

**NORTH ALLEGHENY SENIOR HIGH SCHOOL STUDENT-ATHLETE NAMED  
GATORADE PENNSYLVANIA VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (January 11, 2022) — In its 37<sup>th</sup> year of honoring the nation's best high school athletes, Gatorade today announced **Mia Tuman** of **North Allegheny Senior High School** is the **2021-22 Gatorade Pennsylvania Volleyball Player of the Year**. Tuman is the fourth Gatorade Pennsylvania Volleyball Player of the Year to be chosen from North Allegheny Senior High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the court, distinguishes Tuman as Pennsylvania's best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award to be announced in January, Tuman joins an elite alumni association of state award-winners, including USA Volleyball players Kayla Banwarth (2006-07, Wahlert High School, Iowa), Alisha Glass (2005-06, Leland Public High School, Mich.), Jordan Larson (2004-05, Logan View High School, Neb.) and Foluke Akinradewo (2004-05, St. Thomas High School, Fla.).

The 6-foot junior setter and outside hitter led the Tigers to a 20-1 record and their fifth consecutive Class 4A state championship this past season. Tuman recorded 356 assists, 223 kills, 217 digs, 54 blocks and 30 service aces. The Pittsburgh Post-Gazette Player of the Year, she is a two-time All-State honoree and is ranked as the nation's No. 33 prospect in the Class of 2023 by PrepVolleyball.com.

A member of her school's Key Club and Girls Only Leadership Development (GOLD) organization, Tuman has raised funds to benefit pediatric cancer research and has volunteered locally on behalf of youth volleyball camps. "Mia Tuman is just a tremendous player who makes a huge difference on that team," said Paul Stadelman, head coach at Shaler Area High School. "She has great athleticism and size, great IQ, and she puts up a really good ball."

Tuman has maintained an A average 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 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.

Tuman joins recent Gatorade Pennsylvania Volleyball Players of the Year Paige Morningstar (2020-21, North Allegheny High School), Macy Van Den Elzen (2019-20, Emmaus High School), Abby Miller (2018-19, North Allegheny Senior High School), and Renee Schultz (2017-18, Bishop Shanahan High School), among the state's list of former award winners.

Gatorade has a long-standing history of serving athlete communities and understands how sports instill valuable lifelong skills on and off the field. Through Gatorade's "Play it Forward" platform, Tuman has the opportunity to award a \$1,000 grant to a local or national organization of their choosing that helps young athletes realize the benefits of playing sports. Tuman is also eligible to submit a short video explaining why the organization they chose is deserving of one of twelve \$10,000 spotlight grants, which will be announced throughout the year. To date, Gatorade Player of the Year winners' grants have totaled more than \$3.5 million across more than 1,300 organizations.

Since the program's inception in 1985, Gatorade Player of the Year award recipients have won hundreds of professional and college championships, and many have also turned into pillars in their communities, becoming coaches, business owners and educators.

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).