

**MOANALUA HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE HAWAII 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 **James Millare** of **Moanalua High School** is the **2024-25 Gatorade Hawaii Boys Cross Country Player of the Year**. Millare is the first Gatorade Hawaii Boys Cross Country Player of the Year to be chosen from Moanalua 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 Millare as Hawaii’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-7, 130-pound junior won the state meet this past season with a personal-best time of 15:57.27, breaking the tape 27.4 seconds ahead of his next-closest competitor and leading the Na Menehune to seventh place as a team. Millare also won the Oahu Interscholastic Association Championship last fall. He was the top Hawaii finisher at the Foot Locker West Regional Championships, placing 74th in 16:48.

Millare has volunteered locally as a middle school track meet marshal, and he has donated his time to multiple community service initiatives through his church community. “What was impressive about James was that he got so much stronger as the season went on,” said Matt Sanders, head coach of Kalani High School. “He began and ended the season on the same course on Maui and improved by 95 seconds. That kind of improvement is outstanding and a testimony to his ability.”

Millare has maintained a 3.41 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.

Millare joins recent Gatorade Hawaii Boys Cross Country Players of the Year Yuta Cole (2023-24, Kalani High School), Keane Palmer (2022-23, Iolani High School), Kaimana Cantere (2021-22, Maui High School) and Hunter Shields (2020-21, Maui 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, 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).