

**ST. JOHN'S COLLEGE HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE DISTRICT OF COLUMBIA BOYS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (February 13, 2025) — In its 40<sup>th</sup> year of honoring the nation's most elite high school athletes, Gatorade today announced **Karil Arnold** of **St. John's College High School** is the **2024-25 Gatorade District of Columbia Boys Cross Country Player of the Year**. Arnold is the first Gatorade District of Columbia Boys Cross Country Player of the Year to be chosen from St. John's College 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 Arnold as District of Columbia's best high school boys cross country athlete, and he joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Lukas Verzbicas (2009-10 & 2010-11, Carl Sandburg High School, Illinois), Edward Cheserek (2012-13, St. Benedict's Preparatory School, New Jersey) and Daniel Simmons (2022-23 & 2023-24, American Fork High School, Utah).

The 5-foot-8, 140-pound junior broke the tape at the DCSAA XC Championships this past season with a course-record and personal-best time of 15:16.27, leading the Cadets to second place as a team. Arnold also won the WCAC individual crown, powering St. John's to the team title—the program's second since 1967. The WaPo All-Met Runner of the Year, he was the District's top finisher last fall at the prestigious Manhattan College XC Invite Eastern States Championship, taking 13th. He also won the Blue Race at North Carolina's Great American Cross Country Festival.

Arnold has volunteered locally on behalf of both underprivileged and faith-based communities. He has also donated his time as a peer tutor and to his church parish and its preschool. "Kalil Arnold was the class of the District this past season, winning three of his four starts including two titles decisively," said Rich Gonzalez of PrepCalTrack. "He lost to the DCSAA champion by more than 30 seconds in 2023 only to win the whole thing by more than eight seconds last fall."

Arnold has maintained a weighted 4.36 GPA 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 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.

Arnold joins recent Gatorade District of Columbia Boys Cross Country Players of the Year Sebi Hume (2023-24, St. Albans School), Pierre Attiogbe (2022-23 & 2021-22, St. Albans School) and Damian Hackett (2020-21, St. Albans 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 \$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).