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

CHICAGO (March 10, 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 Cara Ursin of Destrehan High School as its 2015-16 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 state's returning Gatorade Player of the Year, the 5-foot-7 junior guard averaged 25.0 points, 12.9 rebounds, 7.3 steals, 6.0 assists and 5.5 blocks per game this past season, leading the Wildcats (25-3) to the Class 5A state quarterfinals. The three-time District 7-5A MVP and Defensive Player of the Year, Ursin is a two-time Class 5A First Team All-State selection. She recorded 19 double-doubles, four triple-doubles and one quadruple-double—24 points, 12 assists, 12 steals and 10 rebounds—in a victory over St. Katherine Drexel Prep.

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.

"The thing that makes Cara so dangerous is her explosiveness and her unselfishness," said Gus Brown, head coach of Terrebonne High. "She can take over a game when needed. She is the Wildcats' everything."

Ursin 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 Ursin joins 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, Vanderbilt Catholic High School), Kristi Bellock (2007-08, John Curtis Christian School), and Adrienne Johnson (2006-07, Franklin High 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.

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