

**BRENTWOOD ACADEMY STUDENT-ATHLETE NAMED
GATORADE TENNESSEE 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 **Mensi Stiff** of **Brentwood Academy** is the **2022-23 Gatorade Tennessee Girls Track & Field Player of the Year**. Stiff is the third Gatorade Tennessee Girls Track & Field Player of the Year to be chosen from Brentwood Academy.

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 Stiff as Tennessee'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, Stiff 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 state's two-time returning Gatorade Girls Track & Field Player of the Year, the 5-foot-10 senior won the TSSAA state title in the discus and shot put this past season, leading the Eagles to third place in Division II, Class AA. Stiff set the state record in the shot put at the Southern Series Throwing Series with a toss of 53 feet, 4.75 inches, which ranked No. 1 among prep competitors in 2023 at the time of her selection. She also set a state record at the Doug Hall Relays in the discus (165-7), which ranked No. 9 nationally. Stiff graduates as a nine-time state champion, winning the shot put and discus events three times outdoors and the shot put three years during the indoor season. She also won the shot put at the Nike Indoor Nationals in March after capturing the 2022 Nike Outdoor Nationals title in the event.

The recipient of a Tennessee State Senate proclamation for athletic, academic and community service achievements, Stiff is a published poet and author and a member of the Brentwood Academy Student Ambassador Program. She has volunteered locally on behalf of the Sarah Cannon Cancer Center and at New Hope Academy serving low-income families. She has also donated her time rescuing abused horses and nursing them back to health in addition to serving as a vacation bible school and Sunday school teacher each week for a kindergarten class at Church of the City. "Mensi Stiff has built on an already strong throwing tradition among Tennessee prep athletes and elevated it to an elite national level via her state records in the discus and shot put," said Erik Boal, editor at DyeStat.com. "Stiff's consistency has been remarkable, winning all but one competition the past two years, including indoor and outdoor national titles."

Stiff has maintained a 3.75 GPA in the classroom. She has signed a National Letter of Intent to compete on scholarship at the University of Mississippi 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.

Three-time winner Stiff joins recent Gatorade Tennessee Girls Track & Field Players of the Year Jenna Hutchins (2019-20 & 2018-19, Science Hill 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.

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