

**Contact: Lauren Rollins (312-729-3607)**

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

CHICAGO (June 19, 2014) — 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 Alexa Efraimson of Camas High School as its 2013-14 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 returning Gatorade State Girls Track & Field Athlete of the Year and the 2013-14 Gatorade National Girls Cross Country Runner of the Year, the 5-foot-8 junior set a national prep record in the 1600-meter run at the Class 4A state meet and led the Papermakers to a second-place finish as a team. Efraimson crossed the line in 4:33.29, breaking an eight-year-old record by 0.52 seconds. She also won the 800-meter run with a time of 2:04.10, which ranked as the No. 2 performance among prep competitors in 2014 at the time of her selection. Efraimson is ranked No. 1 nationally in the 1500 and her time of 4:07.05 is the third-best clocking in prep track history. The Camas junior also ranks No. 1 in the 3000 (9:23.24) and No. 2 in the 3200 (9:55.92) this spring.

Efraimson has maintained an A average in the classroom. A member of DECA, Key Club and the National Honor Society, she has volunteered locally as a youth soccer referee and has served meals to the needy at the Zion Lutheran Church's Lost and Found Cafe.

"Alexa has combined talent, work ethic, knowledge of her sport and humility to become one of the most exciting athletes we have seen," said Alisa Wise, head coach of Camas High. "She has risen far and above and proven herself over and over again to be not only the best at her events, but consistent and durable as well."

Efraimson 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.

Two-time winner Efraimson joins 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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