

**BARRINGTON HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE ILLINOIS GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 16, 2025) — In its 40<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced **Mia Sirois** of **Barrington High School** is the **2024-25 Gatorade Illinois Girls Cross Country Player of the Year**. Sirois is the first Gatorade Illinois **Girls Cross Country** Player of the Year to be chosen from Barrington High School.

Gatorade Player of the Year is the top honor in high school sports, celebrating the nation’s best high school athletes for their success on the field, in the classroom and in the community. The award distinguishes Sirois as Illinois’ best high school girls cross country athlete, and she joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, Ca.), Katelyn Tuohy (2017-18, 2018-19 & 2019-20, North Rockland High School, N.Y.) and Addison Ritzenhein (2023-24, Niwot High School, Co.).

The 5-foot-5 sophomore broke the tape at the IHSA Class 3A state meet this past season with a season-best time of 15:53.4 at three miles, leading the Broncos to the team title. Sirois also earned First Team All-American honors by crossing the line 6th at the Nike Cross Nationals in 17:16.0. The winner in 8 of her 12 races last fall, she took second at the Nike Cross Midwest Regional in 16:57.4, clocking her season-best time for 5K.

Sirois has volunteered locally as head of marketing for Barrington Dance Marathon, an on-campus nonprofit that annually raises \$60,000 for Lurie Children’s Hospital. She also has donated her time to kids ministry and other church outreach services that directly benefit youth and needy families. “Demonstrating exceptional year-over-year improvement, Mia Sirois rocketed to times a full minute faster than on the same courses the season before,” said Rich Gonzalez of PrepCalTrack. “The stunning pattern continued on championship courses in the postseason, making her one of the most exciting rising juniors in the nation.”

Sirois has maintained a weighted 4.09 GPA in the classroom. She will begin her junior 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 across 12 different high school sports – 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.

Sirois joins recent Gatorade Illinois Girls Cross Country Players of the Year Isabella Keller (2023-24, St. Anthony High School), Grace Schager (2022-23, Glenbard North High School) and Ava Parekh (2021-22 & 2020-21, Latin School of Chicago), 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 \$5.6 million in grants to winners across more than 2,000 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 Instagram at [instagram.com/Gatorade](https://www.instagram.com/Gatorade), Facebook at [facebook.com/GatoradePOY](https://www.facebook.com/GatoradePOY) and X(Twitter) at [x.com/Gatorade](https://x.com/Gatorade).