

**LONG ISLAND LUTHERAN HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE NEW YORK 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 **Kate Koval** of **Long Island Lutheran High School** is the **2022-23 Gatorade New York Girls Basketball Player of the Year**. Koval is the fourth Gatorade New York Girls Basketball Player of the Year to be chosen from Long Island Lutheran 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 Koval as New York's best high school girls basketball player. Koval 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.).

At the time of her selection, the 6-foot-5 junior post player had led the Crusaders to a 20-2 record and a berth in the New York State Federation Basketball Tournament of Champions. Koval averaged 15.1 points, 11.7 rebounds and 3.4 blocks per game while connecting on 60.7 of her field-goal attempts (133-of-219) through 22 games. One of 10 semifinalists for the Naismith Girls Basketball National Player of the Year award, she earned Most Valuable Player honors at the Nike Tournament of Champions in December.

Koval has volunteered locally as a youth basketball coach. "Kate is truly one of a kind—an excellent teammate, she's grown into a tremendous leader," said Christina Raita, head coach of Long Island Lutheran High School. "She has elite footwork with her back to the basket, but also has the ability to step out and knock down shots behind the arc. Kate performs against the best of the best and her performance never wavers."

Koval has maintained an A 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.

Koval joins recent Gatorade New York Girls Basketball Players of the Year Paris Clark (2021-22, Long Island Lutheran High School), Sonia Citron (2020-21 & 2019-20, The Ursuline School), and Celeste Taylor (2018-19, Long Island Lutheran 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).

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