

**MANDAN HIGH SCHOOL STUDENT-ATHLETE NAMED
GATORADE NORTH DAKOTA GIRLS SOCCER PLAYER OF THE YEAR**

CHICAGO (June 18, 2025) — In its 40th year of honoring the nation's most elite high school athletes, Gatorade today announced **Sarah Helderop** of **Mandan High School** is the **2024-25 Gatorade North Dakota Girls Soccer Player of the Year**.

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 Helderop as North Dakota's best high school girls soccer player, and she joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Morgan Gautrat (2010-11, Frederica Academy, Ga.), Mallory Swanson (2014-15, Mountain Vista High School, Colo.), Kennedy Fuller (2022-23 & 2021-22, Southlake Carroll High School, Texas).

The 5-foot-5 junior midfielder led the Braves to a 15-2-2 record and the state championship this past season. Helderop scored 31 goals and passed for four assists, and she tallied twice in Mandan High School's 2-0 win over Minot High School in the state final. She also scored both goals in the team's 2-1 victory over Red River High School in the state semifinals. She is a three-time First Team All-State selection and concluded her junior year with 75 goals and 15 assists in her prep soccer career.

A member of her school's chapter of the Fellowship of Christian Athletes, Helderop has volunteered locally on behalf of HOSA, a future health care workers organization, and as a youth soccer coach. "Sarah is a great player—she can play multiple positions and generally flows between them throughout the match," said Mick Lenhardt, head coach of Legacy High School. "She can shoot with both feet and is accurate from long distances. She has the speed and strength to get in close to the net as well and finish with touch and accuracy."

Helderop has maintained an unweighted 4.09 GPA 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 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.

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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