

COVINGTON CATHOLIC HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE KENTUCKY BOYS CROSS COUNTRY PLAYER OF THE YEAR

CHICAGO (February 13, 2025) — In its 40th year of honoring the nation’s most elite high school athletes, Gatorade today announced **Will Sheets** of **Covington Catholic High School** is the **2024-25 Gatorade Kentucky Boys Cross Country Player of the Year**. Sheets is the first Gatorade Kentucky Boys Cross Country Player of the Year to be chosen from Covington Catholic 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 Sheets as Kentucky'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 6-foot-3, 175-pound senior was the state’s top finisher at the Nike XC Town Twilight Invitational this past season, where he took third overall, and the Cabell Midland XC Festival, where he placed second. Sheets was one of only Kentucky prep boys to qualify for the national NXN Final by way of his fourth-place finish at NXN Southeast, which earned him First Team All-Region recognition. He crossed the line second at the Class 2A state meet last fall, helping the Colonels to the team title. Also the 2022-23 Gatorade Kentucky Boys Cross Country Runner of the Year, he clocked the state’s fastest 5K in 2024 and ranked No. 90 in the national Dyestat 100.

The student body president at his school, Sheets is a member of the Marian Sodality Club, the Drug Free Club, the Colonels for Christ Club, the Srodowisko Club and the Spirit Club. He has volunteered locally on behalf of the BeConcerned Canned Food Drive, Family Promise of NKY, the DCCH Foster Program, the Steinfeld Toy Drive and Western Kentucky Tornado Relief. An active member of his St. Thomas Parish community, he has also donated his time to the St. Agnes Catholic School. “Will Sheets turned in some impressive showings at top invitationals during the regular season, clocked the state’s fastest 5K of 2024 and earned First Team All-Region honors at the NXN Southeast Regional,” said Rich Gonzalez of PrepCalTrack. “All in all, he was Kentucky’s best in my view.”

Sheets has maintained a weighted 4.41 GPA in the classroom. He has signed a written letter of athletic aid to run at the University of Virginia 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.

Two-time winner Sheets joins recent Gatorade Kentucky Boys Cross Country Players of the Year Riku Sugie (2023-24, Thomas Nelson High School), Caden Miracle (2021-22, Bell County High School) and Jackson Watts (2020-21, Madisonville-North Hopkins 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 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.

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