

**NORTH KINGSTOWN HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE RHODE ISLAND VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (January 11, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Abby Ryno** of **North Kingstown High School** is the **2021-22 Gatorade Rhode Island Volleyball Player of the Year**. Ryno is the sixth Gatorade Rhode Island Volleyball Player of the Year to be chosen from North Kingstown 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 court, distinguishes Ryno as Rhode Island's best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award to be announced in January, Ryno joins an elite alumni association of state award-winners, including USA Volleyball players Kayla Banwarth (2006-07, Wahlert High School, Iowa), Alisha Glass (2005-06, Leland Public High School, Mich.), Jordan Larson (2004-05, Logan View High School, Neb.) and Foluke Akinradewo (2004-05, St. Thomas High School, Fla.).

The 5-foot-7 senior outside hitter compiled 304 kills and 274 digs this past season, leading the Skippers (17-1) to the Division I state tournament semifinals. Ryno also recorded 37 service aces, 23 assists and 21 blocks while posting a kill percentage of .514 and a hitting percentage of .350. A two-time First Team All-State selection, she concluded her prep volleyball career with 466 kills and 402 digs.

Ryno has volunteered locally with Sail Newport and at the Village House Nursing Home. She has also donated her time as a youth volleyball coach. "Abby is a weapon from the back row, from the left side, from the right and from the service line," said Jonathan Bartlett, head coach of Coventry High School. "She is a dominant player."

Ryno has maintained a weighted 3.99 GPA in the classroom. She has signed a National Letter of Intent to play volleyball on scholarship at the University of Louisiana at Monroe 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. The selection process is administered by the Gatorade Player of the Year Selection Committee, which leverages experts including coaches, scouts, media and others as sources to help evaluate and determine the state winners in each sport.

Ryno joins recent Gatorade Rhode Island Volleyball Players of the Year Lauren Milani (2020-21, Cranston East High School), Keri Spitler (2019-20, North Kingstown High School), and Maile Somera (2018-19, 2017-18 & 2016-17, Barrington High School), among the state's list of former award winners.

Gatorade has a long-standing history of serving athlete communities and understands how sports instill valuable lifelong skills on and off the field. Through Gatorade's "Play it Forward" platform, Ryno has the opportunity to award a \$1,000 grant to a local or national organization of their choosing that helps young athletes realize the benefits of playing sports. Ryno is also eligible to submit a short video explaining why the organization they chose is deserving of one of twelve \$10,000 spotlight grants, which will be announced throughout the year. To date, Gatorade Player of the Year winners' grants have totaled more than \$3.5 million across more than 1,300 organizations.

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 playeroftheyear.gatorade.com or follow us on social media on Facebook at facebook.com/GatoradePOY, Instagram at instagram.com/Gatorade and Twitter at twitter.com/Gatorade.