

**NEWINGTON HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE CONNECTICUT GIRLS CROSS COUNTRY PLAYER OF THE YEAR**

**CHICAGO** (January 22, 2024) — In its 39<sup>th</sup> year of honoring the nation’s most elite high school athletes, Gatorade today announced **Katherine Bohlke** of **Newington High School** is the **2023-24 Gatorade Connecticut Girls Cross Country Player of the Year**. Bohlke is the first Gatorade Connecticut Girls Cross Country Player of the Year to be chosen from Newington High School.

The award, which celebrates the nation’s top high school athletes for excellence on the field, in the classroom and in the community, distinguishes Rutherford as Montana’s best high school girls cross country player. From CEOs and coaches to star athletes, Gatorade Player of the Year winners showcase the power of sport, touting an all-star group of alumni that includes Irene Riggs (2022-23, 2021-22 & 2020-21, Morgantown High School, Morgantown, W. Va.), Katelyn Tuohy (2019-20, 2018-19 & 2017-18, North Rockland High School, Thiels, N.Y.) and Jordan Hasay (2008-09, Mission College Preparatory Catholic High School, San Luis Obispo, Calif.)

The 5-foot-10 senior broke the tape at the State Open Meet in 18:16.0 this past season to complete a sweep of the in-state postseason races. Bohlke raised her game at the next level, clocking a 17:50.0 to take sixth at the Foot Locker Northeast Regional. She followed that with a top 25 finish at the national Foot Locker Cross Country Championships, narrowly missing All-American honors.

An active volunteer for the Appalachia Service Project, Bohlke has donated her time repairing homes in Charleston and in Clay County. She also is a member of her school’s marching band and wind ensemble in addition to playing the clarinet in the Pit Orchestra. “Already the best distance runner in school history, Katie applied the finishing touches on her decorated career by sweeping both the Class L and State Open Meet titles and landing a fourth consecutive All-State selection,” said Rich Gonzalez of PrepCalTrack. “She saved her best for last, repping the Constitution State in grand fashion by earning 21st place at the Foot Locker nationals meet.”

Bohlke has maintained a 4.17 GPA in the classroom. She has signed a national letter of intent to run on scholarship at Virginia Tech this fall.

The [Gatorade Player of the Year](#) program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school 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.

Bohlke joins recent Gatorade Connecticut Girls Cross Country Players of the Year Katie Marchand (2022-23, Trumbull High School), Rachel St. Germain (2021-22, Somers High School), Kate Wiser (2020-21, Pomperaug High School), and Sydney Masciarelli (2019-20, Marianapolis Preparatory 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, Gatorade Player of the Year winners’ grants have totaled more than \$4.9 million across more than 1,600 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 Facebook at [facebook.com/GatoradePOY](https://facebook.com/GatoradePOY), Instagram at [instagram.com/Gatorade](https://instagram.com/Gatorade) and Twitter at [twitter.com/Gatorade](https://twitter.com/Gatorade).

###