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**NATIONAL CATHEDRAL SCHOOL STANDOUT NAMED
GATORADE® DISTRICT OF COLUMBIA SOFTBALL PLAYER OF THE YEAR**

CHICAGO (June 6, 2013) — In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Sarah Ing of National Cathedral School as its 2012-13 Gatorade District of Columbia Softball Player of the Year. Ing is the second Gatorade District of Columbia Softball Player of the Year to be chosen from National Cathedral 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 Ing as District of Columbia's best high school softball player. Now a finalist for the prestigious Gatorade National Softball Player of the Year award announced in June, Ing joins an elite alumni association of past state award-winners in 12 sports, including Alicia Hollowell (2000-01, Fairfield HS, 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.), Angela Tincher (2002-03, James River HS, Va.) and Kenzie Fowler (2006-07, Canyon del Oro HS, Ariz.).

The district's returning Gatorade Softball Player of the Year, Ing led the Eagles to a 15-1 record, the Independent School League AA championship game and the District of Columbia State Athletic Association title this past season. The 5-foot-7 junior right-handed pitcher posted a 15-1 record with a 0.44 ERA and 131 strikeouts in 95 innings-pitched. Also a returning Honorable Mention All-Met selection as named by The Washington Post, Ing batted .585 with a home run and 13 RBI in 2013. She scored 31 runs in addition to collecting 18 stolen bases, 15 extra-base hits and 13 walks in 16 games.

Ing has maintained a 3.34 GPA in the classroom. In addition to serving as junior class president and as a school student administrator, she has volunteered on behalf of both her church's youth group and Operation Smile. Ing also worked as an intern in the U.S. Congress this past summer.

"Sarah is a jewel to coach and always put the team above herself," said National Cathedral School head coach Dave Langley. "She never has an unkind word for a teammate and always encourages them. Sarah is extremely coachable and never fails to ask for extra work. She craves to be the best she can be."

Ing will begin her 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 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.

Ing joins Gatorade District of Columbia Softball Players of the Year Caroline Sealander (2010-11, Maret School), Caroline Sealander (2009-10, Maret School), Christina Clark (2008-09, Georgetown Visitation Preparatory School), and Alie Kolbe (2007-08 & 2006 - 07, National Cathedral 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 www.gatorade.com/poy.

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