

CAPE HENLOPEN HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE DELAWARE GIRLS BASKETBALL PLAYER OF THE YEAR

CHICAGO (March 13, 2026) — In its 41st year celebrating the nation’s best high school athletes, Gatorade today announced Amalia Fruchtman of Cape Henlopen High School is the 2025-26 Gatorade Delaware Girls Basketball 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 Fruchtman as Delaware’s best high school girls basketball player, and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Candace Parker (2002-03 & 2003-04, Naperville Central High School, IL) Paige Bueckers (2020-21, Hopkins High School, MN) and Aaliyah Chavez (2024-25, Monterey High School, TX).

The 6-foot-1 senior wing led the Vikings to a 19-3 record and a trip to the second round of the Delaware state tournament this past season. Fruchtman averaged 21 points and 7.3 rebounds while shooting 51 percent from the field and finished her high school career with 1,395 points. She has earned invitations to both the Philly All-American Showcase and the Delaware Blue-Gold All-Star game this summer.

A National Honor Society member, Fruchtman has volunteered locally with Morgan’s Message, a non-profit that strives to eliminate any mental health stigma in youth sports. She is a competitive volleyball player and golfer who helped develop Cape Henlopen High School’s golf club. She also won the DIAA Jennifer Mayer Humanitarian & Service Award. “My clear No. 1 in the state is Amalia Fruchtman,” said Jay Hayes, Concord High School head coach. “She’s the most consistent and she makes everyone around her better.”

Fruchtman has maintained an A average in the classroom. She remains undecided upon a collegiate destination.

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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