

**ST. JOHN'S COLLEGE HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE DISTRICT OF COLUMBIA GIRLS TRACK & FIELD PLAYER OF THE YEAR**

**CHICAGO** (June 25, 2024) — In its 39<sup>th</sup> year of honoring the nation's most elite high school athletes, Gatorade today announced **Cymia Yourish** of **St. John's College High School** is the **2023-24 Gatorade District of Columbia Girls Track & Field Player of the Year**. Yourish is the second Gatorade District of Columbia Girls Track & Field Player of the Year to be chosen from St. John's College 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 Yourish as District of Columbia's best high school girls track & field athlete. 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 Sanya Richards-Ross (2001-02, St. Thomas Aquinas High School, Fla), Sydney McLaughlin (2016-17, 2015-16 & 2014-15, Union Catholic High School, N.J.) and Angelina Napoleon (2022-23, Allegany-Limestone Central School, N.Y.).

The District's returning Gatorade Player of the Year, the 5-foot-6 junior sprinter/hurdler won the 400-meter dash and the 300-meter intermediate hurdles in addition to running the third leg of the winning 4x400-meter relay at the Washington Catholic Athletic Conference Championships this past season, leading the Cadets to the team title. Yourish's winning time in the 400 of 54.18 seconds ranked No. 50 nationally among girls prep competitors this spring. She also broke the tape in the 300-meter intermediate hurdles at the Arcadia Invitational and her best 400 hurdles time of 1:01.85 ranked No. 59 nationally.

Yourish is completing an internship this summer with the Capital Hoops Summer League, where she will follow her passion for videography and photography. She has volunteered locally with the Washington National Cathedral's Outreach and Social Justice Committee and has donated her time as a photographer for the school track team's media days. "Cymia is a very talented young lady," said Omar Wilkins, head coach of Elizabeth Seton High School. "She has been very consistent this spring and her times have been phenomenal. She makes it look easy."

Yourish has maintained a B average 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.

Two-time winner Yourish joins recent Gatorade District of Columbia Girls Track & Field Players of the Year Meredith Gotzman (2021-22, St. John's College High School), Fajr Kelly (2020-21, Theodore Roosevelt High School) and Ziyah Holman (2019-20, Georgetown Day 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, the Gatorade Player of the Year program has provided more than \$4.9 million in grants to winners across more than 1,900 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 X(Twitter) at [x.com/Gatorade](https://x.com/Gatorade).