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**CAMAS HIGH SCHOOL STANDOUT NAMED  
GATORADE WASHINGTON GIRLS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 19, 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 Alexa Efraimson of Camas High School as its 2012-13 Gatorade Washington Girls Track & Field Athlete of the Year. Efraimson is the first Gatorade Washington Girls Track & Field Athlete of the Year to be chosen from Camas 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 Efraimson as Washington'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, Efraimson 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 5-foot-6 sophomore won two individual state titles, both in record times, at the Class 4A state meet this spring and led the Papermakers to a fifth-place finish as a team. Efraimson won the 800-meter run with a time of 2:08.17 and the 1600 in 4:39.25, the latter of which ranked as the nation's No. 2 performance among prep competitors in 2013 at the time of her selection. Efraimson's best times in the 1500 of 4:16.00 and 800 of 2:06.54 ranked as the nation's No. 3 and No. 5 performances, respectively, among prep competitors this spring.

Efraimson has maintained a 3.89 GPA in the classroom. She has volunteered locally in multiple community service initiatives in association with her school's Key Club and National Honor Society in addition to donating her time as a youth soccer referee.

"Alexa Efraimson is amazing," said Mark Ward, head coach of Central Kitsap High. "She dictates a race just by stepping to the start line. She is totally under control of every race I've seen her run and has the best range of any athlete at our level in the state."

Efraimson will begin her junior 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.

Efraimson joins recent Gatorade Washington Girls Track & Field Athletes of the Year Amy-Eloise Neale (2011-12 & 2010-11, Glacier Peak High School), Maddie Meyers (2009-10, The Northwest School), Andrea Geubelle (2008-09, Curtis Senior), and Courtney Kirkwood (2007-08 & 2006-2007, Othello) 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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