

**MOUNT CARMEL ACADEMY STUDENT-ATHLETE NAMED
GATORADE LOUISIANA GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 22, 2024) — In its 39th year of honoring the nation’s most elite high school athletes, Gatorade today announced **Catalina Reichard** of **Mount Carmel Academy** is the **2023-24 Gatorade Louisiana Girls Cross Country Player of the Year**. Reichard is the first Gatorade Louisiana Girls Cross Country Player of the Year to be chosen from Mount Carmel Academy.

The award, which celebrates the nation’s top high school athletes for excellence on the field, in the classroom and in the community, distinguishes Reichard as Louisiana’s best high school girls cross country 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 Irene Riggs (2022-23, 2021-22 & 2020-21, Morgantown High School, Morgantown, W. Va.), Katelyn Tuohy (2019-20, 2018-19 & 2017-18, North Rockland High School, Thiels, N.Y.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.).

The 5-foot-1 junior won the LHSAA Division I state title this past season, breaking the tape with the fastest all-divisions time of the day—17:28.70—and leading the Cubs to second place as a team. Reichard finished the season unbeaten at the three-mile distance and set a personal-best in winning the St. Joseph’s Academy XC Invitational, clocking a 17:23.70. She also ran a 5K personal-best time of 17:30.28 to win the Jesse Owens Classic Gold Race in Alabama. She was Louisiana’s only prep girl to compete in a regional championship race, finishing 14th at the Nike Cross South Regional.

A member of both the National and Latin Honor Society, Reichard is an officer in Mu Alpha Theta, a national mathematics honor society. Also an officer in the Mount Carmel Cubs Against Destructive Decisions advocacy group, she sings in her school’s liturgical choir as well. She has volunteered locally on behalf of Our Lady of the Holy Rosary Catholic Church in New Orleans and serves as president of the St. Pius X CYO, donating her time as part of multiple community service projects. “Catalina Reichard clocked personal-best performances at both 5K and three miles and she was unbeaten at the latter distance,” said Rich Gonzalez of PrepCalTrack. “Her strong showing at multiple regional invitationals only solidifies her standing as Louisiana’s best in 2023.”

Reichard has maintained a 4.71 weighted GPA in the classroom. She will begin her senior 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.

Reichard joins recent Gatorade Louisiana Girls Cross Country Players of the Year Emma Bourg (2022-23, Houma Christian School), Lily Garrett (2021-22, Ruston High School), Kelsey Major (2020-21, St. Mary’s Dominican High School) and Annie Fink (2019-20, Runnels 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 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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