

**PAPILLION-LA VISTA SOUTH HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NEBRASKA BOYS TRACK & FIELD PLAYER OF THE YEAR**

CHICAGO (June 29, 2023) — In its 38th year of honoring the nation’s best high school athletes, Gatorade today announced **Caiden Fredrick** of **Papillion-La Vista South High School** is the **2022-23 Gatorade Nebraska Boys Track & Field Player of the Year**. Fredrick is the third Gatorade Nebraska Boys Track & Field Player of the Year to be chosen from Papillion-La Vista South 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 Fredrick as Nebraska’s best high school boys track & field athlete. Now a finalist for the prestigious Gatorade National Boys Track & Field Player of the Year award to be announced in July, Fredrick joins an elite alumni association of state award-winners in 12 sports, including Nico Young (2019-20, Newbury Park High School, Calif.), Michael Norman (2015-16 & 2014-15, Vista Murrieta High School, Calif.), Grant Fisher (2014-15 & 2013-14, Grand Blanc High School, Mich.) and Robert Griffin III (2006-07, Copperas Cove High School, Texas).

The 6-foot-5, 210-pound senior launched the discus 195 feet, 2 inches to win the Class A state title this past season. His best effort came at the Gretna KOV Invitational, where he won the event with a personal-best throw of 199 feet, 7 inches, which ranked ninth nationally among prep boys competitors. Fredrick also won the Millard South Invitational shot put in a personal-best 62-10.75.

A performer in both the school’s marching band and as a vocalist in the show choir, Fredrick has donated his time to coaching young athletes in the sport. “While Caiden Fredrick demonstrated impressive focus to win a state title in the discus throw, he did it while battling unimaginable personal pain,” said Rich Gonzalez, editor of PrepCalTrack.com. “A year earlier, both parents were diagnosed with cancer, and during his senior campaign, his mom lost her battle with the disease. His coaches said Caiden continued to demonstrate the strength his mom instilled in him, keeping him on a clear path to success.”

Fredrick has maintained a weighted 3.34 GPA in the classroom. He has signed a National Letter of Intent to compete on an athletic scholarship at South Dakota State University 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.

Fredrick joins recent Gatorade Nebraska Boys Track & Field Players of the Year Jaylen Lloyd (2021-22, Omaha Central High School), Gabe Hinrichs (2020-21, Elkhorn South High School), and Tyler Brown (2019-20 & 2018-19, Lincoln East 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.