



UPrep Athletics Winter and Spring Recap 2024–2025

By Rebecca Moe, Director of Athletics

As the final whistle blew on May 31, UPrep's 2024–2025 athletic year came to a close and it was quite a year! Our 6–12 co-curricular athletics program showcased the strength of our community, with 74 percent of our student body participating across 59 teams led by 96 dedicated coaches. From the courts to the fields, tracks, and beyond, Pumas competed fiercely, with every winter and spring varsity team advancing into postseason play and multiple squads making history.

This winter, UPrep fielded 14 basketball teams and games were played from early November into late February. Both the varsity boys and girls basketball teams advanced into the second round of the conference tournament and both secured upset victories in the opening rounds—the girls versus Northwest and the boys versus Eastside Prep. Six Pumas earned berths on the Emerald Sound All Conference Team.

Spring brought record participation, especially in the Middle School, and exceptional success at the varsity level. UPrep competed with 18 teams in baseball, track and field, tennis, soccer, and Ultimate. Every varsity team advanced in their playoff structure: varsity gx Ultimate, varsity baseball, varsity track and field, varsity girls tennis, and varsity boys soccer.

The boys soccer team is your 2025 1A State Champions, with a thrilling 2-1 win over Bush School that was a rematch of the 2022 title game. This marks our first state title in boys soccer since 2005. Our soccer Pumas had 10 all conference players, including the league Most Valuable Player Roan L., the Coach of the Year Nate Whitney, and nine all state players.

On the tennis courts, our girls tennis team were crowned WIAA 1A State Team Academic Champions, earning the highest GPA among girls tennis teams in the 1A classification throughout the state of Washington. During tournament play, doubles partners Galia H. and Logan S. completed the trifecta: league doubles champions, district doubles champions, and state doubles champions. The team also earned enough team points to win the second-place team trophy.

On the boys tennis side, sophomore Parker H. defended his state championship title and repeated as 1A Boys State Singles Champion in Yakima. The doubles team of Logan B. and Will M. finished as third place medalists, and the tennis team earned the second-place team trophy.

This spring, 21 Pumas were recognized as all conference players, six (confirmed) Pumas are playing on during college, and UPrep finished seventh out of 50 schools for the WIAA Scholastic Cup, which recognizes performance in the classroom and sportsmanship on the playing surface.

Middle School athletics saw record turnout across all three seasons, especially this spring. Our integrated 6–12 model provides a unique pathway for younger Pumas to grow alongside and learn directly from our varsity and junior varsity athletes, with younger students gaining inspiration and understanding of what's possible in our community.

Congratulations to all our athletes, coaches, and families on an unforgettable year of competition, growth, and Puma pride!

Winter and Spring All Conference

Boys Basketball

First Team All Conference, Coho Division: Faysal F., Elijah W.

Honorable Mention All Conference, Coho Division: Cole W.

Girls Basketball

Second Team All Conference, Coho Division: Kori B.

Honorable Mention All Conference, Coho Division: Bersabel B., Sophia S.

Gx Ultimate

First Team All Conference: Rian F.

Honorable Mention All Conference: Sadie H., Sophia S.

Boys Soccer

Conference Champions: Team

Coach of the Year: Nate Whitney

League Most Valuable Player: Roan L.

First Team All Conference: Nick C.-H., Gavin D., Augie R.

Second Team All Conference: Jack D., Kaiden L.-B.

Honorable Mention All Conference: Brody E., Luca F., Preston G., Rowan S.

Baseball

First Team All Conference: Owen B., Hawthorne M.

Second Team All Conference: Grady S.

Honorable Mention All Conference: Jasper S.

Tennis

First Team All Conference and ESC Conference Doubles Champions: Galia H, Logan S.

Track and Field

Emerald Sound All Conference, Triple Jump: Laurie T.

Spring Soccer All State

First Team All State: Max C., Nick C.-H., Gavin D., Jack D.

Second Team All State: Luca F., Kaiden L.-B., Roan L.

Honorable Mention All State: Brody E., Jack H.