

INDIAN SPRINGS HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE ALABAMA GIRLS TRACK AND FIELD PLAYER OF THE YEAR

CHICAGO (June 25, 2026) — In its 41st year celebrating the nation’s best high school athletes, Gatorade today announced Cara Huff of Indian Springs High School is the 2025-26 Gatorade Alabama Girls Track and Field 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 Huff as Alabama’s best high school girls track and field athlete and she joins an elite legacy that spans professional athletes and coaches to CEOs, such as Sanya Richards (2001-02, St. Thomas Aquinas High School, Florida), Sydney McLaughlin-Levrone (2015-16 & 2016-17, Union Catholic Regional High School, New Jersey) and Jane Hedengren (2024-25, Timpview High School, Utah).

The 5-foot-10 senior throws specialist won the AHSAA Class 4A state title in the discus this past season with a meet-record mark of 151 feet, which ranked No. 72 nationally among girls prep competitors. Huff also won the shot put event with a season-best effort of 45-6.5 inches, which ranks No. 56 nationally. A six-time state champion indoors and outdoors, she broke nine meet records this past season.

An active member of the Hunter Street Baptist Church Group, Huff has volunteered locally as a club leader in Walking with Christ, planning weekly meetings centered on faith-based discussions and games. She has also donated her time as a summer youth day camp counselor for Camp Indian Springs, assisting college-age counselors with all aspects of camp planning. “After an inauspicious freshman debut that saw her fall short of the 30-foot and 80-foot barriers in the shot put and discus, respectively, Cara Huff has gone on to become the state’s most decorated female thrower,” said Rich Gonzalez, editor of PrepCalTrack.com. “She finishes a dazzling prep career ranked among the Top 3 in state history in both throwing events, owning five indoor/outdoor state class records.”

Huff has maintained a 4.35 weighted GPA in the classroom. She has signed a written letter of athletic aid to compete on scholarship at Virginia Tech 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.

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