

## 2024 USA LACROSSE NATIONAL TOURNAMENT TRYOUT INFORMATION

You **MUST** tryout for the sub-region in which your **high school** is located. Questions? Email Shannon Minter at [sminter@uslacrosse.com](mailto:sminter@uslacrosse.com)

Sub-Region	Coordinator	Phone	E-mail	Tryout Information	Tryout Fee	Last Day to Register
Adirondack						
Arizona						
Central Pennsylvania						
Central Texas						
Colorado						
Connecticut						
DC Metro						
Eastern Shore						
Georgia	Sarah Serbinski	773-444-8809	coachsarahlax@gmail.com	March 17, 2024 12:00pm - 2:00pm Shakerag Park	\$50.00	March 15, 2024
Greater Houston						
Gulf Coast						
Hudson Valley						
Idaho/Montana/Wyoming						
Illinois						
Iowa/Nebraska	Meghan Gruver	420-937-7247	meghanlayers@gmail.com	April 21, 2024 9:00am - 2:00pm Millard West High School	\$40.00	April 11, 2024
Kentucky						
Long Island Metro						
Los Angeles						
Maine						
Massachusetts						
Rhode Island						
MD Metro						
Minnesota						
New Hampshire						
New Jersey North						
New Jersey South						
North Carolina	Aleksandra Mohar	919-417-3729	coachmo006@gmail.com	April 6, 2024 10:00am - 1:00pm Pleasant Park	\$60.00	April 1, 2024
North Coast Ohio						
North Florida						
North Texas						
Northern California						
Orange County	Michael Welter	714-393-3075	sjhglax@gmail.com	January 21, 2024 2:00pm - 5:00pm San Juan Hills High School	\$50.00	January 12, 2024
Orlando						
Philadelphia						

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Sub-Region	Coordinator	Phone	E-mail	Tryout Information	Tryout Fee	Last Day to Register
Pittsburgh						
San Diego	Caryl Hall	760-520-9332	caryl@triadathletes.com	January 28, 2024 2:00pm - 4:00pm University City High School	\$60.00	January 28, 2024
South Carolina						
Southern Florida						
Southern Ohio						
Tennessee						
Upstate NY						
Utah	Cassie Cottle	801-814-4699	cassie@imlaxutah.org	March 23, 2024 8:00am - 11:00am Brighton HS Stadium	\$40.00	March 23, 2024
Vermont						
Virginia						
Washington	Erin Massena	425-870-7841	admin@wslax.org	March 24, 2024 9:00am - 1:00pm Marymoor Park	\$60.00	March 20, 2024
Western NY Greater Rochester						