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**LAKE CATHOLIC HIGH SCHOOL STANDOUT NAMED  
GATORADE® OHIO 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 Abby Detering of Lake Catholic High School as its 2013-14 Gatorade Ohio Volleyball Player of the Year. Detering is the first Gatorade Ohio Volleyball Player of the Year to be chosen from Lake Catholic 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 Detering as Ohio's best high school volleyball player. Detering 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-1 senior right side hitter and setter recorded 309 assists, 285 kills, 173 digs and 71 blocks this while compiling a kill percentage of .440 and leading the Cougars (20-6) to the Division II regional semifinals this past season. A two-time First Team All-State selection, Detering is a 2013-14 Honorable Mention Under Armour All-American as named by the American Volleyball Coaches Association and was named the 2013 Cleveland Plain Dealer Volleyball Player of the Year.

Detering has maintained a 3.52 GPA in the classroom. She has volunteered locally at an area soup kitchen during the holidays and as a youth volleyball coach.

"Abby Detering is the finest player I have ever coached at Lake Catholic," said Lake Catholic head coach Rick Severino. "Her energy and work ethic on and off the court have made her stand above the rest."

Detering has signed a National Letter of Intent to play volleyball on an athletic scholarship at the University of Florida beginning in the fall of 2014.

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.

Detering joins recent Gatorade Ohio Volleyball Players of the Year Michelle Strizak (2012-2013, Mount Notre Dame High School), Megan Courtney (2011-12, Archbishop Alter High School), Deme Morales (2010-11, Steele High School), Dani Reinert (2009-10, Ursuline Academy), Lauren Whyte (2008-09, Olmsted Falls High School) and Missy Harpenau (2007-08, Mother of Mercy) 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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