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**SHANLEY HIGH SCHOOL STANDOUT NAMED  
GATORADE® NORTH DAKOTA VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (December 12, 2013) — In its 29<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 Alivia Fraase of Shanley High School as its 2013-14 Gatorade North Dakota Volleyball Player of the Year. Fraase is the first Gatorade North Dakota Volleyball Player of the Year to be chosen from Shanley 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 field, distinguishes Fraase as North Dakota's best high school volleyball player. Fraase joins an elite alumni association of past state award-winners in 12 sports, including USA Volleyball players Kim Glass (2001-02, Horseshoe HS, Penn.), Kim Willoughby (1998-99, 1999-00, Assumption HS, La.) and Ogonna Nnamani (1999-00, University HS, Ill).

The 6-foot junior middle blocker recorded 483 kills, 453 digs, 92 blocks and 30 service aces while compiling a kill percentage of .450 and leading the Deacons (31-3) to the Class A semifinals this past season. A three-time First Team All-State selection, Fraase surpassed the 1,000-kill mark for her prep career in 2013.

Fraase has maintained a 3.79 GPA in the classroom. An assistant with her parish's bell choir, she has volunteered locally on behalf of "Bag of Hope," collecting goods for children in need, and as a youth basketball and volleyball camp counselor.

"Alivia Fraase is a tremendously versatile volleyball player," said Fargo Shanley head coach Curtis Johnson. "She is a fine back row player, but also hits from all three positions in the front row. She is a great athlete that enjoys watching her teammates' success as much as her own."

Fraase has verbally committed to play volleyball on an athletic scholarship at the University of North Dakota beginning in the fall of 2015.

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.

Fraase joins recent Gatorade North Dakota Volleyball Players of the Year Kira Larson (2012-2013, Fargo North High School), Hadley Steffen (2011-12, Red River High School), Jess Herauf (2010-11, Dickinson High School), Angie Waller (2009-10, Fargo North), Jessie Gust (2008-09, West Fargo High School) and Danielle Luetzen (2007-08, Minot) 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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