

HOLTON-ARMS SCHOOL STUDENT-ATHLETE NAMED GATORADE MARYLAND GIRLS SOCCER PLAYER OF THE YEAR

CHICAGO (June 18, 2026) — In its 41st year celebrating the nation’s best high school athletes, Gatorade today announced Lauren Hemann of Holton-Arms School is the 2025-26 Gatorade Maryland Girls Soccer 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 Hemann as Maryland’s best high school girls soccer player, and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Mallory Swanson (2014-15, Mountain Vista High School, Colorado), Riley Jackson (2021-22, Blessed Trinity Catholic High School, Georgia) and Addison Halpern (2024-25, Rutgers Preparatory School, New Jersey).

The 5-foot-9 junior midfielder and defender scored seven goals and passed for nine assists this past season, leading the Panthers (10-4) to the Independent School League tournament semifinals. Hemann played in the Four Nations Cup with the U.S. Soccer Under-17 Women’s National Team in the summer of 2025 and she participated in a training camp with the U18 National Team in April. A three-time All-ISL First Team selection, she’s ranked as the nation’s No. 73 recruit in the Class of 2027 by TopDrawerSoccer.com.

Hemann, the daughter of a U.S. Army veteran, has volunteered locally for The Green Road at Walter Reed Army Medical Center and with Wreaths Across America, placing wreaths at Arlington National Cemetery during the holiday season. The president of her class at Holton-Arms School, she has also donated her time as a youth soccer coach. “Lauren is incredible,” said Ross McEwen, head coach of The Potomac School. “She’s just a solid all-around player who seemed to be all over the field.”

Hemann has maintained a weighted 4.05 GPA in the classroom. She’s made a verbal commitment to play soccer at Stanford University 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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