

EAST ASCENSION HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE LOUISIANA 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 **Kiristen McGirt** of **East Ascension High School** is the **2024-25 Gatorade Louisiana 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 McGirt as Louisiana'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 5-foot-11 senior throws specialist won both the discus and shot put events at the Class 5A state meet this past season, leading the Spartans to seventh place as a team. McGirt became the first prep girl from Louisiana to cross the 50-foot barrier when she launched the shot put 50 feet, four inches at the Bronco Relays. That effort ranked No. 5 nationally among prep girls competitors this spring at the time of her selection. She also threw the discus 148-11 at the Dutchtown Invitational, which was good for No. 90 in the country.

McGirt has volunteered locally by starting a bible study group at her church. She has also donated her time as a youth throws coach for the Endeavor Athletics track club. "Kiristen McGirt has produced four throws of 48-6 or further since January and ripped off the state's only 50-foot effort in history this season," said Rich Gonzalez, editor of PrepCalTrack.com. "She also flirted with 150 feet in the discus event. I think her resume was the best in Louisiana this year."

McGirt has maintained a 3.66 GPA in the classroom. She has already matriculated at the University of Tennessee after signing a written letter of athletic aid, and she will compete for the Vols beginning 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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