

**CONESTOGA HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE PENNSYLVANIA BOYS SOCCER PLAYER OF THE YEAR**

CHICAGO (June 16, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Sebastian Tis** of **Conestoga High School** is the **2021-22 Gatorade Pennsylvania Boys Soccer Player of the Year**. Tis is the second Gatorade Pennsylvania Boys Soccer Player of the Year to be chosen from Conestoga 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 Tis as Pennsylvania's best high school boys soccer player. Now a finalist for the prestigious Gatorade National Boys Soccer Player of the Year award to be announced in June, Tis joins an elite alumni association of state award-winners in 12 sports, including Alexi Lalas (1987-88, Cranbrook High School, Mich.), Steve Cherundolo (1996-97, Mt. Carmel High School, Calif.), Abby Wambach (1997-98, Our Lady of Mercy School of Young Women, N.Y.), Heather O'Reilly (2001-02 & 2002-03, East Brunswick High School, N.J.), Matt Besler (2004-05, Blue Valley West High School, Kans.), Jack Harrison (2013-14, Berkshire High School, Mass.) and Mallory Pugh (2014-15, Mountain Vista High School, Colo.).

The 6-foot, 180-pound senior defensive center midfielder led the Pioneers to a 26-0 record and the Class 4A state championship this past season. Tis tallied 14 goals and 13 assists and anchored a defense that allowed just five goals and recorded a shutout in each of Conestoga's eight postseason games. The Pennsylvania Large School Player of the Year, he is also a United Soccer Coaches High School All-American selection.

Tis has volunteered locally assembling and distributing care packages to Philadelphia-area homeless people. He has also donated his time on behalf of the Conestoga High Asian American Culture Club and as a youth soccer coach. "Sebastian was a dominant player and had a fantastic season," said Biff Sturla, head coach of Harriton High School. "He controlled the middle of the field well and was a very smart player with really good skill. He was the heart and soul of the team the last two years."

Tis has maintained a weighted 3.61 GPA in the classroom. He has signed a National Letter of Intent to play soccer on scholarship at Lafayette College 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.

Tis joins recent Gatorade Pennsylvania Boys Soccer Players of the Year Ben Liscum (2020-21, Lewisburg Area High School), Dom Reiter (2019-20, Quaker Valley High School), Nathan Dragisich (2018-19, West Allegheny High School), and Chris Donovan (2017-18, Conestoga 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, Tis 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. Tis 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.

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