

**BEDFORD HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE NEW HAMPSHIRE VOLLEYBALL PLAYER OF THE YEAR**

**CHICAGO** (January 8, 2024) — In its 39<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced **Lana McCarthy** of **Bedford High School** is the **2023-24 Gatorade New Hampshire Volleyball Player of the Year**. McCarthy is the third Gatorade New Hampshire Volleyball Player of the Year to be chosen from Bedford High School.

The award, which celebrates the nation’s top high school athletes for excellence on the court, in the classroom and in the community, distinguishes McCarthy as New Hampshire’s best high school volleyball player. From CEOs and coaches to star athletes, Gatorade Player of the Year winners showcase the power of sport, touting an all-star group of alumni that includes Harper Murray (2022-23, Skyline High School, Mich.), Kerri Walsh Jennings (1995-96, Archbishop Mitty High School, Calif.) and April Ross (1999-00, Newport Harbor High School, Calif.).

The 6-foot-4 senior middle blocker led the Bulldogs (21-0) to the Division I state championship this past season. She recorded 259 kills on the strength of an .814 kill percentage along with 112 blocks. McCarthy set the New Hampshire career record for blocks (341) and was part of four state championship teams. A four-time All-State selection, she led Bedford to an 80-0 record throughout her career.

A member of the National Art Honor Society, McCarthy has volunteered locally on behalf of Girls Inc., a non-profit that helps girls of all ages lead a healthy and active lifestyle. She is also a talented basketball player with more than a dozen scholarship offers. “We thought we had a plan for her, but she kicked her play up to an entirely new level in the final,” said Hollis-Brookline High School coach Becky Balfour. “She was a force to be reckoned with. Lana dominated the net defensively and was an all-but-assured sideout on offense.”

McCarthy has maintained a 3.9 weighted GPA in the classroom. She has signed a National Letter of Intent to play basketball on scholarship at Purdue 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.

McCarthy joins recent Gatorade New Hampshire Volleyball Players of the Year Lindsey Healey (2022-23, Bedford High School), Caleigh O’Connell (2021-22 & 2020-21, Bedford High School) and Kara Kelliher (2019-20, Nashua South High School), among the state’s list of former award winners.

As part of Gatorade’s commitment to breaking down barriers in sport, every Player of the Year also receives a grant to donate to a social impact partner. To date, Gatorade Player of the Year winners’ grants have totaled more than \$4.9 million across more than 1,600 organizations.

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).

###