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**CENTURY HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NORTH DAKOTA VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (January 17, 2017) — In its 32nd year of honoring the nation's best high school athletes, The Gatorade Company, today announced Regan Dennis of Century High School as its 2016-17 Gatorade North Dakota Volleyball Player of the Year. Dennis is the second Gatorade North Dakota Volleyball Player of the Year to be chosen from Century 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 field, distinguishes Dennis as North Dakota's best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award to be announced in January, Dennis joins an elite alumni association of state award-winners in 12 sports, including USA Volleyball players Kayla Banwarth (2006-07, Wahlert HS, Iowa), Alisha Glass (2005-06, Leland Public HS, Mich.), Jordan Larson (2004-05, Logan View HS, Neb.) and Foluke Akinradewo (2004-05, St. Thomas HS, Fla.).

The 6-foot senior outside hitter led the Patriots to a 41-2 record and the Class A state championship this past season. Dennis tallied 483 kills, 434 digs, 40 blocks and 36 service aces, including 20 kills and 14 digs in a 3-1 win over Bismarck High in the state final. The Class A Senior Player of the Year, Dennis is a two-time First Team All-State selection. She concluded her prep volleyball career with 1,005 kills and 943 digs.

Dennis has volunteered locally with a suicide prevention program and as a peer mentor to students with disabilities. She has also donated her time to youth volleyball and basketball as both a coach and referee. "Regan Dennis is a beast on the court," said Sara Hegerle, head coach of Jamestown High. "That really is the best way to describe the way she plays the game. She not only makes big plays in the front line, her back-row play makes an impact."

Dennis has maintained a 3.72 GPA in the classroom. She has signed a National Letter of Intent to play volleyball on scholarship at Northern State University 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 Player of the Year Selection Committee, 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.

Dennis joins recent Gatorade North Dakota Volleyball Players of the Year Katie Scherr (2015-16, Century High School), Alivia Fraase (2014-15 & 2013-14, Shanley High School), Kira Larson (2012-13, Fargo North High School), Hadley Steffen (2011-12, Red River High School), Jess Herauf (2010-11, Dickinson High School), Angie Waller (2009-10, Fargo North High School), Jessie Gust (2008-09, West Fargo High School) and Danielle Luetzen (2007-08, Minot High School) among the state's list of former award winners.

As a Gatorade Player of the Year, Dennis will be able to select a national or local youth sports organization to receive a grant as part of the Gatorade Play It Forward program. Every Gatorade Player of the Year state winner receives a \$1,000 grant to donate and will have the opportunity to enter for an additional \$10,000 spotlight grant by writing a brief essay explaining why their selected organization deserves additional support. 12 spotlight grants - one for each sport - will be announced throughout the year.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow the conversation on Twitter #GatoradePOY. 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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