



Baldwin's Sariah Doresca advances to the top 15 in national Youth Athlete of the Year competition

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Sariah Doresca, a recent Baldwin High School graduate, placed first in Youth Athlete of the Year in her group.

Courtesy Sariah Doresca

By [Hernesto Galdamez](#)

Sariah Doresca, a Baldwin resident and a standout in track, has rapidly advanced to the next stage of the national 2025 Youth Athlete of the Year competition, earning first place in her group on Aug. 7.

The recent Baldwin High School graduate, who will attend Stanford University in the fall, is now competing in the Top 15 round of the nationwide contest, with a first place prize of \$25,000. Public voting for this stage will be open through Thursday.

The Youth Athlete of the Year competition, run by Colossal and 3BRAND, recognizes athletes from across the country for their achievements on and off the field. Winners receive a feature in a Sports Illustrated advertisement. The contest also raises funds for The V Foundation for Cancer Research, and

the Why Not You Foundation, which empowers young leaders to pursue their goals and give back to their communities.

“This means everything,” Doresca said of her recent first-place victory. “Just to see how many people voted — friends, family, even strangers — it really showed me how much support I have. All the work I’ve put in over the years is being seen, and I’m so grateful.”

The contest format involves multiple group stages. In each round, athletes are placed into smaller voting groups. The public can vote daily for their favorites, and the top finishers in each group move on to the next round. After topping her group in the first stage, Doresca is now working to advance past the Top 15.

For Doresca, the national recognition caps off an extraordinary high school career. The track star is a seven-time New York State champion, eight-time Nassau County champion, a New Balance All-American, and a two-time CARIFTA Games finalist. She made history as one of just four girls to win three consecutive state titles in the 55-meter dash.

“My freshman year, I had no wins and wasn’t even making finals,” she said. “I didn’t know where track was going to take me. But once I locked in mentally, I realized I could win — and from there, everything changed.”

Her first and last state titles were the most meaningful to her, she said.

“The first was special because there was no pressure. I was the underdog, and I surprised myself,” she said. “But the last one was harder. There was pressure to defend it, and the competition was faster. But I still got the job done.”

She has trained mostly through the V-Tesse Track Club, and coached by her father, Emmanuel Gregory Doresca, a former track athlete.

“Sariah Doresca is the rare athlete who thrives when the lights are brightest — a master of details, a student of the sport, and a fierce competitor who turns pressure into power,” her father said. “Coaching her didn’t just sharpen my craft; it pushed me to grow in ways I never imagined, both as a coach and as a person. Her legacy as one of New York State’s greatest short sprinters will echo far beyond the finish line.”

“Sometimes it’s tough because we bring track home with us,” she said. “But it’s also brought us closer. He’s the one I travel with to meets — we’ve spent so much time together because of track.”

At Stanford University, Doresca plans to continue her sprinting career while studying human biology on a pre-med track.

“I wanted a school where academics came first,” she said. “Stanford just had everything — the environment, the support, the people. It felt like the right place to grow.”

Doresca said she’s grateful for the opportunities Baldwin High School has given her, particularly college-level courses that prepared her for her future goals.

“Hard work will get you farther than anything,” she said. “I wasn’t always the fastest. But I kept working and stayed focused on who I was — not what everyone else was doing. That’s what made the difference.”