



All Girl Everything Ultimate Program | AGE UP
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2025 End of Year Letter

some words from our AGE UP Board Co-Presidents

A Note From Keelin

Keelin (she/her) is a Junior at Franklin High School, our Board Co-President, and a lead intern for our longest running AGE UP Program, the Winter Gx Cohort Program. This year, Keelin was also part of our Summer Internship program, and hosted our biggest annual event, Family Feast (pictured right). When asked about why she loves AGE UP:

"I get to do so much stuff like facilitating, hosting events, helping out with program, and I love it. **I have gained so many connections, opportunities, and experiences from this organization, and I would never even consider trading it for anything else.**

It is so wild for me to think that I first got involved with AGE UP when I was 12 years old, and now I'm still with them, and I'm beginning my college search. I've gone through many stages of life with them, and there's much more to come, and I hope I can still be involved with these people through all my stages to come. Although I may be a littleeeeeee distracting at meetings and at practice (I don't even know why (or how) they made me prez), **I know that I will always feel welcomed in this space, because that's what AGE UP does, they welcome everyone, and they provide us with the community that we all need and deserve.**"



A Note From Roy

Roy (he/him) is a Senior at Rainier Beach High School and has been a part of AGE UP since his 8th grade year. He's done all the AGE UP programs possible - Bx Winter Cohort Program, Summer Internship, Southend Middle School Club, Southend High School Boys Club, and coached at his alma mater, Asa Mercer Middle school this year. Roy has been on our board of directors since 2022 and this is his first year as our Board Co-President. His favorite memory this year was having Family Feast at the Museum of Flight!

"This year to me was about gratitude – **I'm thankful for AGE UP as the people there have taught me so many life skills and lessons** I would've never learned in my life. AGE UP is more than just a program, it's like a second family for me at this point. I've met so many cool people through AGE UP and that's what makes me come back. I love the work I do, how it can help others, and how my role isn't just one specific thing. And **it's not just me – other youth in the community come back to AGE UP because of many opportunities they find** in this type of work. This isn't just an end of year letter for me, but also a thank you to the many people out there who are reading this letter. Without your support, AGE UP wouldn't be how it is right now!"



2025 HIGHLIGHTS



our Winter Gx Cohort ice skating at the Kraken Community IcePlex

IMPACT OF OUR PROGRAMS

Our programs are rooted in supporting the leadership of BIPOC young people in South Seattle and providing free and accessible movement through ultimate frisbee.

589 young people in our programs

37 paid high school interns

234 hours of cohort programs

16 years of free summer camps

PROGRAM HIGHLIGHT: 2025 SUMMER INTERNSHIP

We had the opportunity to go on a 5-day retreat to beautiful Neah Bay, which connected AGE UP to the Makah Tribe. They invited their elders to storytell, taught us how to weave cedar bark, make rawhide mini drums, brought us to the museum to share their history and set up a scavenger hunt that helped connect us to their community.



our Summer Internship crew gathering for a photo on our Cape Flattery hike in Neah Bay



our high school Gx players from Cleveland, Rainier Beach & Franklin repping the Southend

SUPPORTING SOUTHEND ULTIMATE

It's one of our priorities to make sure that our coaches reflect the identities of the young people we serve.

90%
BIPOC coaches

75%
of our coaches
are program alumni

EVENT HIGHLIGHT: FAMILY FEAST

Everyone looks forward to our annual community gathering and this year's was our fanciest one yet. **402** people joined us for an evening at the Museum of Flight where we got to share lots of our highlights from the past year.



everyone posing for a picture at Family Feast!



CONTINUE TO SUPPORT US AND OUR YOUNG PEOPLE – **DONATE HERE!**

Our programs are made possible through the support our community - become one of our **163** monthly donors!