

**PHILLIPS ACADEMY STUDENT-ATHLETE NAMED
GATORADE MASSACHUSETTS BOYS CROSS COUNTRY PLAYER OF THE YEAR**

CHICAGO (January 26, 2024) — In its 39th year of honoring the nation’s most elite high school athletes, Gatorade today announced **Tam Gavenas** of **Phillips Academy** is the **2023-24 Gatorade Massachusetts Boys Cross Country Player of the Year**. Gavenas is the first Gatorade Massachusetts Boys Cross Country Player of the Year to be chosen from Phillips 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 Gavenas as Massachusetts’ 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 5-foot-7, 120-pound junior took bronze at the national Foot Locker Cross Country Championships this past season, clocking a time of 15:16.6 to earn First Team All-America honors. Gavenas, who took second at the NEPSTA Championships with a personal-best time of 15:06.0, placed seventh in the featured Eastern States Championships at the Manhattan Invitational. He also took fourth at the Foot Locker Northeast Regionals in 15:07.0.

A Barbara Landis Chase CAMD Scholar at his school, Gavenas founded Lunar Plexi, an organization geared toward high schoolers that undertakes various environmental projects inspired by distance running. He has volunteered locally as a member of the Mass Audubon Society, serves as a campus tour guide and donates his time on behalf of the Memorial Hall Library. “Tam Gavenas’ legs were simply magical in the postseason, delivering the best finish by a Massachusetts runner at the Foot Locker Nationals meet in 26 years,” said Rich Gonzalez of PrepCalTrack. “During the regular season, broke the old meet record in finishing second at the Manchester Invitational, and his top 10 placing in the Eastern States race of the Manhattan Invitational was further proof he’s a rising star.”

Gavenas has maintained a B-plus average in the classroom. He will begin his 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.

Gavenas joins recent Gatorade Massachusetts Boys Cross Country Players of the Year Sam Burgess (2022-23 & 2021-22, Framingham High School), Loeden Rodrigues (2020-21, Marblehead High School) and Mike Griffin (2019-20, King Philip Regional 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 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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