

WEBB SCHOOL OF KNOXVILLE STUDENT-ATHLETE NAMED GATORADE TENNESSEE 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 Calysta Garmer of Webb School of Knoxville is the 2025-26 Gatorade Tennessee 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 Garmer as Tennessee'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-4 senior won the TSSAA Division II Class AA state meet this past season with a time of 17:05.6, breaking the tape 22.6 seconds ahead of her next-closest competitor and leading the Spartans to the team title. A Third Team All-American by way of finishing 21st at the Nike Cross Nationals, Garmer also took second at the NXN Southeast Regional Championships and third at the Brooks South XC Championships to earn First Team All-Region honors at both meets. She captured the silver medal at the prestigious Great American Cross Country Festival, clocking a personal-best 16:50.0.

Garmer has volunteered locally by assembling food bags for the underserved at Second Harvest Food Bank of East Tennessee, the region's largest hunger-relief charity. She also has donated her time at Camp Webb, a summer day program hosted on the Webb School's campus. "Calysta Garmer's challenging race travel schedule made her one of the most durable yet consistent performers across the map in 2025," said Rich Gonzalez of PrepCalTrack. "She saved her best for the biggest stages and led her team to a state title."

Garmer has maintained a weighted 4.43 GPA in the classroom. She has signed a written letter of athletic aid to run at Furman 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).

###