Athletics

US Girls Ultimate


OVERLAKE
ULTIMATE

Head Coach: **Ben Ostman** (4th Year)
First Day of Practice: Monday, March 1st, 2026

History and Tradition:

League Honors
2026
Simrita Prasad – 1st Team
Anousha Singh – Honorable Mention
Cali Timmins – Honorable Mention

Ben Ostman – Coach of the Year

Team Sportsmanship Award

2025
Cali Timmons
Team Sportsmanship Award

2024
Gwen Evans

2021

Catherine Huang – Honorable Mention

Team Sportsmanship Award

2018

Kayla Ngai – 1st Team

2016

Jaquelin Nordhoff – 1st Team

2015

Meike Buhaly – Honorable Mention

Catherine Cunningham – 1st Team

2013

Lauren Bazley – 1st Team

Team Sportsmanship Award

2012

Jessi Crowley – 1st Team

Coach of the Year – Wes Simons

Team Sportsmanship Award

Coaches

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