

Athletics

US Girls Ultimate



Head Coach: **Ben Ostman** (3rd Year)

First Day of Practice: Monday, March 2nd, 2026

History and Tradition:

League Honors

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
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