

ANNUAL REPORT 2023



ALL GIRL EVERYTHING ULTIMATE PROGRAM

This year was full of lots of celebrations and big and exciting changes for our organization. Check out what we've been up to!



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PROGRAMS

GIRLS PROGRAM



pictured: our girls program crew after placing 2nd in the fall gx club season!

Fall 2023 marked our 13th girls program crew! For this cohort, we paired weekly workshops with the DiscNW Fall Gx Club season so that we have more hang out and frisbee playing time all together. Highlights from this cohort include: rolling skating at retreat, workshops on environmental racism and implicit bias, and yummy food on Friday nights after practice.

“Workshops gave me the space to think more about southend frisbee community and let me know about real world problems.” -’23 Girls Program Participant



pictured: our boys program crew after a round of disc golf during overnight retreat

BOYS PROGRAM

Our first ever boys program was in 2013 and we’ve been running it back yearly ever since! This year, we ran overnight retreat at Camp Long for the first time since 2019, and it was a highlight to get so much in person time together. Workshops from this cohort included: toxic masculinity, gentrification, and racism.

“It was nice to spend every Friday night playing frisbee and hanging out with friends. I learned a lot about different topics and the retreat was really fun.” - ’23 Boys Program Participant

PROGRAMS



pictured: our summer internship peeps at Whitman College in Walla Walla, WA where we did a campus tour and college admissions workshop

SUMMER INTERNSHIP

We ran our **LARGEST** summer internship to date with 47 peeps joining us for our eight week long program! Our in depth topic groups for the cohort were healthy relationships, mental health, self identity, and environmental justice. Each Friday, we'd meet at Filipino Community Center, eat delicious food, play lots of ice breaker games, and then split off into our specific groups to learn more about each topic with each other.

Something we try to explore in our programs is our relationship to the land, colonization, immigration, and connection to local tribes. This year, we visited the Duwamish Longhouse as well as drove five hours to visit the Tamastlikt Cultural Institute in Pendleton, OR to learn more about the Confederated Tribes of the Umatilla during our summer internship retreat.

PROGRAMS



pictured: our summer internship crew with The Common Acre, doing some restoration work at their Rainier Beach/Skyway site, the Green Line

TOPICS WE TALK ABOUT

Here are some of the questions we explored this year in our cohort programs:

Identity & Culture: What does it mean to fight for a connection to your culture? What parts of your culture have you and/or your family gained or lost?

Mental Health: How do you use frisbee as an outlet for your own mental health? What is frisbee's impact on your mental health and how is it healthy or unhealthy for you? When you have hard feelings, what are good coping mechanisms for you?

Toxic Masculinity: How can we move past and heal from toxic gender ideas and behaviors? What is the impact of men not having a lot of spaces to talk about emotions?

Climate Crisis: How has the climate crisis impacted you and your mental health? How has it impacted your feelings about the future? How do we address the climate issues without burning ourselves out?

Body Positivity & Self-Esteem: What are the standards society imposes on us? What do you think about those standards? When I feel insecure, how do I move away from that mindset?

TEAMS

Our favorite Southend alumni and friends based teams ran it back for another season of club ultimate this past summer. These teams are important opportunities for our alumni to access and find a home in the sport after high school, especially considering the cost of club seasons (\$3-5k per summer!) and the make-up of many ultimate teams (very white!). The teams are self-organized but AGE UP supports with a small budget to help with membership costs, bid fees, tournament travel, lodging, etc.

SOUF ended the club season placing 6th at Northwest Regionals! Some highlights from the season include: traveling to both Oregon and California for tournaments, and close games at Sectionals to qualify for Regionals.

END also ended the club season placing 6th at Northwest Regionals! Highlights from the season include: having moms on the team with the cutest sideline babies, lots of goalty at practice, tattoos from southend alumni @gp.tats, and WINNING SECTIONALS!

SOUF & END



pictured: END after winning sectionals!



pictured: SOUF after placing 6th at regionals

TEAMS

SCHOOL TEAMS

AGE UP supports school based ultimate teams at Beacon Hill Elementary School, Graham Hill Elementary School, Aki Kurose Middle School, Asa Mercer Middle School, South Shore K-8, Franklin High School, Cleveland High School, and Rainier Beach High School!

This year was full of so many highlights and for the Southend: we ran our 13th year of free summer camps for elementary, middle and high school, we're rebuilding programs at Rainier Beach and South Shore K-8, Cleveland Gx & Bx were the first southend teams to go to the High School National Invite, and two Southend players made USA U20 Junior Worlds Teams!



pictured: Aki Kurose 8th grade team



pictured: Franklin Boys team alumni scrimmage



pictured: Cleveland HS Bx and Cx representing at the High School National Invite

COMMUNITY EVENTS

POWER PRIVILEGE & PLASTIC 6

Young people in our program have identified gentrification as a topic that is at the forefront of their minds and directly impacting their lives. For this year's Power Privilege and Plastic event, young people on our board facilitated a workshop for the community about displacement and shared knowledge about gentrification in Seattle. Over 120 people from the community joined us for this workshop.



FAMILY FEAST 2023

For this year's Family Feast, we shifted the event to be a "Southend Sports Banquet" and focused particularly on engaging with families in our community. Over 170 youth, family, and alumni attended the event and all our vendors were Southend and AGE UP family and alumni businesses. Shoutout to Phnom Penh Noodle House, New China Express, Cloud Cafe, and FilCuisine. We also gave out "Southend Excellence Awards" to highlight players from each team who are great teammates on and off the field. The evening was super sweet and we're already excited to host our next Family Feast!

STAFF HIGHLIGHTS

TWO NEW FULL TIME STAFF!

Welcome Janyla and Marc to the AGE UP staff! Both are Asa Mercer Middle School and Franklin High School alum and have been a part of the Southend and AGE UP community for many years. Janyla has been coaching at Mercer since 2018 and Marc is an 2013 OG Boys Program participant. Check out this throwback pic from when they were both in high school!



A NEW CO-DIRECTOR!

Long time co-director and co-founder Sam Terry stepped away from his role (but is still at the org!) and handed off the reins to Ari Lozano, AGE UP staff member and program alum. It has always been a goal to have AGE UP led by someone who grew up in our programs - this is a dream come true! Why now? We are financially stable, have a solid core of staff, and most importantly, we have Ari: her skills with young people, project management, and strategic visioning, plus her perspective on leadership development and her depth of connection in the community. She is a perfect fit!

SOME WORDS FROM AGE UP STAFF

Taylor Hoang Program Coordinator

Taylor is currently a Sophomore at University of Washington and has been a part of AGE UP since 2017 when she started in the Girls Program as a 7th grader at Asa Mercer Middle School. She attended Rainier Beach for high school and played frisbee at Cleveland. She led this year's Gx Program and also serves on the AGE UP Board.

Taylor: Growing up, I had always been the quiet, shy, and reserved kid who would never talk to anyone unless they talked to me first. As time has progressed, I am proud to say that I have gained the confidence to speak up and have even emceed multiple AGE UP events in the past couple of years. Throughout my time at AGE UP, I am glad to see my growth as a leader, role model, and person. Working at AGE UP has allowed me to gain more experience and has helped me better understand the field I see myself pursuing in the future: working with young folks.

This program has taught me so many life skills and lessons that I would have never learned this early on in my life. I have learned how to love and appreciate myself, alongside learning the importance of practicing self-care (shoutout Ash). We learn so much by being in a space with people who care for us. AGE UP teaches young people many social skills and together we learn about topics we would never get to learn about in school. I've gotten to lead workshops on topics I care about such as mental health, healthy relationships, and toxic masculinity. This program highlights and uplifts youth in our community by giving us opportunities to learn and teach others about the things we want to see change in. That's why people come back to this safe space we've created.





Sam Terry
Former Co-Executive Director
(but he's still at AGE UP don't worry!)

In 2023 we reached a big organizational milestone, I was demoted!

If you're understandably a little confused about this - it's a good thing! There's a common pattern in non profits where founders put a lot of work into something they love, run it, burn out, leave, and leave behind an organization that isn't well set up for new leadership. We wanted to try something different, and for years it's been a goal to transition one of our founding Co-Directors out, and transition a young person who grew up in the community and in our programs into this role. I love that we are doing this and I am so thrilled that Ari Lozano is in the role now. Ari is brilliant, passionate, much more organized than I am, and brings a profound depth of community connection and relationships.



There are a lot of things that we've done at AGE UP that I'm proud of, and this leadership transition is one of them. Since our first AGE UP cohort in 2010 we have tried to build this program and organization around the creativity, vision, and gifts of young people in the Southend.



If you like math, I've been working to organize AGE UP since 2009. But I certainly wouldn't have been doing that in 2009 if I hadn't been coaching at Asa Mercer Middle School, which I started doing in 2004. I was 22 then, and I'm 41 now. So, we can call it 20 years. And, while I'm no longer a Co-Director, I am not leaving the organization. I'm excited for my new role - I get to back new leadership, have more attention for growing our men's work, support coach leadership among our alumni, and build more financial stability for the organization.

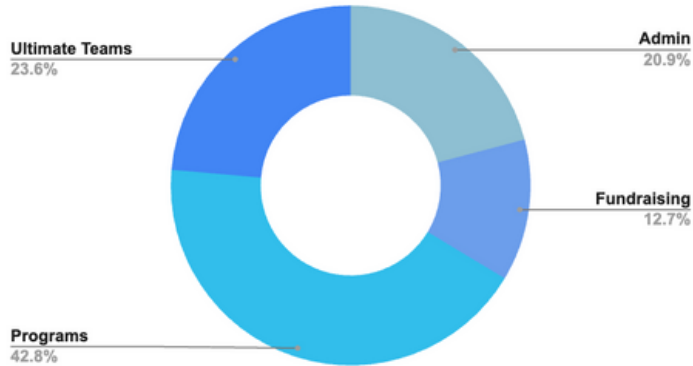


While I adjust to this new arrangement, I am also trying to take time to appreciate the moment. I've learned so much and grown so much in this work. AGE UP has been where I've spent most of my adult life. I've had so many moments of accomplishment, celebration, and also of grief, vulnerability, mistakes and growth. What a gift.

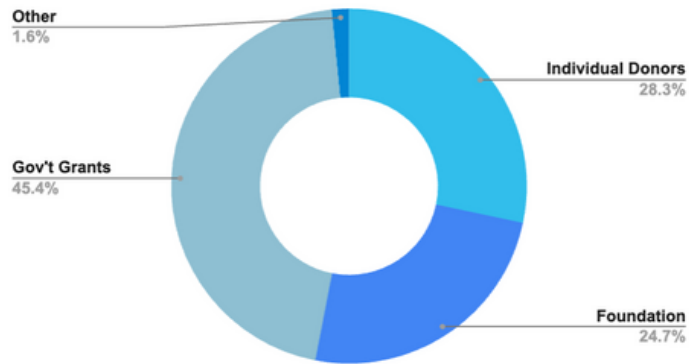
And I want to thank all of you for that. So many folks have helped make AGE UP possible. Whether I know you well, or we've never met, you're receiving this because you're one of them. I'm so grateful for the time, energy and resources that each of you have chosen to invest in this work.

AGE UP 2023 BY THE NUMBERS

Expenses | \$830k



Income | \$930k



720 young people connected to our programs

568 miles traveled for summer internship retreat

140 monthly donors to AGE UP!

100 hours spent at Filipino Community Center

71 first time donors to AGE UP in 2023

44 homecooked meals at program

29 paid southend alumni coaches

16 lead program interns under 18

1 new AGE UP website!





pictured: AGE UP Staff at Family Feast!

A BIG THANK YOU FOR SUPPORTING US!

Thanks for a great 2023,
excited to see what 2024
has in store for us!