

INDIAN RIVER HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE DELAWARE GIRLS CROSS COUNTRY PLAYER OF THE YEAR

CHICAGO (January 22, 2024) — In its 39th year of honoring the nation's most elite high school athletes, Gatorade today announced Brynn Crandell of Indian River High School is the 2023-24 Gatorade Delaware Girls Cross Country Player of the Year. Crandell is the first Gatorade Delaware Girls Cross Country Player of the Year to be chosen from Indian River High School.

The award, which celebrates the nation's top high school athletes for excellence on the field, in the classroom and in the community, distinguishes Crandell as Delaware's best high school girls cross country player. From CEOs and coaches to star athletes, Gatorade Player of the Year winners showcase the power of sport, touting an all-star group of alumni that includes Irene Riggs (2022-23, 2021-22 & 2020-21, Morgantown High School, Morgantown, W. Va.), Katelyn Tuohy (2019-20, 2018-19 & 2017-18, North Rockland High School, Thiels, N.Y.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.)

The 5-foot-1 senior won the Division 2 state meet this past season in a state-record time of 18:20.0, breaking the tape 29.9 seconds ahead of her next-closest competitor. Now a three-time Gatorade Player of the Year honoree, Crandell established six new course records in 2023. She capped her season with top 10 finishes at both the Nike Cross Nationals Southeast Regional meet and the Foot Locker Northeast Regional.

A member of both the National Honor Society and the Leo Club, Crandell has volunteered locally as an instructor with the Middlesex Junior Lifeguard Program. She has also donated her time on behalf of shelters serving the homeless, food drives through the HOSA Club and St. Ann's Catholic Church. "Brynn Crandell's put together one of the most dominant seasons in state history in 2023," said Rich Gonzalez of PrepCalTrack. "Very few kids go into a cross country campaign thinking 'state record,' but she did that and more."

Crandell has maintained a 4.61 GPA in the classroom. She has signed a national letter of intent to run on scholarship at the University of Delaware 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.

Three-time winner Crandell joins recent Gatorade Delaware Girls Cross Country Players of the Year Tiffany Herrera (2020-21, St. Mark's High School) and Lydia Colasante (2019-20, Tatnall School), among the state's list of former award winners.

As part of Gatorade's commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, Gatorade Player of the Year winners' grants have totaled more than \$4.9 million across more than 1,600 organizations.

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

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