHLETE NAMED GATORADE DELAWARE BOYS CROSS COUNTRY RUNNER OF THE YEAR

CHICAGO (February 11, 2019) — In its 34th year of honoring the nation’s best high school athletes, The Gatorade Company, today announced **Connor Nisbet of Wilmington Friends School** as its **2018-19 Gatorade Delaware Boys Cross Country Runner of the Year**. Nisbet is the first Gatorade Delaware Boys Cross Country Runner of the Year to be chosen from Wilmington Friends 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 Nisbet as Delaware’s best high school boys cross country runner. Now a finalist for the prestigious Gatorade National Boys Cross Country Runner of the Year award to be announced in February, Nisbet joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg, Orland Park High School, Ill.), Donn Cabral (2007-08, Glastonbury High School, Glastonbury, Conn.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The 5-foot-9, 140-pound senior raced to his third consecutive Division 2 individual state championship this past season with a time of 16:12.6. The state’s returning Gatorade Boys Cross Country Runner of the Year, Nisbet took third at the Foot Locker Northeast Regional championships. He also broke the tape at the New Castle County championships, the Joe O’Neill Invitational, the White Clay Creek Classic and the Lake Forest Invitational, while finishing third at the Manhattan Invitational and sixth at the Great American Cross Country Festival.

Also a talented musician, Nisbet is a member of his school’s student leadership committee. “I never had a doubt that Connor would excel as a cross country runner, even when he was doubling up with tennis until his junior year,” said Wilmington Friends coach Paul Nemeth. “He’s a very determined, self-motivated, driven and focused young man who thrives on competition.”

Nisbet has maintained a 4.20 GPA in the classroom. He will attend Princeton University this fall, where he will compete in cross country and track and field.

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. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Three-time winner Nisbet joins Gatorade Delaware Boys Cross Country Runners of the Year Kevin Murray (2015-16, Charter School of Wilmington), Kieran Tuntivate (2014-15, Charter School of Wilmington), and Patrick Hally (2013-14, Salesianum School) as athletes who have won the cross country award since its inception in 2007.

As a part of Gatorade’s cause marketing platform “Play it Forward,” Nisbet has the opportunity to award a \$1,000 grant to a local or national youth sports organization of his choosing. He 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, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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