

**LONE PEAK HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE UTAH GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 23, 2023) — In its 38<sup>th</sup> year of honoring the nation's best high school athletes, Gatorade today announced **Andie Aagard** of **Lone Peak High School** is the **2022-23 Gatorade Utah Girls Cross Country Player of the Year**. Aagard is the second Gatorade Utah Girls Cross Country Player of the Year to be chosen from Lone Peak 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 Aagard as Utah'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, Aagard 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-6 junior raced to the Class 6A individual state championship this past season with a time of 17:26.6, leading the Knights to the state title as a team. Aagard also won the Nike Southwest Regional in Arizona along with the TwiKnight Invitational and the Run Elite Program Classic. She finished 12<sup>th</sup> in her debut at Nike Cross Nationals in Oregon to become an All-American.

An accomplished flute player and mountain biker, Aagard has also held several leadership positions in her church youth group. She is a member of National Interscholastic Cycling Association's Girls Riding Together program and has volunteered locally with the 512 Foundation by assembling lunches for disadvantaged children. "Andie Aagard is one of the country's elite mountain bikers in her age group and made quite an impression in her first cross country season by not only winning a state championship, but also breaking the tape against an outstanding field at the Nike Southwest Regional," said Erik Boal, an editor for DyeStat.com. "She earned All-America honors by finishing 12<sup>th</sup> at Nike Cross Nationals to help Lone Peak finish fourth as a team."

Aagard has maintained a 4.00 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.

Aagard joins recent Gatorade Utah Girls Cross Country Players of the Year Addi Bruening (2021-22, Herriman High School), Carlee Hansen (2020-21, Woods Cross High School), Eliza Arrington (2019-20, Lone Peak High School), and Anna Martin (2018-19, Lehi 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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