

KINDRED HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE NORTH DAKOTA GIRLS BASKETBALL PLAYER OF THE YEAR

CHICAGO (March 6, 2020) — In its 35th year of honoring the nation's best high school athletes, The Gatorade Company today announced **Abby Duchscherer of Kindred High School** as its **2019-20 Gatorade North Dakota Girls Basketball Player of the Year**. Duchscherer is the first Gatorade North Dakota Girls Basketball Player of the Year to be chosen from Kindred 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 Duchscherer as North Dakota's best high school girls basketball player. Now a finalist for the prestigious Gatorade National Girls Basketball Player of the Year award to be announced in March, Duchscherer joins an elite alumni association of state award-winners in 12 sports, including Maya Moore (2005-06 Collins Hill High School, Ga.), Rashanda McCants (2004-05, Asheville High School, N.C.), Candace Parker (2001-02, Naperville Central High School, Ill.), Diana Taurasi (1998-99 & 1999-00, Don Antonio Lugo High School, Calif.), Shyra Ely (1999-00, Ben Davis High School, Ind.), Katie Smith (1991-92, Logan High School, Ohio) and Lisa Leslie (1988-89, Morningside High School, Calif.).

The 6-foot-1 sophomore wing led the Vikings to a 22-1 record and the Class B Region 1 final. Duchscherer averaged 20.2 points, 8.4 rebounds, 5.3 assists and 3.2 steals. A varsity regular since seventh grade and a First-Team All-State selection every year since eighth grade, Duchscherer surpassed the 1,000-point mark in February of her freshman year. She is ranked as the No. 1 player in North Dakota in the Class of 2022 by Prep Girls Hoops.

Also a softball standout, Duchscherer has volunteered locally for Addie's Royal Cupcake Stand, dressing up as various Disney characters and delivering cupcakes to the Fargo-Moorhead community. She has also participated in community service initiatives on behalf of the Hickson Lutheran Youth Group and is a member of Faith in Christian Leadership. "Abby is a fantastic ballplayer—she's only a sophomore, but I feel like we have been strategizing against her forever because she has been playing varsity for so long already," said Jason Brend, head coach at Thompson High. "Although she's 6-feet tall, I see her as more of a guard than a forward because she handles the ball so well. If she is left unattended in the open court, she will find a way to the rim every time."

Duchscherer has maintained a 3.82 GPA in the classroom. She will begin her junior year of high school in the 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 and 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.

Duchscherer joins Gatorade North Dakota Girls Basketball Players of the Year Lauren Ware (2018-19 & 2017-18, Century High School), Tylee Irwin (2016-17, Wahpeton High School), and Sarah Jacobson (2015-16 & 2013-14, Shanley High School), Hannah Stewart (2014-15, Bishop Ryan Catholic High School) as athletes who have won the basketball award since its inception in 2007.

As a part of Gatorade's cause marketing platform "Play it Forward," Duchscherer also 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, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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