

LEWISTON HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE MAINE BOYS TRACK & FIELD PLAYER OF THE YEAR

CHICAGO (June 25, 2025) — In its 40th year of honoring the nation's most elite high school athletes, Gatorade today announced **Ryker Paradis** of **Lewiston High School** is the **2024-25 Gatorade Maine Boys Track & Field 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 Paradis as Maine's best high school track & field athlete, and he joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Alan Webb (2000-01, South Lakes High School, Va.), Kerron Clement (2002-03, Laporte High School, Texas) and Christian Miller (2023-24, Creekside High School, FL).

The 6-foot-4, 245-pound senior throws specialist won the discus and shot put at the Class A state meet this past season, and his winning shot of 63 feet, 10 inches ranked No. 33 nationally among boys prep competitors this spring. Paradis also took third in the javelin at the state meet, leading the Blue Devils to third place as a team. He won the shot put event at the New England Outdoor Championships as well, and captured bronze in the discus at the same meet.

A member of the National Technical Honor Society, Paradis established his own lawn-mowing company when he was 13 years old and has since expanded to landscaping. He has volunteered locally at a warming center in Lewiston, feeding the homeless and people in need. "I have not only been impressed with Ryker's technical ability and athleticism, but also how personable he is," said Dan Bishop, the throws coach at Messalonskee High School. "I've seen him grow as an athlete from last year. He's really pushed himself on and off the field for his training."

Paradis has maintained an A-minus average in the classroom. He has signed a written letter of athletic aid to compete at the University of Maine 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, Facebook at facebook.com/GatoradePOY and X(Twitter) at x.com/Gatorade.

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