

## 2025 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@usalacrosse.com](mailto:sminter@usalacrosse.com)

Sub-Region	Coordinator	E-mail	Tryout Information	Tryout Fee	Last Day to Register
Adirondack	Adirondack is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Arizona	Jessica Spencer	<a href="mailto:jessicalspencer@gmail.com">jessicalspencer@gmail.com</a>	<b>Saturday, April 5, 2025</b> 3:00 PM - 6:00 PM Arcadia High School	\$50.00	Thursday, April 3, 2025
Central Florida	Glenn Johannes	<a href="mailto:glenn14.johannes@gmail.com">glenn14.johannes@gmail.com</a>	<b>OPTION 1:</b> <b>Sunday, March 2, 2025</b> 8:30 AM - 10:00 AM Lake Mary High School Stadium  <b>OPTION 2:</b> <b>Sunday, March 2, 2025</b> 2:30 PM - 4:30 PM Jason Dwelley Park	\$50.00	Friday, February 28, 2025
Central Pennsylvania	Ally Gorina	<a href="mailto:Allybrehm13@outlook.com">Allybrehm13@outlook.com</a>	<b>Saturday, April 26, 2025</b> 5:00 PM - 8:00 PM Carlisle Area High School	\$60.00	Saturday, April 19, 2025
Central Texas	Central Texas is no longer sending a team for 2025. Please contact Greater Houston's Coordinator for their tryout link.				
Colorado	Zoë Smith	<a href="mailto:zoelaxadvisor@gmail.com">zoelaxadvisor@gmail.com</a>	<b>Saturday, April 5, 2025</b> 2:30 PM - 4:30 PM Kent Denver School	\$60.00	Thursday, April 3, 2025
Connecticut	Phillip Schneider	<a href="mailto:phillip-schneider@att.net">phillip-schneider@att.net</a>	<b>Sunday, April 6, 2025</b> 8:00 AM - 12:00 PM Choate Rosemary Hall	\$60.00	Friday, April 4, 2025
DC Metro	Janet McCormick	<a href="mailto:janet.mccormick@holton-arms.edu">janet.mccormick@holton-arms.edu</a>	<b>Sunday, April 6, 2025</b> 8:00 AM - 2:00 PM Episcopal High School	\$60.00	Wednesday, April 2, 2025
Eastern Shore	Eastern Shore is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Georgia	Sarah Serbinski	<a href="mailto:coachsarahlax@gmail.com">coachsarahlax@gmail.com</a>	<b>Sunday, March 23, 2025</b> 1:30 PM - 3:30 PM Greater Atlanta Christian School	\$55.00	Friday, March 21, 2025
Greater Houston	Amanda Bencosme	<a href="mailto:abencosme@sjs.org">abencosme@sjs.org</a>	<b>Sunday, February 23, 2025</b> 9:00 AM - 1:00 PM St. John's School (Caven Field)	\$60.00	Wednesday, February 19, 2025
Gulf Coast	Gulf Coast is no longer sending a team for 2025. Please contact Central Florida's Coordinator for their tryout link.				
Hudson Valley	Robert Porter	<a href="mailto:henhudlax@gmail.com">henhudlax@gmail.com</a>	<b>Sunday, April 27, 2025</b> 10:00 AM - 12:30 PM Hendrick Hudson High School	\$50.00	Wednesday, April 23, 2025

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Idaho/Montana/Wyoming	Rachel Fortier	<a href="mailto:rachel.tetonlax@gmail.com">rachel.tetonlax@gmail.com</a>	<b>Saturday, April 5, 2025</b> 5:00 PM - 7:00 PM Eagle High School (Idaho) or <b>Friday, April 11, 2025</b> 6:00 PM - 8:00 PM Sports Complex (Montana)	\$35.00	Saturday, April 5, 2025 (Idaho Location)  Friday, April 11, 2025 (Montana Location)
Illinois	Illinois is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Iowa/Nebraska	Meghan Gruver	<a href="mailto:iowaNebraskaNTTeam@gmail.com">iowaNebraskaNTTeam@gmail.com</a>	<b>Sunday, April 13, 2025</b> 10:00 AM - 2:30 PM Omaha Westside High School	\$40.00	Thursday, April 10, 2025
Kentucky	Dean Walker	<a href="mailto:dean.walker.ky@gmail.com">dean.walker.ky@gmail.com</a>	<b>Sunday, April 27, 2025</b> 2:00 PM - 5:00 PM South Oldham High School	\$45.00	Wednesday, April 23, 2025
Long Island Metro	Morgan Molinari O'Connor	<a href="mailto:morgan.molinari@gmail.com">morgan.molinari@gmail.com</a>	<b>Sunday, March 23, 2025</b> 11:00 AM - 4:00 PM Paul D. Schreiber High School	\$60.00	Thursday, March 20, 2025
Los Angeles	Los Angeles is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Maine	Taylor Colangelo	<a href="mailto:tcolangelo@scarboroughschools.org">tcolangelo@scarboroughschools.org</a>	<b>Sunday, April 13, 2025</b> 3:00 PM - 5:00 PM Scarborough High School	\$30.00	Friday, April 11, 2025
Massachusetts Rhode Island	Margot Spatola	<a href="mailto:m spatola.lax@gmail.com">m spatola.lax@gmail.com</a>	<b>Sunday, April 13, 2025</b> 3:00 PM - 7:00 PM Medway High School	\$60.00	Saturday, April 6, 2025
MD Metro	Mark Mozier	<a href="mailto:markmozier@aol.com">markmozier@aol.com</a>	<b>Sunday, March 23, 2025</b> 3:00 PM - 7:00 PM Severn School	\$60.00	Thursday, March 20, 2025
New Hampshire	McKinley Sbordone	<a href="mailto:mckinley.curro@gmail.com">mckinley.curro@gmail.com</a>	<b>Sunday, April 6, 2025</b> 12:00 PM - 4:00 PM Souhegan High School	\$60.00	Saturday, April 5, 2025
New Jersey North	New Jersey North is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
New Jersey South	New Jersey South is no longer sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
North Carolina	Madison Bradley	<a href="mailto:madisoncbradley@gmail.com">madisoncbradley@gmail.com</a>	<b>Saturday, April 26, 2025</b> 11:00 AM - 1:00 PM Cary Academy	\$50.00	Thursday, April 3, 2025
North Coast Ohio	Sandy Hagan	<a href="mailto:Shagen@scsmustangs.org">Shagen@scsmustangs.org</a>	<b>Sunday, April 27, 2025</b> 9:00 AM - 2:00 PM Strongsville High School	\$60.00	Friday, April 26, 2025

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North Florida	Krista Grabher	<a href="mailto:grabherk@esj.org">grabherk@esj.org</a>	<b>Sunday, February 9, 2025</b> 11:00 AM - 1:00 PM Jangro Stadium or <b>Thursday, February 20, 2025</b> 5:00 PM - 7:00 PM Gulf Breeze High School	\$40.00	Thursday, February 20, 2025
North Texas	Rainey Hodgson	<a href="mailto:rainey31h@yahoo.com">rainey31h@yahoo.com</a>	<b>Sunday, April 27, 2025</b> 4:00 PM - 6:00 PM Episcopal School of Dallas	\$60.00	Sunday, April 27, 2025
Northern California	Mady Smith	<a href="mailto:madygracesmith23@gmail.com">madygracesmith23@gmail.com</a>	<b>Saturday May 3, 2025</b> 10:00 AM - 12:00 PM Rancho Cotate High School or <b>Sunday, May 4, 2025</b> 10:00 AM - 12:00 PM Rancho Cotate High School	\$55.00	Friday, April 25, 2025
Orange County	Michael Welter	<a href="mailto:sjhglax@gmail.com">sjhglax@gmail.com</a>	<b>Sunday, March 16, 2025</b> 10:00 AM - 1:00 PM San Juan Hills High School	\$60.00	Thursday, March 13, 2025
Oregon	Oregon is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Philadelphia	Chelsea Rosiek	<a href="mailto:csrosiek@gmail.com">csrosiek@gmail.com</a>	<b>Sunday, March 9, 2025</b> 9:00 AM - 1:00 PM Agnes Irwin	\$60.00	Thursday, March 6, 2025
Pittsburgh	Brian Kattan	<a href="mailto:brian.kattan@gmail.com">brian.kattan@gmail.com</a>	<b>Sunday, April 6, 2025</b> 9:00 AM - 2:30 PM North Hills Stadium	\$50.00	Thursday, April 3, 2025
San Diego	San Diego is no longer sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
South Carolina	Kayla Mattingly	<a href="mailto:klguillerault@gmail.com">klguillerault@gmail.com</a>	<b>Sunday, April 6, 2025</b> 8:30 AM - 1:30 PM River Bluff High School	\$60.00	Saturday, April 5, 2025
South Florida	Jose Herrera	<a href="mailto:jose@vibecoaches.com">jose@vibecoaches.com</a>	<b>Saturday, April 26, 2025</b> 10:00 AM - 2:30 PM Homestead Complex Center	\$60.00	Monday, April 21, 2025
Southern Ohio	Russell Mackey	<a href="mailto:russell.mackey33@gmail.com">russell.mackey33@gmail.com</a>	<b>Sunday, April 27, 2025</b> 6:00 PM - 8:30 PM Mount Notre Dame High School	\$30.00	Thursday, April 24, 2025
Tennessee	Brandon Cavins	<a href="mailto:bcavins4@gmail.com">bcavins4@gmail.com</a>	<b>Sunday, April 6, 2025</b> 11:00 AM - 1:00 PM Harpeth Hall School	\$50.00	Friday, April 4, 2025

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Upstate NY	Dennis Kennedy	dkennedylax@gmail.com	<b>Sunday, April 27, 2025</b> 9:00 AM - 11:00 AM Indoor Sports Facility Old Candle Factory	\$50.00	Saturday, April 26, 2025
Utah	Cassie Cottle	cassie@implaxutah.org	<b>Saturday, March 22, 2025</b> 8:00 AM - 11:00 AM Brighton High School	\$40.00	Saturday, March 22, 2025
Vermont	Hillary Wheeler	hwheeler@huusd.org	<b>Sunday, May 4, 2025</b> 11:00 AM - 2:00 PM Norwich University	\$50.00	Sunday, April 27, 2025
Virginia	Virginia is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Washington	MaryKate Benshoof	mk.benshoof@wslax.org	<b>Sunday, March 23, 2025</b> 9:00 AM - 1:00 PM Marymoor Park	\$60.00	Thursday, March 20, 2025
Western NY/Greater Rochester	Western NY/Greater Rochester is no longer sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				
Wisconsin	Wisconsin is not sending a team for 2025. Please contact <a href="mailto:specialevents@usalacrosse.com">specialevents@usalacrosse.com</a> if you are interested in playing on a House Team				