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**IOWA CITY WEST HIGH SCHOOL STANDOUT NAMED  
GATORADE® IOWA GIRLS BASKETBALL PLAYER OF THE YEAR**

CHICAGO (March 14, 2013) — In its 28<sup>th</sup> year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Ally Disterhoft of Iowa City West High School as its 2012-13 Gatorade Iowa Girls Basketball Player of the Year. Disterhoft is the first Gatorade Iowa Girls Basketball Player of the Year to be chosen from Iowa City West 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 court, distinguishes Disterhoft as Iowa's best high school girls basketball player. Now a finalist for the prestigious Gatorade National Girls Basketball Player of the Year award announced in March, Disterhoft joins an elite alumni association of past state girls basketball award-winners, including Candace Parker (2001-02, Naperville Central HS, Ill.), Diana Taurasi (1998-99 & 1999-00, Don Antonio Lugo HS, Calif.), Maya Moore (2005-06 Collins Hill HS, Ga.), Rashanda McCants (2004-05, Asheville HS, N.C.), Shyra Ely (1999-00, Ben Davis HS, Ind.) and Lisa Leslie (1988-89, Morningside HS, Calif.).

The 6-foot senior guard averaged 26.1 points, 5.4 rebounds, 2.6 steals and 2.2 assists while shooting at 68.5 percent from the floor inside the arc this past season, leading the Women of Troy to the Class 5A quarterfinals. A three-time First Team All-State selection, Disterhoft led all Class 5A scorers with 631 total points, including a 31-point effort in the Class 5A quarterfinals.

Disterhoft has maintained a 4.0 GPA in the classroom. A member of the National Honor Society, she has volunteered locally on behalf of the Special Olympics and as a youth basketball coach.

"I have been a head coach for 20 years and Ally Disterhoft is the most complete player we have ever competed against," said Steve Doser, head coach at Prairie High. "She is a tremendous player who can play all positions. She can take over a game if needed and she did that numerous times this year."

Disterhoft has signed a National Letter of Intent to play basketball on an athletic scholarship at the University of Iowa 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 the Gatorade high school sports leadership team in partnership with [USA TODAY High School Sports](#), 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.

Disterhoft joins recent Gatorade Iowa Girls Basketball Players of the Year Maddie Manning (2011-12, Ankeny High School), Kiah Stokes (2010-11 & 2009-10, Linn-Mar High School), Jaime Printy (2008-09, Linn-Mar), Kelly Krei (2007-08, City), and Kelsey Bolte (2006-07, Battle Creek-Ida Grove) 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 [www.gatorade.com/poy](http://www.gatorade.com/poy).

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