

**ROCKY MOUNTAIN HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE IDAHO BOYS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 26, 2024) — In its 39<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced **Landon Heemeyer** of **Rocky Mountain High School** is the **2023-24 Gatorade Idaho Boys Cross Country Player of the Year**. Heemeyer is the first Gatorade Idaho Boys Cross Country Player of the Year to be chosen from Rocky Mountain High School.

The award, which celebrates the nation’s top high school athletes for excellence on the field, in the classroom and in the community, distinguishes Heemeyer as Idaho’s best high school boys 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 Lukas Verzbicas (2010-11 & 2009-10, Carl Sandburg High School, Ill.) and Edward Cheserek (2012-13, St. Benedict’s Preparatory School, N.J.).

The 6-foot-2, 165-pound senior raced to a 14th-place finish at Nike Cross Nationals this past season, clocking a time of 15:30.0 to earn Second-Team All-America honors. Heemeyer also was the top Idaho finisher at the Nike Cross Northwest Regional Championships, taking second in a personal-best time of 15:05.0. He earned the silver medal at the Class 5A State Championships, pacing the Grizzlies to second place as a team.

Actively involved with the Church of Latter Day Saints, Heemeyer has volunteered locally on behalf of Boise-area trail maintenance projects as well as clean-up initiatives at parks in the greater Boise and Meridian regions. He’s also donated his time as part of numerous team service opportunities within his community. “When it came to delivering elite-level performances, few athletes in America were able to consistently replicate that as well as Landon Heemeyer,” said Rich Gonzalez of PrepCalTrack. “Now a two-time Gatorade State Player of the Year selection, the battle-tested senior produced four separate race efforts of national import—a rarity even among premier prep runners.”

Heemeyer has maintained a 4.13 GPA in the classroom. He has signed a National Letter of Intent to run on scholarship at Brigham Young 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.

Two-time winner Heemeyer joins recent Gatorade Idaho Boys Cross Country Players of the Year Luke Athay (2021-22, Idaho Falls High School) and Nathan Green (2020-21 & 2019-20, Borah 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).

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