

RAWLINS HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE WYOMING 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 **Sydney Thorvaldson of Rawlins High School** as its **2018-19 Gatorade Wyoming Girls Track & Field Athlete of the Year**. Thorvaldson is the first Gatorade Wyoming Girls Track & Field Athlete of the Year to be chosen from Rawlins 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 Thorvaldson as Wyoming'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, Thorvaldson 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 two-time Gatorade Girls Cross Country Runner of the Year, this 5-foot-3 sophomore won the 800-meter run, the 1,600-meter run, the 3,200-meter run and was a part of the state-record-setting sprint medley relay quartet that broke the tape at the Class 3A state meet this past season. Her 32.5 individual points helped the Outlaws to a sixth-place finish as a team. Thorvaldson's 1,600 time of 5:00.52 set a state meet record. Her personal-best clocking of 10:12.18 in the 3,200, which earned her silver at the prestigious Arcadia Invitational, ranked No. 10 in the nation among prep competitors at the time of her selection.

A member of the Rawlins High School student council, Thorvaldson has volunteered locally as part of community-beautification projects and has also donated her time as a teacher's aide at her church. "Sydney continues to amaze and awe us," said Nancy Steinberg, head coach of Rawlins High School. "She is one of the most talented athletes to come along in the history of both Rawlins and the state of Wyoming."

Thorvaldson has maintained a 4.0 GPA in the classroom. She will begin her junior 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.

Thorvaldson joins recent Gatorade Wyoming Girls Track & Field Athletes of the Year Aubrey Frentheway (2017-18, Cheyenne Central High School), Anna Gibson (2016-17, Jackson Hole High School), Lauren Taubert (2015-16, Natrona County High School), Ann Wingeleth (2014-15, Lyman High School) and Jerayah Davis (2013-14, Kelly Walsh High School) among the state's list of former award winners.

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