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**SIDWELL FRIENDS SCHOOL STANDOUT NAMED
GATORADE DISTRICT OF COLUMBIA GIRLS SOCCER PLAYER OF THE YEAR**

CHICAGO (February 10, 2011) — In its 26th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPN RISE, today announced Kara Wilson of Sidwell Friends School as its 2010-11 Gatorade District of Columbia Girls Soccer Player of the Year. Wilson is the second Gatorade District of Columbia Girls Soccer Player of the Year to be chosen from Sidwell Friends School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field, distinguishes Wilson as District of Columbia's best high school girls soccer player. Now a finalist for the prestigious Gatorade National Girls Soccer Player of the Year award to be announced in May, Wilson joins an elite alumni association of past state award-winners in 12 sports, including Abby Wambach (1997-98, Our Lady of Mercy, N.Y.), Derek Jeter (1991-92, Kalamazoo HS, Mich.), Candace Parker (2001-02, Naperville Central HS, Ill.), Kevin Garnett (1992-93, Maudlin HS, S.C.), Alexi Lalas (1987-88, Cranbrook HS, Mich.), Heather O'Reilly (2001-02, East Brunswick HS, N.J.) and Mark Sanchez (2004-05, Mission Viejo HS, Calif.).

The 5-foot-9 junior midfielder recorded 15 goals and nine assists this past season, leading the Quakers (16-2-2) to the Independent School League Tournament semifinals. A Washington Post First Team All-Met selection, Wilson is a member of the U.S. Youth Soccer Region I Olympic Development Program team. Through her junior year, Wilson has recorded 26 goals and 16 assists in her prep soccer career.

Wilson has maintained a 3.0 GPA in the classroom. She has completed a service-mission trip to Mexico, where she helped build houses, and she has volunteered locally as part of multiple community service initiatives in association with her church youth group.

"Kara Wilson is the kind of player who would clear a ball off the goal line, and a minute later she would score on the opposite end," said Clyde Watson, Wilson's club coach with the McLean Strikers. "She plays from 18-yard box to 18-yard box as well as anyone I have ever seen."

Wilson has verbally committed to play soccer on scholarship at Duke University beginning in the fall of 2012.

The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by ESPN RISE and the Gatorade high school sports leadership team, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Wilson joins recent Gatorade District of Columbia Girls Soccer Players of the Year Taylor Bryant (2009-10, Georgetown Visitation Preparatory School), Bailey Bodell (2008-09, St. John's College High School), and Tiffany McCarty (2007-08, St. John's College High School) among the state's list of former award winners.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners, and the announcement of the Gatorade National Player of the Year, visit playeroftheyear.gatorade.com.

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