

FOR IMMEDIATE RELEASE

Contact: Matt Schiffman (312-729-3672)

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

CHICAGO (June 5, 2014) — In its 29th 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 2013-14 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 5-foot-7 senior right-handed pitcher led the Eagles to a 10-4 record, the Independent School League AA championship game and a second consecutive District of Columbia State Athletic Association championship this past season. The city's two-time returning Gatorade Softball Player of the Year, Ing owned a 10-4 record with a 2.28 ERA and 126 strikeouts in 89 innings pitched. Also a three-time All-Independent School League selection, she batted a remarkable .781 with 14 extra-base hits, 24 RBI and 24 runs scored.

Ing has maintained a 3.50 GPA in the classroom. In addition to serving as a National Cathedral School student ambassador and as a member of the school's senior class student government, she has volunteered on behalf of both her church's youth group and Operation Smile.

"Despite her excellent statistics, those do not tell the whole story about Sarah's outstanding performance," said National Cathedral head coach John Soroka. "She is the face of softball at NCS. The quintessential team leader, Sarah is revered by her teammates. It was a young team that looked to Sarah for stability and inspiration, and she has never let them down. She is a first-class athlete and a first-class person."

Ing remains undecided upon a collegiate destination.

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.

Three-time winner Ing joins Gatorade District of Columbia Softball Players of the Year Caroline Sealander (2010-11 & 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.

###