

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

CHICAGO (June 25, 2020) — In its 35th year of honoring the nation's best high school athletes, The Gatorade Company today announced Ziyah Holman of Georgetown Day School as its 2019-20 Gatorade District of Columbia Girls Track & Field Athlete of the Year. Holman is the first 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 field, 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 award-winners in 12 sports, 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 two-time returning Gatorade Girls Track and Field Athlete of the Year, the 5-foot-7 senior helped set an Under-20 world record at the 2019 Pan-American U20 Championships in Costa Rica. Holman ran the third leg for a U.S. 4x400-meter relay quartet that broke the tape in 3:24.04 to set the new mark. She also won the 300-meter dash and 500-meter run at the DCSAA Indoor Meet, the final two of her 16 career state titles. Holman ranked in the Top 15 nationally among prep competitors during the indoor season in the 300, 400 and 500, and she won the 400-meter run outdoors at the 2019 Brooks PR in a state-record time of 52.62 seconds.

A member of the Georgetown Day School Black Student Union, Holman is an active member of the Girl Scouts, earning the Scouts Gold Award this April. She has volunteered locally as a peer tutor and with Martha's Table, which donates food and clothing to those in need. "Ziyah has improved in every indoor and every outdoor season she has run track," said Anthony Belber, head coach of Georgetown Day School. "She has not stumbled nor wandered from her consistent upward trajectory."

Holman has maintained a B-plus average in the classroom. She has signed a national letter of intent to compete on an athletic scholarship at the University of Michigan.

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 work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Three-time winner Holman joins recent Gatorade District of Columbia Girls Track & Field Athletes of the Year Ingrid Joseph (2016-17, School Without Walls High School), 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.

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.