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**WILMINGTON FRIENDS SCHOOL STUDENT-ATHLETE NAMED
GATORADE DELAWARE BOYS CROSS COUNTRY RUNNER OF THE YEAR**

CHICAGO (January 30, 2017) — In its 32nd year of honoring the nation's best high school athletes, The Gatorade Company, today announced Connor Nisbet of Wilmington Friends School as its 2016-17 Gatorade Delaware Boys Cross Country Runner of the Year. Nisbet is the first Gatorade Delaware Boys Cross Country Runner of the Year to be chosen from Wilmington Friends 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 Nisbet as Delaware's best high school boys cross country runner. Now a finalist for the prestigious Gatorade National Boys Cross Country Runner of the Year award to be announced in January, Nisbet joins an elite alumni association of past state award-winners in 12 sports, including Lukas Verzbicas (2010-11, 2009-10 Carl Sandburg, Orland Park, Ill.), Megan Goethals (2009-10, Rochester, Rochester Hills, Mich.), Jordan Hasay (2008-09, Mission College Prep., San Luis Obispo, Calif.), Donn Cabral (2007-08, Glastonbury High School, Glastonbury, Conn.) and Chris Derrick (2007-08, Neuqua Valley, Naperville, Ill.).

The 5-foot-9, 140-pound sophomore raced to the Division 2 individual state championship this past season with a time of 16:26.6. Nisbet also won the New Castle County championships, the Joe O'Neill Invitational, the Middletown Invitational, the White Clay Creek Classic and the Blue & Gold Invitational.

Also a talented musician, Nisbet is a member of his school's student leadership committee. "I've never had such a focused cross country runner at his age," said Wilmington Friends coach Paul Nemeth. "Connor attacks workouts, knowing that the harder he works, the better he will be prepared to answer any challenges from the competition at race time."

Nisbet has maintained a 4.0 GPA in the classroom. He will begin his 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 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.

Nisbet joins Gatorade Delaware Boys Cross Country Runners of the Year Kevin Murray (2015-16, Charter School of Wilmington), Kieran Tuntivate (2014-15, Charter School of Wilmington), Patrick Hally (2013-14, Salesianum School), John Mascioli (2012-13, Archmere Academy), Sam Parsons (2011-12, The Tatnall School), Sebastian Oja (2010-11, Archmere Academy), Ryan Lee (2009-10, Archmere Academy), Greg Morrin (2008-09, Saint Mark's High School), and George Vernon (2007-08, Concord High School) as athletes who have won the cross country award since its inception in 2007.

As a Gatorade Player of the Year, Nisbet 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 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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