

**EMMETT HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE IDAHO 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 **Landon Helms** of **Emmett High School** is the **2021-22 Gatorade Idaho Boys Track & Field Player of the Year**. Helms is the second Gatorade Idaho Boys Track & Field Player of the Year to be chosen from Emmett 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 Helms as Idaho'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, Helms 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 6-foot-2, 170-pound senior won the decathlon at the Nike Outdoor Nationals and the USATF Under-20 National Championships this past season. Helms also took second in the pole vault at Nike Nationals, and his best clearance of 17 feet, 2 inches in April set a state record and ranked No. 5 nationally among prep competitors in 2022 at the time of his selection. Helms swept the 110-meter high hurdles, the 300-meter intermediate hurdles, the long jump and the pole vault at the Class 4A state meet, leading the Huskies to a fourth-place finish as a team. His winning state-meet time of 13.69 seconds in the 110 hurdles set a meet record and ranked No. 10 in the country this spring.

Helms is a major contributor on his family's working farm. A member of the Business Professionals of America, he has volunteered locally as a youth track coach, and he has donated his time to multiple community service initiatives through his church. "Landon is very driven in everything he does; no one works harder at succeeding than he does," said Molly Yates, head coach of Emmett High School. "He excels at any and every track event we put him in. Landon is a very gifted athlete. His athletic ability combined with his work ethic is a rarity."

Helms has maintained a 3.98 GPA in the classroom. He has signed a National Letter of Intent to compete on an athletic scholarship at Texas A&M 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.

Helms joins recent Gatorade Idaho Boys Track & Field Players of the Year Nathan Green (2020-21 & 2018-19, Borah High School), Peyton Bair (2019-20, Kimberly High School), and Caleb Stamper (2017-18, Timberline 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, Helms 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. Helms 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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