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**CHAMPLAIN VALLEY UNION HIGH SCHOOL STANDOUT NAMED
GATORADE VERMONT GIRLS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 14, 2016) — In its 31st year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Sophia Gorman of Champlain Valley Union High School as its 2015-16 Gatorade Vermont Girls Cross Country Runner of the Year. Gorman is the second Gatorade Vermont Girls Cross Country Runner of the Year to be chosen from Champlain Valley Union 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 racecourse, distinguishes Gorman as Vermont's best high school girls cross country runner. Now a finalist for the prestigious Gatorade National Girls Cross Country Runner of the Year award to be announced in January, Gorman joins an elite alumni association of past state award-winners in 12 sports, including Ryan Hall (1999-00, 2000-01, Big Bear 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.) and Mark Sanchez (2004-05, Mission HS, Calif.).

The 5-foot-4 junior raced to the Division 1 state championship this past season in 19:30, leading the Redhawks to the state title as a team. Gorman finished eighth at the New England Championships in 19:23.9 and took 13th at the Nike Cross Nationals Northeast Regional championships.

Gorman has maintained a 3.69 GPA in the classroom. She has volunteered locally on behalf of Meals on Wheels and the Salvation Army.

"Sophia improved as a runner dramatically this year," said Champlain Valley coach Scott Bliss. "She's developed into one of the best runners I've ever coached, and her leadership was one of the main reasons for our success as a team this year."

Gorman 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.

Gorman joins Gatorade Vermont Girls Cross Country Runners of the Year Rena Schwartz (2014-15, U-32 High School), Autumn Eastman (2013-14, Champlain Valley Union High School), Elle Purrier (2012-13, 2011-12, & 2010-11, Richford High School), Hannah Rowe (2009-10 & 2008-09, St. Johnsbury Academy), and Sarah Lange (2007-08, Brattleboro Union High School) as athletes who have won the cross country award since its inception in 2007.

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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