

**ST. JOHNS COLLEGE HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE DISTRICT OF COLUMBIA GIRLS TRACK & FIELD PLAYER OF THE YEAR**

CHICAGO (June 28, 2023) — In its 38th year of honoring the nation's best high school athletes, Gatorade today announced **Cymia Yourish** of **St. Johns College High School** is the **2022-23 Gatorade District of Columbia Girls Track & Field Player of the Year**. Yourish is the first Gatorade District of Columbia Girls Track & Field Player of the Year to be chosen from St. Johns College 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 Yourish as District of Columbia's best high school girls track & field athlete. Now a finalist for the prestigious Gatorade National Girls Track & Field Player of the Year award to be announced in July, Yourish joins an elite alumni association of state award-winners in 12 sports, including Jasmine Moore (2018-19, Lake Ridge High School, Texas), Sydney McLaughlin (2016-17, 2015-16 & 2014-15, Union Catholic High School, N.J.), and Lolo Jones (1997-98, Roosevelt High School, Iowa).

The 5-foot-6 sophomore won the 200- and 400-meter dashes at the Washington Catholic Athletic Conference Championships this past season, leading the Cadets to the team title. Yourish's meet-record 400 time of 54.29 seconds ranked No. 36 nationally among girls prep competitors in 2023. Yourish earned All-American honors with a sixth-place finish in the 400 at New Balance Nationals Outdoor. She was also a member of the 4x200, 4x400 and 1,000-meter SMR relay quartets that also earned All-American accolades.

Yourish has volunteered locally with the Washington National Cathedral's Outreach and Social Justice Committee, providing those in need with food, clothes and holiday gifts. She has also donated her time as a photographer for the track and field team on media days, in addition to serving as a videographer at the Capitol Hoops Summer League. "St. John's College is a team on the rise nationally with plenty of young athletes with tremendous potential, none more impressive than Cymia Yourish," said Erik Boal, editor at DyeStat.com. "Following her WCAC titles in the 200 and 400, Yourish contributed to a pair of relay wins and added a victory in the 400 at the state meet to contribute to the team championship."

Yourish has maintained a B average in the classroom. She will begin her junior 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.

Yourish joins recent Gatorade District of Columbia Girls Track & Field Players of the Year Meredith Gotzman (2021-22, St. John's College High School), Fajr Kelly (2020-21, Theodore Roosevelt High School), and Ziyah Holman (2019-20 & 2018-19, Georgetown Day 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.