

ROCKY MOUNTAIN HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE IDAHO 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 Hallie Heemeyer of Rocky Mountain High School is the 2025-26 Gatorade Idaho 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 Heemeyer as Idaho'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-10 senior broke the state record to win the IHSAA Class 6A state meet this past season with a time of 16:29.2, breaking the tape 20.7 seconds ahead of her next-closest competitor and leading the Grizzlies to the team title. Heemeyer also earned First Team All-Region honors by taking second at the NXN Northwest Regional. She's led her team two consecutive state titles and two trips to Nike Cross Nationals.

Secretary of the Young Women's Organization in her church congregation, Heemeyer has volunteered locally as a mentor and caregiver to an adult with special needs. A third-year sports medicine student on campus, she also has donated her time by mentoring a group of younger students working at sporting events on campus. "In the annals of Idaho prep cross country, Hallie Heemeyer will graduate as one of the all-time greats," said Rich Gonzalez of PrepCalTrack. "Saving her best for last, her regular-season campaign included an unbeaten ledger against in-state rivals, including an individual title in a state-record time."

Heemeyer has maintained a weighted 4.13 GPA in the classroom. She has signed a written letter of athletic aid to run at Brigham Young University this fall.

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](https://www.x.com/Gatorade).

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