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**SILVER CREEK HIGH SCHOOL STANDOUT NAMED
GATORADE COLORADO GIRLS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 20, 2012) — In its 27th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPNHS, today announced Valarie Allman of Silver Creek High School as its 2011-12 Gatorade Colorado Girls Track & Field Athlete of the Year. Allman is the first Gatorade Colorado Girls Track & Field Athlete of the Year to be chosen from Silver Creek High 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 track, distinguishes Allman as Colorado's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Athlete of the Year award to be announced in June, Allman joins an elite alumni association of state award-winners in 12 sports, including Allyson Felix (2001-02, Los Angeles Baptist, Calif.), Derek Jeter (1991-92, Kalamazoo HS, Mich.), Candace Parker (2001-02, Naperville Central HS, Ill.), Abby Wambach (1997-98, Our Lady of Mercy, N.Y.), Mark Sanchez (2004-05, Mission Viejo HS, Calif.), Lolo Jones (1997-98, Roosevelt HS, Ia.) and Bianca Knight (2006-07, Ridgeland HS, Miss.).

The 6-foot junior field athlete captured the Class 4A state championship in the discus this spring with a state-record throw of 164 feet at the state meet, which ranked as the nation's No. 5 distance among prep competitors in 2012 at the time of her selection. Allman also finished eighth in the shot put with an effort of 36 feet, 7.75 inches. She won the discus and placed second in the shot put at the 2011 USA Track & Field Colorado Junior Olympics Outdoor Track & Field Championships.

Allman has maintained a 4.00 GPA in the classroom, ranks No. 1 in her graduating class and serves as a member of her school's student senate. In addition to donating her time to Silver Creek's peer-leadership initiatives, she has volunteered on behalf of a senior center, the Humane Society and a food drive. Allman has also donated her time as part of multiple community-service initiatives, including Locks of Love, Hoops of Hope, Crayons to Calculators, Trick-or-Treat Street, Soles4Souls, Samaritan's Purse International Relief and the Boulder County Police Halloween Haunted House.

"Valarie's athletic ability speaks for itself," said Colby Schultz, head coach at rival Berthoud High. "She is simply amazing. However, it's her character that impressed me the most. Valarie could regularly be seen helping younger athletes and her competitors during meets, and was very approachable and humble in her interactions with both athletes and coaches. Valarie represents every quality that I believe should be displayed to young athletes by an elite competitor."

Allman will begin his senior year of high school this fall.

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 ESPNHS 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.

Allman joins recent Gatorade Colorado Girls Track & Field Athletes of the Year Dior Hall (2010-11, George Washington High School), Eleanor Fulton (2009-10, Highlands Ranch), LaTraia Scott (2008-09, Coronado), and Emily Blok (2007-08, Conifer) 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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