

**LAKE STEVENS HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE WASHINGTON FOOTBALL PLAYER OF THE YEAR**

**CHICAGO** (January 6, 2023) — In its 38<sup>th</sup> year of honoring the nation’s best high school athletes, Gatorade today announced **Jayden Limar** of **Lake Stevens High School** is the **2022-23 Gatorade Washington Football Player of the Year**. Limar is the second Gatorade Washington Football Player of the Year to be chosen from Lake Stevens 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 Limar as Washington’s best high school football player. Now a finalist for the prestigious Gatorade National Football Player of the Year award to be announced in January, Limar joins an elite alumni association of state award-winners in 12 sports, including Trevor Lawrence (2018-19 & 2016-17, Cartersville High School, Ga.), Matthew Stafford (2005-06, Highland Park High School, Texas) and Emmitt Smith (1986-87, Escambia High School, Fla.).

The 5-foot-11, 190-pound senior running back led the Vikings to a 12-2 record and the Class 4A state championship this past season. Limar rushed for 2,040 yards and 36 touchdowns, including 13 rushing TDs in Lake Stevens High School’s four-game postseason run to the state title. He also caught 26 passes for 330 yards and four scores and threw a touchdown pass. A three-time Class 4A First Team All-State selection, he is ranked as the nation’s No. 144 recruit in the Class of 2023 by Rivals.com.

Limar has volunteered locally at the Alatheia Therapeutic Riding Center, a non-profit horseback-riding center for people with special needs. He has also donated his time as a youth football coach and as part of multiple community service initiatives through his church youth group. “Jayden is a phenomenal player and an even better person,” said Tyler Tuiasosopo, head coach of Mariner High School. “From afar, he is everything a leader and captain should be. He is a game-changer.”

Limar has maintained a 3.29 GPA in the classroom. At the time of his selection, he’d made a verbal commitment to play football on scholarship at the University of Oregon 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.

Limar joins recent Gatorade Washington Football Players of the Year Josh Wood (2021-22, Graham-Kapowsin High School), Sam Huard (2020-21, Kennedy Catholic High School), Emeka Egbuka (2019-20, Steilacoom High School), and Jacob Holcomb (2018-19, Puyallup High School), among the state’s list of former award winners.

Being a Gatorade Player of the Year means paying it forward for the next generation. Through Gatorade’s Play it Forward initiative, every Player of the Year receives a grant to give to one of Gatorade’s social impact partners, supporting Gatorade’s ambition to fuel the future of sport. To date, Gatorade Player of the Year winners’ grants have totaled more than \$3.5 million across more than 1,300 organizations.

For nearly 40 years, Gatorade has honored high school athletes at the top of their game as teammates, supporting their communities and achieving academic success. From CEOs and coaches to star athletes and community leaders, Gatorade Player of the Year winners showcase the power of sport.

To learn more about the Gatorade Player of the Year program, check out past winners or to nominate student-athletes, visit [playeroftheyear.gatorade.com](http://playeroftheyear.gatorade.com) or follow us on social media on Facebook at [facebook.com/GatoradePOY](https://facebook.com/GatoradePOY), Instagram at [instagram.com/Gatorade](https://instagram.com/Gatorade) and Twitter at [twitter.com/Gatorade](https://twitter.com/Gatorade).