

**SEHOME HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE WASHINGTON BOYS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 30, 2023) — In its 38th year of honoring the nation's best high school athletes, Gatorade today announced **Zack Munson** of **Sehome High School** is the **2022-23 Gatorade Washington Boys Cross Country Player of the Year**. Munson is the first Gatorade Washington Boys Cross Country Player of the Year to be chosen from Sehome 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 Munson as Washington'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, Munson 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-1, 135-pound senior raced to victory in the Class 2A state meet this past season with a time of 15:37.0, winning by a 19-second margin and pacing the Mariners to a second place finish as a team. Munson won both the Nike Twilight Invitational and the Nike Hole In The Wall Invitational last fall, and was the state's top finisher at the Nike Portland meet in Oregon, where he took fifth. He crossed the line sixth at the Nike Cross Northwest Regionals to qualify for nationals, where he placed 30th.

Munson has donated his time with the Mariner Mentors, an initiative designed to help freshmen on campus assimilate into their new surroundings. "Sehome senior Zack Munson earned top billing with a clutch performance at Nike Northwest Regionals, crossing the line sixth to earn a berth to nationals," said PrepCalTrack editor Rich Gonzalez. "Munson also won the individual state crown in Class 2A, where he led the Mariners to a runner-up finish as a team."

Munson has maintained a 3.91 GPA in the classroom. He has signed a National Letter of Intent to run on scholarship at Northern Arizona University 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.

Munson joins recent Gatorade Washington Boys Cross Country Players of the Year Isaac Teeples (2021-22 & 2020-21, Kamiakin High School), Wil Smith (2019-20, Lewis & Clark High School), and Joe Waskom (2018-19, Mount Si 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.