

GLASTONBURY HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE CONNECTICUT GIRLS TRACK & FIELD PLAYER OF THE YEAR

CHICAGO (June 24, 2025) — In its 40th year of honoring the nation's most elite high school athletes, Gatorade today announced **Brooke Strauss** of **Glastonbury High School** is the **2024-25 Gatorade Connecticut Girls 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 Strauss as Connecticut's best high school girls track & field athlete, and she joins an impressive group of alumni that spans CEOs, coaches and star athletes such as Sanya Richards (2001-02, St. Thomas Aquinas High School, Fl.), Sydney McLaughlin-Levrone (2014-15, 2015-16 & 2016-17, Union Catholic High School, N.J.) and Angelina Napoleon (2022-23, Allegany-Limestone Central School, N.Y.).

The state's 2024-25 Gatorade Girls Cross Country Runner of the Year, the 5-foot-5 senior distance talent set a state record in the 1600-meter run at the Class LL state meet earlier this month and her time of 4:40.62 ranked No. 6 nationally among girls prep competitors this spring. Strauss also set a state record in the mile at the BSR Elite Scholastic Meet with a 4:39.88 clocking, which ranked No. 14 nationally. She added state titles in the 800- and 3200-meter runs, and her PR in the 800 of 2:08.26 at the Central Connecticut Conference Championships ranked No. 49 nationally.

Strauss has volunteered locally with Camp Sunrise, which serves children with special needs. She has also donated her time to multiple community service initiatives through her church congregation. "Brooke is one of the best track athletes in Connecticut history," said Kevan Kears, head coach of Windsor High School. "She has been dominating since her freshman year."

Strauss has maintained a weighted 4.52 GPA in the classroom. She has signed a written letter of athletic aid to compete at the University of Connecticut 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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