

LYME-OLD LYME HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE CONNECTICUT 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 Chase Gilbert of Lyme-Old Lyme High School is the 2025-26 Gatorade Connecticut 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 Gilbert as Connecticut’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-4 senior distance talent won the 1600-meter run at the New England Championships this past season, earning All-New England honors. Gilbert also swept the 800, 1600 and 3200 events at the Class S state meet, leading the Wildcats to a fourth-place finish as a team. The state’s 2025-26 Gatorade Girls Cross Country Player of the Year, she broke the tape in the 1600 at the Open State Meet as well, clocking a 4:45.88, which ranked No. 32 nationally among prep girls competitors this spring. She capped her season with a ninth-place finish in the mile at New Balance Nationals Outdoor in 4:44.36, which ranked No. 32 nationally.

The president of her high school class, Gilbert has volunteered locally as a mentor and coach with Run Like A Girl, a women’s empowerment organization. “Sweeping the distance triple at a state meet is no easy feat,” said Rich Gonzalez, PrepCalTrack.com editor. “Chase then backed that up with victories in the 1600 at the Open State Meet and New Englands, demonstrating her mastery of that event.”

Gilbert has maintained an A average in the classroom. She has signed a written letter of athletic aid to compete on scholarship at the University of Virginia 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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