

**INDIAN RIVER HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE DELAWARE GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 23, 2023) — In its 38th year of honoring the nation's best high school athletes, Gatorade today announced **Brynn Crandell** of **Indian River High School** is the **2022-23 Gatorade Delaware Girls Cross Country Player of the Year**. Crandell is the first Gatorade Delaware Girls Cross Country Player of the Year to be chosen from Indian River 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 Crandell as Delaware's best high school girls cross country player. Now a finalist for the prestigious Gatorade National Girls Cross Country Player of the Year award to be announced in January, Crandell joins an elite alumni association of state award-winners, including Natalie Cook (2021-22, Flower Mound High School, Flower Mound, Texas), Katelyn Tuohy (2019-20, North Rockland High School, Thiels, N.Y.), Megan Goethals (2009-10, Rochester High School, Rochester Hills, Mich.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.).

The state's returning Gatorade Player of the Year, the 5-foot-1 junior raced to her second straight Division 2 individual state championship this past season with a time of 18:49.5. Crandell also won the Salesianum Invitational, Killens Pond Invitational and the Sussex County Championships, and took second at the Tidewater Fall Classic in Maryland. She competed for the first time in her prep career at the Nike Southeast Regional Championships in North Carolina and placed 36th.

A member of the National Honor Society, Crandell serves as a volunteer with the school's Leo Club, organizing food drives and fundraising efforts. In addition, she donates her time to St. Ann's Catholic Church, where she works as a mentor for kindergarteners and first graders at Sunday School. She is also a member of the Middlesex Junior Lifeguard Program and the Future Health Professionals club, a student-led organization with a mission to promote career opportunities in the health industry and enhance the delivery of quality health care. "Brynn Crandell rose to the occasion again to repeat as Division 2 state champion, becoming the first back-to-back winner in the division since four-time champ Keelin Hays of Tatnall from 2015-18," said Erik Boal, an editor for DyeStat.com. "She was also the fastest competitor across both classifications at states."

Crandell has maintained a 4.45 weighted GPA in the classroom. She will begin her senior year of high school 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 Crandell joins recent Gatorade Delaware Girls Cross Country Players of the Year Tiffany Herrera (2020-21, St. Mark's High School), Lydia Colasante (2019-20, Tatnall School), and Elizabeth Bader (2018-19, Padua Academy), 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.

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