

**LA SALLE ACADEMY STUDENT-ATHLETE NAMED  
GATORADE RHODE ISLAND GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 23, 2023) — In its 38<sup>th</sup> year of honoring the nation's best high school athletes, Gatorade today announced **Caroline Cummings** of **La Salle Academy** is the **2022-23 Gatorade Rhode Island Girls Cross Country Player of the Year**. Cummings is the third Gatorade Rhode Island Girls Cross Country Player of the Year to be chosen from La Salle Academy.

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 Cummings as Rhode Island's best high school girls cross country player. Now a finalist for the prestigious Gatorade National Girls Cross Country Player of the Year award to be announced in January, Cummings joins an elite alumni association of state award-winners, including Natalie Cook (2021-22, Flower Mound High School, Flower Mound, Texas), Katelyn Tuohy (2019-20, North Rockland High School, Thiels, N.Y.), Megan Goethals (2009-10, Rochester High School, Rochester Hills, Mich.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.).

The 5-foot-7 senior won the Class A divisional title race this past season with a time of 18:22, then took second at the state championships, helping the Rams finish fifth as a team. Cummings won the Manchester Invitational and Injury Fund Carnival in addition to taking fifth in a 2.5-mile race at the Manhattan Invitational. She also took 11th at the New England Championships.

Cummings has volunteered locally on behalf of Save the Bay, Blue Cross and Blue Shield of Rhode Island and Brightview Commons Nursing Home in addition to serving food at homeless shelters. She has also worked at a local doctor's office. "Cummings was ambitious with her schedule this season and was rewarded with an impressive victory against a deep field at the Manchester Invitational," said Erik Boal, an editor for DyeStat.com. "She also benefited from challenging herself against additional elite fields at the Manhattan Invitational and New England Championships, where she was the state's fastest finisher."

Cummings has maintained an A-minus average in the classroom. She has signed a National Letter of Intent to run on scholarship at Georgetown 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 leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the state winners in each sport.

Cummings joins recent Gatorade Rhode Island Girls Cross Country Players of the Year Reese Fahys (2021-22 & 2020-21, East Greenwich High School), Margot Appleton (2019-20, Portsmouth Abbey School), and Elizabeth Sullivan (2018-19, Portsmouth High School), among the state's list of former award winners.

Being a Gatorade Player of the Year means paying it forward for the next generation. Through Gatorade's Play it Forward initiative, every Player of the Year receives a grant to give to one of Gatorade's social impact partners, supporting Gatorade's ambition to fuel the future of sport. To date, Gatorade Player of the Year winners' grants have totaled more than \$3.5 million across more than 1,300 organizations.

For nearly 40 years, Gatorade has honored high school athletes at the top of their game as teammates, supporting their communities and achieving academic success. From CEOs and coaches to star athletes and community leaders, Gatorade Player of the Year winners showcase the power of sport.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [playeroftheyear.gatorade.com](http://playeroftheyear.gatorade.com) or follow us on social media on Facebook at [facebook.com/GatoradePOY](https://facebook.com/GatoradePOY), Instagram at [instagram.com/Gatorade](https://instagram.com/Gatorade) and Twitter at [twitter.com/Gatorade](https://twitter.com/Gatorade).

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