

GEORGETOWN DAY SCHOOL STUDENT-ATHLETE NAMED GATORADE DISTRICT OF COLUMBIA GIRLS TRACK & FIELD PLAYER OF THE YEAR

CHICAGO (June 20, 2019) — In its 34th year of honoring the nation's best high school athletes, The Gatorade Company today announced **Ziyah Holman of Georgetown Day School** as its **2018-19 Gatorade District of Columbia Girls Track & Field Athlete of the Year**. Holman is the second Gatorade District of Columbia Girls Track & Field Athlete of the Year to be chosen from Georgetown Day 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 track, distinguishes Holman as District of Columbia's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Athlete of the Year award to be announced in June, Holman joins an elite alumni association of state track & field award-winners, including Lolo Jones (1997-98, Roosevelt High School, Iowa), Allyson Felix (2002-03, Los Angeles Baptist High School, Calif.), Robert Griffin III (2006-07, Copperas Cove High School, Texas), Grant Fisher (2013-14 & 2014-15, Grand Blanc High School, Mich.) and Candace Hill (2014-15, Rockdale County High School, Ga.).

The District's returning Gatorade Girls Track & Field Athlete of the Year, the 5-foot-7 junior won the 400-meter dash in a meet-record 52.62 seconds at the Brooks PR Invitational, a time that ranked No. 6 in the nation among prep competitors at the time of her selection. Locally, Holman won the 200-meter dash in a meet-record time of 24.23, leading the Mighty Hoppers to a third-place finish at the DC State Athletic Association championships. She also won the 400 and ran the anchor leg on Georgetown Day's winning 4x400-meter relay team.

A member of the Georgetown Day School Black Student Union, Holman is an active member of the Girl Scouts and has volunteered as a peer tutor along with Martha's Table in Southeast, which donates food and clothing to those in need. "Ziyah might be the best sprinter I've coached against in my 20 years of coaching around D.C.," said Ted Findler, head coach of National Cathedral School. "She's a phenomenal talent who keeps improving."

Holman has maintained a B-plus average in the classroom. She will begin her senior 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. From the 12 national winners, one male and one female athlete are each named Gatorade High School Athlete of the Year. In all, 607 athletes are honored each year.

Two-time winner Holman joins Gatorade District of Columbia Girls Track & Field Athletes of the Year Ingrid Joseph (2016-17, School Without Walls), Page Lester (2015-16, National Cathedral School), Jeryne Fish (2014-15, National Cathedral School) and Deonna Diggs (2013-14, Woodrow Wilson High School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Holman also has the opportunity to award a \$1,000 grant to a local or national youth sports organization of her choosing. She is also eligible to submit an essay to win one of twelve \$10,000 spotlight grants for the organization of choice, which will be announced throughout the year.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit www.Gatorade.com/POY, on Facebook at www.facebook.com/GatoradePOY or follow us on Twitter at www.twitter.com/Gatorade.

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