

NORTH ROCKLAND HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE NEW YORK 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 **Katelyn Tuohy of North Rockland High School** as its **2018-19 Gatorade New York Girls Track & Field Athlete of the Year**. Tuohy is the first Gatorade New York Girls Track & Field Athlete of the Year to be chosen from North Rockland 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 track, distinguishes Tuohy as New York'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, Tuohy 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 2018 Gatorade Female High School Athlete of the Year, Tuohy won the 3000-meter run at the state championship meet this past season with a time of 9:21.90, which ranked as the nation's No. 2 performances among prep competitors in 2019 at the time of her selection. The 5-foot-4 junior holds five national track and field records—three indoors and two outdoors—and her season-best time of 9:53.30 in the 3200 is fastest in the nation this year.

Tuohy has volunteered locally on behalf of youth soccer and running programs, and the Rose Memorial Library. "One of the hardest things to do is to follow up a dream season," said North Rockland distance coach Brian Diglio. "Katelyn's sophomore year was nothing short of amazing, but I'm incredibly proud of the season she had her junior year as well. She completed another undefeated season, she set a national record in the 3000 indoors, she defended her 3K state title and so far, she's U.S. No. 1 in the 3200. I can't wait to see what her senior year brings."

Tuohy has maintained an A 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 Tuohy joins recent Gatorade New York Girls Track & Field Athletes of the Year Sammy Watson (2016-17, Rush-Henrietta Senior High School), Sammy Watson (2015-16, Rush-Henrietta Senior High School), Sammy Watson (2014-15, Rush-Henrietta Senior High School) and Zola Golden (2013-14, Arlington High School) among the state's list of former award winners.

As a part of Gatorade's cause marketing platform "Play it Forward," Tuohy 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.