

**RED RIVER HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NORTH DAKOTA 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 Shelby Frank of Red River High School as its 2019-20 Gatorade North Dakota Girls Track & Field Athlete of the Year. Frank is the ninth 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 field, 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 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 state's two-time returning Gatorade Girls Track & Field Athlete of the Year and 6-foot senior was the national champion in the discus throw with a winning toss of 155 feet at the 2019 New Balance Nationals Outdoor. Undefeated in shot put and discus in 2019, Frank is a four-time state champion in the discus and a two-time state title-winner in the shot put. Her personal-best discus throw of 167-0 ranked as the nation's No. 4 mark among prep competitors in the 2019 outdoor season.

A member of her school's Student Leadership Council, Frank has volunteered locally as a peer mentor and a youth track coach. "Shelby is a competitor, and in the discus she is unmatched," said Rob Jacobson, assistant coach of Davies High School. "She competes with the expectation of being her best. If she's struggling, she sets her jaw and rights herself. Her focus, determination and competitiveness are something I have my kids watch and learn from."

Frank has maintained a 3.66 GPA in the classroom. She has signed a national letter of intent to compete on an athletic scholarship at the University of Minnesota.

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 Frank joins recent 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.

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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