

**NEWBURY PARK HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE CALIFORNIA BOYS TRACK & FIELD PLAYER OF THE YEAR**

CHICAGO (June 29, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Colin Sahlman** of **Newbury Park High School** is the **2021-22 Gatorade California Boys Track & Field Player of the Year**. Sahlman is the second Gatorade California Boys Track & Field Player of the Year to be chosen from Newbury Park 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 Sahlman as California's best high school boys track & field athlete. Now a finalist for the prestigious Gatorade National Boys Track & Field Player of the Year award to be announced in July, Sahlman 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 (2014-15 & 2013-14, Grand Blanc High School, Mich.) and Candace Hill (2014-15, Rockdale County High School, Ga.).

The 5-foot-11, 125-pound senior recorded the nation's No. 1 performances among prep competitors in 2022 in three separate events this past season. The reigning Gatorade National Player of the Year in cross country, Sahlman clocked a national-best time of 3:56.24 in the mile, which also ranked as the No. 3 clocking in U.S. prep history. He set a new national prep record with his personal-best time of 8:33.32 in the 3200-meter run, and he also produced 2022's fastest 1500 mark of 3:39.59, which ranked No. 4 on the U.S. prep all-time list. Sahlman capped his season with a national title-winning run of 1:48.07 in the 800 at the Brooks PR Invitational.

Sahlman has volunteered locally on behalf of a youth running camp and with a program that feeds the homeless. "It's one thing to have the talent to be great, but another thing to have the mental ability to be great," said Newbury Park coach Sean Brosnan. "Colin has both. It's been amazing to work with him."

Sahlman has maintained a 3.56 GPA in the classroom. He has signed a National Letter of Intent to run on scholarship at Northern Arizona 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.

Two-time winner Sahlman joins recent Gatorade California Boys Track & Field Players of the Year Nico Young (2019-20, Newbury Park High School), Kenan Christon (2018-19, Madison High School), and Sondre Guttormsen (2017-18, Davis Senior 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, Sahlman 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. Sahlman 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.

###