

GEORGETOWN VISITATION PREPARATORY SCHOOL STUDENT-ATHLETE NAMED GATORADE DISTRICT OF COLUMBIA GIRLS CROSS COUNTRY PLAYER OF THE YEAR

CHICAGO (January 21, 2026) — In its 41st year celebrating the nation's best high school athletes, Gatorade today announced Abby Anstett of Georgetown Visitation Preparatory School is the 2025-26 Gatorade District Of Columbia Girls Cross Country Player of the Year.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation's best high school athletes for their excellence in sport, academics and community. The award recognizes Anstett as District Of Columbia's best high school girls cross country athlete, and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, CA), Katelyn Tuohy (2017-18, 2018-19 & 2019-20, North Rockland High School, NY) and Jane Hedengren (2024-25, Timpview High School, UT).

The 5-foot-6 junior raced to the individual DSCAA and IAC/ISL/MAC cross country titles this past season, leading the Cubs to the team championship at both meets. Anstett also finished 12th at the Nike Cross Nationals Southeast Regional Championships to earn Second Team All-Region honors. She tacked on three high-profile wins at the adidas XC Challenge and the VA XC Showcase, where she clocked a personal-best 16:40.0 for 5K, which marked the District's fastest performance at that distance in 2025.

Anstett has volunteered locally on behalf of KEEN Greater DC, where she works with intellectually and physically challenged youth. She has also donated her time as a student ambassador for the Potomac Run and Walk in addition to helping to promote racing events across Metro D.C. as well as coaching younger student-athletes. "Abby Anstett clearly had the best season in the District last fall, winning four of eight races, taking home All-Region honors and crossing the line in an impressive 10th place in the Garmin Race of Champions at the Great American XC Festival," said Rich Gonzalez of PrepCalTrack.

Anstett has maintained a 3.38 GPA in the classroom. She has made a verbal commitment to receive athletic aid to run at the University of North Carolina beginning in the fall of 2027.

The [Gatorade Player of the Year](#) program annually recognizes one state winner from each of the 50 states and Washington D.C., in 12 different sports: football, girls volleyball, boys and girls cross country, boys and girls basketball, baseball, softball, boys and girls soccer, and boys and girls track & field. In total, 610 high school athletes are honored each year. From the pool of state winners, one national winner is selected in each of the 12 sports. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the winners in each sport.

As part of Gatorade's commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, the Gatorade Player of the Year program has provided more than \$6.4 million in grants to winners across more than 2,200 organizations.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit playeroftheyear.gatorade.com or follow us on social media on Instagram at [instagram.com/Gatorade](https://www.instagram.com/Gatorade), Facebook at [facebook.com/GatoradePOY](https://www.facebook.com/GatoradePOY) and X(Twitter) at x.com/Gatorade.

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