

**CRESCENT VALLEY HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE OREGON 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 **Emily Wisniewski** of **Crescent Valley High School** is the **2022-23 Gatorade Oregon Girls Cross Country Player of the Year**. Wisniewski is the first Gatorade Oregon Girls Cross Country Player of the Year to be chosen from Crescent Valley 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 Wisniewski as Oregon'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, Wisniewski 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 5-foot-2 sophomore raced to the Class 5A individual state championship this past season with a time of 17:58.6, helping the Raiders finish third as a team. Wisniewski won 10 races, including the Rose City Championship Invitational, the Northwest Classic, the Harrier Classic and the Ultimook event. She took fourth at the Nike Northwest Regional Championships in Idaho, then placed 27th in her debut at Nike Cross Nationals.

An accomplished pianist who also enjoys painting, drawing, woodworking and making ceramics and jewelry, Wisniewski has volunteered locally as part of community service initiatives involving pet care, child care, house work and yard work, in addition to donating her time during church services as well as at local running events in Corvallis. "Emily Wisniewski established herself as not only the top competitor in Oregon this fall, but elevated her level of performance to gain national recognition, providing a glimpse of her outstanding potential in future seasons," said Erik Boal, an editor for DyeStat.com. "She built on the momentum of back-to-back Class 5A state titles to finish fourth at the Nike Northwest Regional, earning a berth to compete in Portland at Nike Cross Nationals."

Wisniewski has maintained a 4.00 GPA in the classroom. She will begin her junior 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.

Wisniewski joins recent Gatorade Oregon Girls Cross Country Players of the Year Kate Peters (2021-22, Lake Oswego High School), Chloe Foerster (2020-21, Jesuit High School), and Fiona Max (2019-20 & 2018-19, Summit 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.

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