

**HERRIMAN HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE UTAH GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 24, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Addi Bruening** of **Herriman High School** is the **2021-22 Gatorade Utah Girls Cross Country Player of the Year**. Bruening is the second Gatorade Utah Girls Cross Country Player of the Year to be chosen from Herriman 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 Bruening as Utah's best high school girls cross country player. Now a finalist for the prestigious Gatorade National Girls Cross Country Player of the Year award to be announced in February, Bruening joins an elite alumni association of state award-winners in 12 sports, including Lukas Verzbicas (2010-11 & 2009-10, Carl Sandburg High School, Orland Park, Ill.), Megan Goethals (2009-10, Rochester High School, Rochester Hills, Mich.), Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.) and Chris Derrick (2007-08, Neuqua Valley High School, Naperville, Ill.).

The 5-foot-4 senior raced to the Class 6A individual state championship this past season with a time of 17:28.3. Bruening also won the Region 3 championship, the Pre-State meet and the Timpanogos Invitational. She placed seventh at the Nike Cross Southwest Regional Championships and took 13th at the Eastbay West Regional Championships.

Bruening has volunteered locally on behalf of youth running programs and the Hearts of Gold annual charity drive. "Addi is an athlete who stresses over attaining perfection in every aspect of her life," said Herriman High School coach Jonathan Haag. "If a workout has a time attached, she makes sure to hit that on every rep."

Bruening has maintained a 4.0 GPA in the classroom. She has signed a National Letter of Intent to run on scholarship at Brigham Young University 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.

Bruening joins recent Gatorade Utah Girls Cross Country Players of the Year Carlee Hansen (2020-21, Woods Cross High School), Eliza Arrington (2019-20, Lone Peak High School), Anna Martin (2018-19, Lehi High School), and Sadie Sargent (2017-18, North Summit 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, Bruening 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. Bruening 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.