

**GREENVILLE HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE SOUTH CAROLINA 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 **Knox Young** of **Greenville High School** is the **2022-23 Gatorade South Carolina Boys Cross Country Player of the Year**. Young is the first Gatorade South Carolina Boys Cross Country Player of the Year to be chosen from Greenville 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 Young as South Carolina'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, Young 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, 145-pound junior raced to victory at the Class 4A state meet with a time of 15:58.6 this past season, leading the Raiders to the team title. Young won six meets on the season before finishing second at the Nike Cross Southeast Regionals as the state's fastest runner at the event, qualifying for nationals in the process. His time of 15:05.7 at regionals was a personal-best.

Young has volunteered locally on behalf of his church youth group and he has also donated his time with Iron Sharpens Iron running club and the Greenville Hurricanes running club. "Knox Young clearly knows how to pick his battles, downshifting for certain meets before torquing up for the big challenges," shared PrepCalTrack.com Rich Gonzalez. "The plan worked again this year as the Raiders' senior rolled to an unbeaten regular-season campaign and his second consecutive state title before taking second at the Nike Cross Southeast Regional Championship. He's clearly going places, and getting there faster than most."

Young has maintained an unweighted 4.41 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.

Young joins recent Gatorade South Carolina Boys Cross Country Players of the Year Sam Rich (2021-22 & 2020-21, Catawba Ridge High School), Coen Roberts (2019-20, Greer High School), and Colin Baker (2018-19, Academic Magnet 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).