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**BOISE HIGH SCHOOL HIGH SCHOOL STANDOUT NAMED
GATORADE IDAHO GIRLS TRACK & FIELD ATHLETE OF THE YEAR**

CHICAGO (June 19, 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 Emily Hamlin of Boise High School as its 2013-14 Gatorade Idaho Girls Track & Field Athlete of the Year. Hamlin is the first Gatorade Idaho Girls Track & Field Athlete of the Year to be chosen from Boise 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 Hamlin as Idaho'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, Hamlin 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-4 junior distance runner won three individual state championships this spring, leading the Braves to a third-place finish as a team at the Class 5A state meet. A First Team All-State selection, Hamlin won the 800-meter run with a time of 2:13.23, the 1600-meter run in 4:55.06 and the 3200-meter run in 10:47.02. She also took silver in the 1500-meter run at the Arcadia Invitational with a time of 4:54.55, which ranked as the nation's No. 30 performance among prep competitors in 2014 at the time of her selection.

Hamlin has maintained a 3.97 GPA in the classroom. A member of her school's Humanitarian Club, she has volunteered locally on behalf of the Boise Rescue Mission Ministries and the Foothills Christian Church.

"Emily Hamlin is a tremendous track & field athlete," said Bryan Stith, head coach at Capital High. "She won three events at the state track meet and is always very impressive. She had an outstanding junior year and I look forward to her winning more state titles next year and running times that put her into an elite class of runners."

Hamlin 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.

Hamlin joins recent Gatorade Idaho Girls Track & Field Athletes of the Year Allison Jeffries (2012-13, Eagle High School), Brittany Owens (2011-12 & 2010 - 11, Borah High School), Allee Cooper (2009-10, Eagle), Liz Brandon (2008-09, Eagle), and Nicole Nielsen (2007-08 & 2006-2007, Borah) 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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