

2023 Seattle Sounders Roster

#	Name	Position	Birthday	Height	Weight	Hometown	Previous Club	Notes
3	Xavier Arreaga	D	9/28/94	6-0	163	Guayaquil, Ecuador	Barcelona SC (ECU)	
5	Nouhou	D	6/23/97	5-10	172	Douala, Cameroon	Seattle Sounders FC 2 (USL)	
6	João Paulo	M	3/8/91	5-7	154	Rio Grande do Sul, Brazil	Botafogo (BRA)	
7	Cristian Roldan	M	6/30/95	5-8	163	Artesia, CA	Washington (NCAA)	
9	Raúl Ruidíaz	F	7/25/90	5-7	141	Lima, Peru	Morelia (MEX)	DP
10	Nicolás Lodeiro	M	3/21/89	5-9	159	Paysandú, Uruguay	Boca Juniors	DP
11	Albert Rusnák	M	7/7/94	5-9	135	Vyškov, Slovakia	Real Salt Lake	DP
12	Fredy Montero	F	7/26/87	5-9	161	Campo de la Cruz, Colombia	Vancouver Whitecaps FC	
13	Jordan Morris	F	10/26/94	5-11	183	Mercer Island, WA	Standford (NCAA)	
15	Jonathan Bell	D	8/26/97	5-11	165	Rockville, MD	St. Louis CITY SC	
16	Alex Roldan	D	7/28/96	5-10	152	Artesia, CA	Seattle University (NCAA)	
19	Héber	F	8/10/91	5-11	170	Colorado de Oeste, Brazil	New York City FC	
21	Reed Baker-Whiting	M	3/31/05	5-11	154	Seattle, WA	Tacoma Defiance (USL)	HP
22	Kelyn Rowe	M	12/2/91	5-8	152	Federal Way, WA	New England Revolution	
23	Léo Chú	M	4/6/00	5-10	152	Porto Alegre, Brazil	Grêmio (BRA)	
24	Stefan Frei	GK	4/20/86	6-3	194	Altstätten, Switzerland	Toronto FC	
25	Jackson Ragen	D	9/24/98	6-6	205	Seattle, WA	Tacoma Defiance (USL)	
26	Andrew Thomas	GK	9/1/88	6-2	181	London, England	Standford (NCAA)	OL - New Mexico United
28	Yeimar Gómez Andrade	D	6/30/92	6-2	203	Tadó, Colombia	Unión Santa Fe (ARG)	
29	Jacob Castro	GK	12/18/99	6-4	190	Tukwila, WA	San Diego State (NCAA)	HP
30	Stefan Cleveland	GK	5/25/94	6-2	185	Dayton, OH	Chicago Fire	
33	Cody Baker	D	1/7/04	5-10	154	Issaquah, WA	Tacoma Defiance (MLSNP)	HP
35	Paul Rothrock	M	1/9/99	5-8	163	Seattle, WA	Tacoma Defiance (MLSNP)	
39	Stuart Hawkins	D	9/18/06	6-3	159	Fox Island, WA	Tacoma Defiance (MLSNP)	HP
45	Ethan Dobbelaere	M	11/14/02	5-9	143	Seattle, WA	Tacoma Defiance (USL)	HP
73	Obed Vargas	M	8/5/05	5-9	150	Anchorage, AK	Tacoma Defiance (USL)	HP
75	Danny Leyva	M	5/5/03	5-10	150	Las Vega, NV	Tacoma Defiance (USL)	HP/OL - Colorado Rapids
77	Sota Kitahara	M	1/11/03	5-9	146	Edmonds, WA	Tacoma Defiance (MLSNP)	HP
84	Josh Atencio	M	1/31/03	6-1	174	Bellevue, WA	Tacoma Defiance (USL)	HP
92	Abdoulaye Cissoko	D	12/27/99	6-2	194	Les Ulis, France	Tacoma Defiance (USL)	
99	Dylan Teves	M	5/14/00	5-8	139	Kailua, Hawaii	Washington (NCAA)	HP

DP - Designated Player

HP - Homegrown Player

OL - On Loan