

**PAPILLION-LA VISTA SOUTH HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NEBRASKA VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (January 13, 2023) — In its 38th year of honoring the nation’s best high school athletes, Gatorade today announced **Lauren Medeck** of **Papillion-La Vista South High School** is the **2022-23 Gatorade Nebraska Volleyball Player of the Year**. Medeck is the sixth Gatorade Nebraska Volleyball Player of the Year to be chosen from Papillion-La Vista South 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 court, distinguishes Medeck as Nebraska’s best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award to be announced in January, Medeck joins an elite alumni association of state award-winners, including Lexi Sun (2016-17, Santa Fe Christian School, Calif.), Jordan Larson (2004-05, Logan View High School, Neb.), Foluke Akinradewo (2004-05, St. Thomas High School, Fla.) and April Ross (1999-00, Newport Harbor High School, Calif.).

The 6-foot junior outside hitter led the Titans to a 34-5 record and the Class A state championship this past season. Medeck amassed 461 kills and 482 digs, including 21 kills and 16 digs in Papio South’s 3-1 win over Westside High School in the state final. She also recorded 58 blocks and 45 service aces, posting a .405 kill percentage on the attack. A 2022 MaxPreps.com Second Team All-American selection, she is ranked as the nation’s No. 7 recruit in the Class of 2024 by PrepVolleyball.com.

A member of the Papio South Student Leadership Academy, Medeck has volunteered locally with the Special Olympics, and she has donated her time as a youth volleyball coach. “Lauren is the most dangerous player in the state,” said Mike Brandon, head coach of Gretna High School. “She does everything well and she impacts every match she plays in.”

Medeck has maintained a weighted 4.08 GPA in the classroom. She has made a verbal commitment to play volleyball on scholarship at the University of South Dakota beginning in the fall of 2024.

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.

Medeck joins recent Gatorade Nebraska Volleyball Players of the Year Bekka Allick (2021-22, Waverly High School), Lindsay Krause (2020-21 & 2019-20, Skutt Catholic High School), and Marriah Buss (2018-19, Lincoln Lutheran 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 or follow us on social media on Facebook at facebook.com/GatoradePOY, Instagram at instagram.com/Gatorade and Twitter at twitter.com/Gatorade.