

ONSTED HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE MICHIGAN 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 **Emmry Ross** of **Onsted High School** is the **2024-25 Gatorade Michigan 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 Ross as Michigan'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-6 senior middle distance and distance talent earned All-American honors in the 800-meter run at New Balance Nationals Outdoor this past season, and her second-place time of 2:00.25 set a state record in addition to ranking No. 2 nationally among prep girls competitors this spring. Ross is ranked No. 3 in the world among Under-20s in the 800 and her mark is No. 6 girls high school history. Ross also swept the 800 and 1600 at the Lower Peninsula Division 3 Finals and her personal-best 4:45.44 in the 1600 ranked No. 23 nationally at the time of her selection.

Ross recently founded the 467 Summer Running Camp, which encourages youth to keep moving and find the positives in running. She has volunteered locally at eldercare facilities and as a youth track coach. "Combining a high tolerance for discomfort in track's most grueling race along with precise race execution, Emmry emerged as among the best in state history and the sixth-fastest of all time in her event among prep girls," said Rich Gonzalez, editor for PrepCalTrack.com. "Her progress is rare and special."

Ross has maintained a weighted 3.38 GPA in the classroom. She has signed a written letter of athletic aid to compete at the University of Michigan 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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