

**LAKE CITY HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE IDAHO BOYS BASKETBALL PLAYER OF THE YEAR**

CHICAGO (March 15, 2023) — In its 38th year of honoring the nation's best high school athletes, Gatorade today announced **Blake Buchanan** of **Lake City High School** is the **2022-23 Gatorade Idaho Boys Basketball Player of the Year**. Buchanan is the first Gatorade Idaho Boys Basketball Player of the Year to be chosen from Lake City 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 Buchanan as Idaho's best high school boys basketball player. Buchanan joins an elite alumni association of state award-winners in 12 sports, including Chet Holmgren (2020-21, Minnehaha Academy, Minn.), Trae Young (2016-17, Norman North High School, Ok.), Jayson Tatum (2015-16, Chaminade College Preparatory School, Mo.), and Karl-Anthony Towns (2013-14 & 2012-13, St. Joseph High School, N.J.).

The 6-foot-11, 215-pound senior forward/center led the Timberwolves to a 26-0 record and the 5A state championship this past season. Ranked as the nation's No. 65 recruit in the class of 2023 by ESPN, Buchanan averaged 15.2 points, 9.8 rebounds, 1.9 steals, 1.9 blocks and 3 assists per game. He was also named to the Nike Hoop Summit Team USA squad.

Buchanan has volunteered locally working with youth basketball players once a week. He also has donated his time as the coach of a second-grade basketball team. "Blake is a big, strong, fundamentally sound post player who continues to find ways to score points with interior moves such as drop steps, jump hooks and a short face up game," said Paul Biancardi, National Recruiting Director for ESPN. "He's a physical presence on the defensive end, making it hard for opponents to score over him, plus he's difficult to move off his spot on the blocks. Running the court, rebounding in his area and paint points are where he excels. He has a diligent approach to the game."

Buchanan has maintained a 3.87 weighted GPA in the classroom. He has signed a national letter of intent to play basketball on scholarship at the University of Virginia 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.

Buchanan joins recent Gatorade Idaho Boys Basketball Players of the Year Titus Yearout (2021-22, Lapwai High School), Brody Rowbury (2020-21, Meridian High School), Austin Bolt (2019-20, Borah High School), and Michael Ure (2018-19, Ririe 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.