

**NORTH ALLEGHENY SENIOR HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE PENNSYLVANIA VOLLEYBALL PLAYER OF THE YEAR**

**CHICAGO** (January 13, 2023) — In its 38<sup>th</sup> year of honoring the nation's best high school athletes, Gatorade today announced **Mia Tuman of North Allegheny Senior High School** is the **2022-23 Gatorade Pennsylvania Volleyball Player of the Year**. Tuman is the fourth Gatorade Pennsylvania Volleyball Player of the Year to be chosen from North Allegheny Senior 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 Tuman as Pennsylvania'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, Tuman 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 state's returning Gatorade Player of the Year, the 6-foot senior setter and outside hitter led the Tigers to a 22-1 record and a sixth straight Class 4A state championship this past season. Tuman amassed 841 assists, 287 digs and 171 kills, and she posted 41 assists and 14 kills in North Allegheny's 3-1 win over Garnet Valley High School in the state final. A MaxPreps.com First Team All-American selection, she will graduate as a three-time state championship match MVP.

A member of her school's Key Club and Girls Only Leadership Development (GOLD) organization, Tuman has raised funds to benefit pediatric cancer research and has volunteered locally on behalf of youth volleyball camps. "Mia is the complete package," said Brett Poirier, head coach of Seneca Valley High School. "She can set any ball. Her blocking is so good that you don't want the ball in her reach. She can go back and serve consecutive points in a run. She can hit with the best of them, but her setting is so dominant she can make a bad pass become a good spike."

Tuman has maintained a B-plus average in the classroom. She has signed a National Letter of Intent to play volleyball on scholarship at Ohio State 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.

Two-time winner Tuman joins recent Gatorade Pennsylvania Volleyball Players of the Year Paige Morningstar (2020-21, North Allegheny Senior High School), Macy Van Den Elzen (2019-20, Emmaus High School), and Abby Miller (2018-19, North Allegheny Senior 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).

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