

# STEPHANIE CHOW

## ULTIMATE FRISBEE COACHING RESUME

**NCCP COACH #:** 1211017 (NCCP Comp Theory & Ultimate Community Level 1 & 2 courses)

### COACHING EXPERIENCE

University/College - Assistant UBC Women's Ultimate Coach (Thunderbirds) - 2005  
University/College - Coach of UBC Women's Ultimate Team (Thunderbirds) - 2006 - 2009  
High School - John Oliver Jokers (Vancouver High School) - 2010  
WJUC 2010 - Head Coach of Canadian Junior Women's Team - Silver Medal  
WJUC 2012 - Head Coach of Canadian Junior Women's Team - Bronze Medal  
U23 2013 - Head Coach of U23 Women's Team - Bronze Medal  
High School - Assistant Coach Saint John's Ravencourt Girls and Co-ed National Team (Winnipeg High School) - 2011  
High School - Head Coach Saint John's Ravencourt Girls Team - 2012  
High School - Assistant Coach Saint John's Ravencourt Varsity Coed Team - 2012  
Club Women - Part-Time Coach of FUSION (Winnipeg Women's Club Team) - 2011-12

### COACHING RECORD:

2012 CHSUC Champions - Saint John's Ravencourt Varsity Coed Team  
WJUC - 2010 (Silver, 8-1), 2012 (Bronze, 7-1)  
U23s 2013 (Bronze, 7-3)  
2012 Madison MudBath Champions - Saint John's Ravencourt Girls (Overall Record 5-1)  
2011 CUC - Winnipeg's Fusion placed 4th in the Women's Division

Overall College Coaching Record for UPA-sanctioned tournaments as Head Coach of **UBC Women's Ultimate Thunderbirds from 2006-2009: 122 - 45 (Win/Loss)**. Source UPA Score Reporter: (<http://www.upa.org/scores/scores.cgi?page=3&team=1401>) and UPA Top 25: (<http://www.upa.org/college/top25history/2008-top25-women.shtml>)  
2006: (32-10) Finished ranked 5th in UPA Top 25  
Trouble in Vegas - College (Las Vegas, NV) - Semifinalist (Finished 4th)  
Stanford Invite (Stanford, CA) - Semifinalist  
College Centex (Austin, TX) - Semifinalist  
WA/BC Sectionals (Burlington, WA) - Finished 2nd  
NW Regionals (Vancouver, BC) - Finished 3rd (Qualified in Back Door Game to Go)  
UPA College Championships (Columbus, OH) - Quarterfinalist  
2007: (25-9) Finished ranked 6th in UPA Top 25  
Trouble in Vegas - College (Las Vegas, NV) - Semifinalist  
Stanford Invite - Semifinalist  
WA/BC Sectionals (Burlington, WA) - Finished 2nd  
NW Regionals (Corvallis, OR) - Finished 3rd (Qualified in Back Door Game to Go)  
UPA College Championships (Columbus, OH) - Semifinalist

2008: (38-5) Finished ranked 1st with an RRI of 1938 (haven't seen a higher RRI before)  
Trouble in Vegas - College (Las Vegas, NV) - Semifinalist  
Stanford Invite - (Stanford, CA) - Finalist  
College Centex (Austin, TX) - Champions and clinched the NCUS Womens Champion title (National Collegiate Ultimate Series), sponsored by Cultimate and won a \$2,000 US prize  
Source: <http://www.icultimate.com/profiles/ncus08.html>.  
WA/BC Sectionals (Burlington, WA) - Finalist  
NW Regionals (Davis, CA) - Champions  
UPA College Championships - Champions  
2009: (27-21) Finished ranked 9th in UPA Top 25  
Bellingham Invite (Bellingham, WA) - Finished 4th  
President's Day (San Diego & San Bernardino, CA) - Quarterfinalist  
Stanford Invite (Rippon, CA) - Quarterfinalist  
College Centex (Austin, TX) - Semifinalist  
UBC won CUUC in the fall of 2007 (Vancouver, BC) and 2008 (Edmonton, AB). Germany)  
- 2010

**INTERNATIONAL COACHING EXPERIENCE:**

Medellin, Colombia - 2009  
Girona, Spain - 2012-2014  
Esperanza, Costa Rica - 2014-2016

**COMPETITIVE PLAYING EXPERIENCE:**

Calamity Jane (Indiana University Women's College Team, Captain, MVP Callahan Runner-up in 2007 and 2008)  
Hoosiermama (IU Open team)  
Black Ice (Bloomington & IN all-star club team)  
Tale of Two Cities (IN and OH club team), Horizont'elle (Ottawa, ON)  
Chicago Nemesis (UPA Semifinalist 1998)  
Stella (Ottawa, ON)  
Flo (Calgary, AB - CUC Champions 2001)  
Prime (Vancouver, BC - CUC Champions 2003 & 2007, WUGC Champions 2004, UPA Finalists in 2004)  
TFP (CUC Mixed Champion 2008)  
Roughriders (Vancouver, BC)  
Traffic (Vancouver, BC, CUC Champions, 2007, WUGC Bronze medallists in 2008, UPA Semifinalists in 2008)  
Team Canada Women WCBU 2015  
MINT (Winnipeg Masters Women's Ultimate)

**COACHING REFERENCES:**

**Lou Burruss** - Lou and I have competed against each other since 1994. He coached the Carleton College Womens Ultimate Team, Syzygy, my regional rival when I played with Calamity Jane at Indiana University. Lou currently coaches the University of Oregon

Womens Ultimate Team, Fugue (2008 - present) and has been a coach that I've admired and respected for years. He is often referred to as "Mr. Sockeye". Source:

[http://www.the-huddle.org/authors/lou\\_burruss/](http://www.the-huddle.org/authors/lou_burruss/) Contact: louburruss@gmail.com

**Leslie Calder** - Leslie coached the UBC Women's Ultimate Team in 2004 for one season. She has been my teammate (Vancouver's Prime 2002 - 2006) and coach (Traffic/Team Canada Women 2007 - 2008) and is known as one of the best women's players ever to play the game. Contact: leslicalder@telus.net

**Kira Frew** - Kira was captain of the UBC Women's Ultimate Team from 2005-2009. She was also a teammate on Traffic and was the 2015 coach of CUC Junior Women's champion team - Alpha Contact: kira.frew@gmail.com