Athletics

US Boys Ultimate


OWLS
7

Head Coach: **Ben Ostman** (4th Season)

First Day of Practice: Monday, August 24, 2025

Game Schedules:

Varsity

JV

Varsity Standings - Please note the playoff schedules will be released near the end of the regular season once finalized.

History and Tradition:

State Qualifier: 2024

League Honors

2025

All -Conference

Hank Davidson 1st team

Elliott Ku –1st team

2024

All- Conference

Elliot Ku - 1st Team

Hank Davidson - 2nd Team

Reece Sun - 2nd Team

2023

All-Conference

Elliot Ku

Aidan Rodey

2021

Luke Taylor - 1st Team

2019

Gaurav Prasad – 2nd Team

2018

Gaurav Prasad – 1st Team

2017

Matt Gold – 1st Team

2015

Andrew Knox – Honorable Mention

2014

Team Sportsmanship Award

2013

Andrew Gold – 1st Team

2012

Carson Gulledge – Honorable Mention

2011

Cameron Krueger – Honorable Mention

Coaches

Ben Ostman
Boys Ultimate Varsity Head Coach
coachostman@overlake.org

Ash Gilbert
Boys Ultimate Varsity Asst. Coach
coachgilbert@overlake.org

Connor Middleton
Boys Ultimate JV Head Coach
cmiddleton@overlake.org