

**BOISE HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE IDAHO GIRLS BASKETBALL PLAYER OF THE YEAR**

**CHICAGO** (March 8, 2023) — In its 38<sup>th</sup> year of honoring the nation’s best high school athletes, Gatorade today announced **Avery Howell** of **Boise High School** is the **2022-23 Gatorade Idaho Girls Basketball Player of the Year**. Howell is the fourth Gatorade Idaho Girls Basketball Player of the Year to be chosen from Boise 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 court, distinguishes Howell as Idaho’s best high school girls basketball player. Howell joins an elite alumni association of state award-winners in 12 sports, including Kiki Rice (2021-22, Sidwell Friends School, Washington, D.C.), Paige Bueckers (2019-20, Hopkins High School, Minn.), Nneka Ogwumike (2007-08, CyFair High School, Texas), and Candace Parker (2003-04 & 2002-03, Naperville Central High School, Ill.).

The 6-foot junior forward led the Brave to a 23-3 record and a third-place finish in the 5A state tournament. Howell averaged 22.1 points, 13.2 rebounds, 2.3 assists and 2.8 steals per game this past season, and increased her production in the postseason, clicking for 23.8 points and 14.1 rebounds per game. She recorded 20 double-doubles and now holds the program record for single-season points (551) and rebounds (345).

Howell has volunteered locally as part of multiple team-organized events, including the team’s annual Pink Zone game, which raises funds for breast cancer research and awareness. This season, Boise’s 14th annual Pink Zone game raised a record \$6,192, and the event has raised more than \$36,000 to date. She has also donated her time as a camp counselor for summer youth basketball camps. “She was able to take over the game for her team—we did not have anyone that could defend her,” said Karlee Stefanchik, head coach at Lewiston Senior High School. “She’s an extremely hard match up for teams with her length and speed. She is super tough and can rebound [with physicality].”

Howell has maintained a 3.6 weighted 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.

Howell joins recent Gatorade Idaho Girls Basketball Players of the Year Amari Whiting (2021-22, Burley High School), Naya Ojukwu (2020-21, Mountain View High School), Peyton McFarland (2019-20, Boise High School), and Darian White (2018-19, Mountain View 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).

###