

CARDINAL MOONEY CATHOLIC HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE FLORIDA GIRLS CROSS COUNTRY PLAYER OF THE YEAR

CHICAGO (January 22, 2024) — In its 39<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced Addison Dempsey of Cardinal Mooney Catholic High School is the 2023-24 Gatorade Florida Girls Cross Country Player of the Year. Dempsey is the first Gatorade Florida Girls Cross Country Player of the Year to be chosen from Cardinal Mooney Catholic 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 Dempsey as Florida’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-5 senior capped her 2023 campaign by racing to 18th place at the Foot Locker South Regional Championships, clocking a time of 17:39.22 as the state’s top finisher at the event. Dempsey established four new course records this past season, breaking the tape with a personal-best 5K time of 17:20.20 at the North Port XC Invitational. She won eight races last fall and was Florida’s top finisher at the prestigious adidas XC Challenge, where she took third.

A volunteer on behalf of the Boys and Girls Club, which assists local, underserved kids and provides them a safe environment, Dempsey has also donated her time as a coach at youth soccer camps and as part of running trail clean-up projects. “In a year filled with talented runners across the state, Cardinal Mooney’s Addison Dempsey was a model of consistency,” said Rich Gonzalez of PrepCalTrack. “With eight race victories and four course records topping her résumé—breaking 18 minutes for three miles on seven occasions and recording a Top 3 finish a dozen times—she was the class of the Sunshine State.”

Dempsey has maintained a 3.88 GPA in the classroom. She remains undecided upon collegiate destination.

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.

Dempsey joins recent Gatorade Florida Girls Cross Country Players of the Year Eliana Black (2022-23, Cambridge Christian School), Caroline Wells (2021-22 & 2020-21, Winter Springs High School), and Alyssa Hendrix (2019-20, Riverview High 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](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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