

**CHEYENNE CENTRAL HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE WYOMING 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 **Sydney Morrell** of **Cheyenne Central High School** is the **2022-23 Gatorade Wyoming Girls Cross Country Player of the Year**. Morrell is the second Gatorade Wyoming Girls Cross Country Player of the Year to be chosen from Cheyenne Central 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 Morrell as Wyoming'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, Morrell 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-8 senior raced to the Class 4A individual state championship this past season with a time of 18:29.79, leading the Indians to their second consecutive state title as a team. Morrell also won the Horizon Invitational, the Arvada West Durden Invitational, the Thornton Invitational and the Leroy Sprague Invitational in addition to taking third at the Dave Sanders Invitational and finishing 13<sup>th</sup> at the Liberty Invitational—the latter two comprising elite events in Colorado. She capped her season by competing at the Nike Northwest Regional Championships in Idaho and the Garmin RunningLane National Championships in Alabama.

Morrell has volunteered locally for the Health Promotions office at the F.E. Warren U.S. Air Force base, helping to create and distribute brochures about nutrition and healthy living. She has also donated her time cleaning houses for retirees in her neighborhood along with preparing and cleaning local Airbnb rentals. Morrell has been actively involved in tutoring for high school, junior high and elementary school students, in addition to being a mentor at local youth soccer camps and clinics. "Morrell not only helped Cheyenne Central secure back-to-back team championships, but she also benefited from the confidence gained via several strong, regular-season races in Colorado," said Erik Boal, an editor for DyeStat.com. "She improved by nearly a minute at the state final from a year ago, elevating from fourth place in 2021 to capture the individual title."

Morrell maintains a 3.89 weighted GPA in the classroom. She remains undecided upon a college destination.

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.

Morrell joins recent Gatorade Wyoming Girls Cross Country Players of the Year Kate Brigham (2021-22, Jackson Hole High School) and Sydney Thorvaldson (2020-21, 2019-20, & 2018-19, Rawlins 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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