

MOUNT ANTHONY UNION HIGH SCHOOL STUDENT-ATHLETE NAMED GATORADE VERMONT 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 **Ella Palisano** of **Mount Anthony Union High School** is the **2024-25 Gatorade Vermont 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 Palisano as Vermont'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-7 junior jumper set a state record in the high jump at the Essex Invitational, clearing six feet to break the previous state record by six inches. Her effort of 6-0 was tied for No. 2 nationally among girls prep competitors this spring. Palisano also set a state record in the long jump with a mark of 19 feet, 2 inches at a meet in May. At the Division 1 state meet, she won the high jump, took second in the javelin throw, third in the long jump and fourth in the triple jump.

An All-State soccer player for Mount Anthony last fall, Palisano is the vice president of her school's student senate. She has volunteered locally as a peer mentor and youth soccer track coach. She has also donated her time to multiple community service initiatives through her school's Interact Club and National Honor Society chapter. "Ella is an incredibly talented, hard-working young woman," said Seth Woodman, head coach of Arlington High School. "She's excelled in both the long and high jumps. She broke the state record in the high jump, holding down No. 2 in the nation. The state record she broke was from the '90s!"

Palisano has maintained a 3.40 weighted GPA in the classroom. She will begin her senior year of high school 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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