

**TILTON SCHOOL STUDENT-ATHLETE NAMED  
GATORADE NEW HAMPSHIRE 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 **Ahnay Adams** of **Tilton School** is the **2022-23 Gatorade New Hampshire Girls Basketball Player of the Year**. Adams is the second Gatorade New Hampshire Girls Basketball Player of the Year to be chosen from Tilton 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 Adams as New Hampshire’s best high school girls basketball player. Adams 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 Ogumike (2007-08, CyFair High School, Texas), and Candace Parker (2003-04 & 2002-03, Naperville Central High School, Ill.).

At the time of her selection, the 5-foot-6 junior guard had led the Rams to an 18-6 record and the No. 4 seed in the New England Preparatory Athletic Council Class AA tournament. Adams averaged 21.4 points, 6.7 assists, 6.4 rebounds and 4.1 steals through 23 games. She was named a NEPSAC Class AA All-Star.

Also won the New Hampshire Girls Basketball Gatorade Player of the Year in 2021-22, Adams serves as a peer counselor, an admissions ambassador and a dormitory proctor at Tilton School. She also volunteers locally on behalf of the Special Olympics and the Spaulding Youth Center. “Ahnay Adams is the most dominant player in the Lakes Region,” said Kimball Union Academy head coach Angelica Pascual. “Not only that, she’s the most dominant player at prep schools across Northern New England.”

Adams maintains a B average 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.

Two-time winner Adams joins recent Gatorade New Hampshire Girls Basketball Players of the Year Isabella King (2020-21, Bedford High School), Erin Carney (2019-20, Bishop Guertin High School), and Brooke Kane (2018-19, Pinkerton Academy), 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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