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**DESTREHAN HIGH SCHOOL STANDOUT NAMED
GATORADE® LOUISIANA GIRLS BASKETBALL PLAYER OF THE YEAR**

CHICAGO (March 12, 2015) — In its 30th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Cara Ursin of Destrehan High School as its 2014-15 Gatorade Louisiana Girls Basketball Player of the Year. Ursin is the first Gatorade Louisiana Girls Basketball Player of the Year to be chosen from Destrehan 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 court, distinguishes Ursin as Louisiana's best high school girls basketball player. Now a finalist for the prestigious Gatorade National Girls Basketball Player of the Year award announced in March, Ursin joins an elite alumni association of past state girls basketball award-winners, including Candace Parker (2001-02, Naperville Central HS, Ill.), Diana Taurasi (1998-99 & 1999-00, Don Antonio Lugo HS, Calif.), Maya Moore (2005-06 Collins Hill HS, Ga.), Rashanda McCants (2004-05, Asheville HS, N.C.), Shyra Ely (1999-00, Ben Davis HS, Ind.) and Lisa Leslie (1988-89, Morningside HS, Calif.).

The 5-foot-7 sophomore guard averaged 26.3 points, 11.5 rebounds and 6.9 steals per game this past season, leading the Wildcats (26-3) to the Class 5A state semifinals. The two-time District 7-5A MVP and Defensive Player of the Year, Ursin was a 2014 Class 5A First Team All-State selection as a freshman. She also posted per-game averages of 4.6 assists and 3.4 blocks this winter. She recorded 19 double-doubles and three triple-doubles and has scored 1,331 points in her prep basketball career.

Ursin has maintained an A average in the classroom. A member of her church choir, she has volunteered locally as a peer tutor and represented Destrehan High at the Louisiana Leadership Conference for Black Leaders in 2014.

"Cara Ursin is by far one of the most talented athletes, male or female, I have ever seen at the high school level," said Arien Faucett, head coach of Central Lafourche High. "Her athletic ability is freakish. She can jump clean out of the gym."

Ursin will begin her junior 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.

Ursin joins recent Gatorade Louisiana Girls Basketball Players of the Year Kalani Brown (2013-14, Salmen High School), Kaitlyn Pratt (2012-13, McDonogh 35 College Preparatory High School), Kuaneshia Baker (2011-12, Helen Cox High School), Brandi Jeffery (2010-11, St. James High School), Theresa Plaisance (2009-10 & 2008-09, Vandebilt Catholic), Kristi Bellock (2007-08, John Curtis Christian School), and Adrienne Johnson (2006-07, Franklin) 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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