

**HOUSATONIC VALLEY REGIONAL HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE CONNECTICUT GIRLS TRACK & FIELD PLAYER OF THE YEAR**

CHICAGO (June 30, 2022) — In its 37th year of honoring the nation's best high school athletes, Gatorade today announced **Sydney Segalla** of **Housatonic Valley Regional High School** is the **2021-22 Gatorade Connecticut Girls Track & Field Player of the Year**. Segalla is the first Gatorade Connecticut Girls Track & Field Player of the Year to be chosen from Housatonic Valley Regional 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 Segalla as Connecticut's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Player of the Year award to be announced in July, Segalla 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 senior won three individual events and set two meet records at the Class S state meet this past season. Segalla broke the tape in the 400-meter run with a time of 52.96 seconds, which ranked as the nation's No. 3 performance among girls prep competitors in 2022. She also set a new Class S record in the 100 with a time of 11.90 in addition to capturing the 200 in 23.96. Segalla won both the 200 and the 400 at the State Open Championships while finishing first in the 400 and second in the 200 at the New England Interscholastic Championships. She also took sixth in the 400 at the New Balance Nationals Outdoor, earning All-American status in the process.

Also a soccer standout, Segalla has served as a teacher's assistant in addition to volunteering locally on behalf of youth sports programs. "She has a lot of natural ability, but Sydney also possesses a drive and a strength of character that set her apart," said Housatonic Valley coach Alan Lovejoy. "Her work effort and commitment allowed her to compete in outdoor track at a high level while also playing elite club soccer."

Segalla has maintained a 3.84 GPA in the classroom. She has signed a National Letter of Intent to play soccer on scholarship at Boston 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.

Segalla joins recent Gatorade Connecticut Girls Track & Field Players of the Year Sydney Masciarelli (2020-21 & 2018-19, Marianapolis Preparatory School), Tess Stapleton (2019-20, Fairfield Ludlowe High School), and Alexis Holmes (2017-18, Cheshire Academy), 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, Segalla 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. Segalla 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.