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**DESTREHAN HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE® LOUISIANA GIRLS BASKETBALL PLAYER OF THE YEAR**

CHICAGO (March 13, 2017) — In its 32nd year of honoring the nation's best high school athletes, The Gatorade Company, today announced Cara Ursin of Destrehan High School as its 2016-17 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 Maya Moore (2005-06, Collins Hill HS, Ga.), Rashanda McCants (2004-05, Asheville HS, N.C.), Candace Parker (2001-02, Naperville Central HS, Ill.), Diana Taurasi (1998-99 & 1999-00, Don Antonio Lugo HS, Calif.), Shyra Ely (1999-00, Ben Davis HS, Ind.) and Lisa Leslie (1988-89, Morningside HS, Calif.).

A two-time returning Gatorade State Player of the Year, the 5-foot-7 senior guard led the Wildcats to a 35-0 record and the Class 5A state championship this past season. Ursin averaged 27.6 points, 14.2 rebounds, 7.4 assists, 5.6 steals and 4.1 blocks per game. She knocked down 69.5 percent of her shots, including 52.1 percent from 3-point land. Ursin recorded seven triple-doubles and one quadruple-double—coming within one blocked shot of a quintuple-double. Also the state's 2015-16 Miss Basketball winner, she concluded her prep basketball career with 2,901 points.

A member of the Rho Kappa History Honor Society, Ursin is a member of the Destrehan High student council. She has volunteered locally as a peer tutor and sings in her church's youth choir. "Cara Ursin is a dominating force on the court," said Ashley Adams, head coach of Thibodaux High. "She is one of the smartest point guards I've seen play. She can shoot, she can penetrate, she can pass, she can defend. She can play every position on the court."

Ursin has maintained an A average in the classroom. She has signed a national letter of intent to play basketball on scholarship at Baylor University beginning 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.

Three-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.

As a Gatorade Player of the Year, Cara 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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