

RED RIVER HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE NORTH DAKOTA 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 **Shelby Frank of Red River High School** as its **2018-19 Gatorade North Dakota Girls Track & Field Athlete of the Year**. Frank is the third Gatorade North Dakota Girls Track & Field Athlete of the Year to be chosen from Red River 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 Frank as North Dakota'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, Frank 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 state's returning Gatorade Girls Track & Field Athlete of the Year, the 5-foot-11 junior was the national champion in the discus throw with a winning toss of 155 feet even at the New Balance Nationals Outdoor earlier this month. Frank also won the shot put and discus events at the Division A state meet this past season, leading the Roughriders to a fourth-place finish as a team. Her season and personal-best throw of 167 feet even in the discus ranked No. 4 in the nation among prep competitors at the time of her selection.

Frank has volunteered locally as a youth track coach and she has donated her time to multiple community service initiatives through her church. "Shelby is a fierce competitor who enjoys challenges," said Tracey Heisler, head coach of Red River High. "She sees herself as someone who needs to work hard to achieve her goals."

Frank has maintained a 3.65 GPA 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 Frank joins Gatorade North Dakota Girls Track & Field Athletes of the Year Karly Ackley (2016-17 & 2015-16, Grand Forks Central High School), Ashley Rone (2014-15, Red River High School) and Brittany Brown Otter (2013-14, Bismarck High School) among the state's list of former award winners.

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