

**ROCKY MOUNTAIN HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE IDAHO BOYS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 30, 2023) — In its 38<sup>th</sup> year of honoring the nation's best high school athletes, Gatorade today announced **Landon Heemeyer** of **Rocky Mountain High School** is the **2022-23 Gatorade Idaho Boys Cross Country Player of the Year**. Heemeyer is the first Gatorade Idaho Boys Cross Country Player of the Year to be chosen from Rocky Mountain 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 Heemeyer as Idaho's best high school boys cross country player. Now a finalist for the prestigious Gatorade National Boys Cross Country Player of the Year award to be announced in February, Heemeyer joins an elite alumni association of state award-winners, including Parker Wolfe (2020-21, Cherry Creek High School, Greenwood Village, Colo.), Nico Young (2019-20, Newbury Park High School, Newbury Park, Calif.), 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 6-foot-2, 150-pound junior raced to the Class 5A individual state championship with the fastest all-class time, clocking a 14:38.8 in leading the Grizzlies to the team championship this past season. Heemeyer also broke the meet record at the prestigious Bob Firman Invitational. His title run at the state meet was his season-best 5K time.

He has volunteered locally with the Church of Latter Day Saints and as part of multiple team projects benefiting the community. "Landon Heemeyer excelled as both a team leader and individually, powering Rocky Mountain to victory at the prestigious Bob Firman Invitational and then the fastest team-time in Idaho state history. He vaulted onto the national stage with a ninth-place finish at the Champs Sports Championships to earn Second Team All-America honors," said PrepCalTrack.com editor Rich Gonzalez.

Heemeyer has maintained a weighted 4.06 GPA in the classroom. He will begin his 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.

Heemeyer joins recent Gatorade Idaho Boys Cross Country Players of the Year Luke Athay (2021-22, Idaho Falls High School) and Nathan Green (2020-21, 2019-20, & 2018-19, Borah 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).