

**CARSON CITY-CRYSTAL HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE MICHIGAN 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 **Zane Forist** of **Carson City-Crystal High School** is the **2021-22 Gatorade Michigan Boys Track & Field Player of the Year**. Forist is the first Gatorade Michigan Boys Track & Field Player of the Year to be chosen from Carson City-Crystal 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 Forist as Michigan'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, Forist 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-4, 255-pound senior won both throwing events at the Division 4 state meet this past season, leading the Eagles to second place as a team. Forist hurled the shot put 67 feet, five inches, which ranked as the nation's No. 3 performance among prep competitors in 2022, and launched the discus 200-4, which ranked No. 8 nationally. He also won the shot put title at the Nike Outdoor Nationals with his heave of 67-3.5, then placed fourth in the discus.

Forist has volunteered locally on behalf of youth track programs. "What sets Zane apart from other athletes is his humble, selfless work ethic," said Carson City-Crystal coach Grant Woodman. "He works every day on getting better at the discus and shot put, and has put himself in the top tier of the nation."

Forist has maintained a 3.26 GPA in the classroom. He has signed a National Letter of Intent to compete on scholarship at the University of Michigan 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.

Forist joins recent Gatorade Michigan Boys Track & Field Players of the Year Hobbs Kessler (2020-21, Skyline High School), Dylan Targgart (2019-20, Coldwater High School), and Nick Foster (2018-19 & 2017-18, Pioneer 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, Forist 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. Forist 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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