

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

Sub-Region	Coordinator	E-mail	Tryout Information	Tryout Fee	Last Day to Register
Adirondack	TBD				
Arizona	Jessica Spencer	jessicalspencer@gmail.com	Saturday, April 5, 2025 3:00 PM - 6:00 PM Arcadia High School	\$50.00	Monday, March 31, 2025
Central Florida	Glenn Johannes	glenn14.johannes@gmail.com	OPTION 1: Sunday, March 2, 2025 8:30 AM - 10:00 AM Lake Mary High School Stadium OPTION 2: Sunday, March 2, 2025 2:30 PM - 4:30 PM Jason Dwelley Park	\$50.00	Friday, February 28, 2025
Central Pennsylvania	Alexandra Brehm	Allybrehm13@outlook.com	Coming Soon		
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	zoelaxadvisor@gmail.com	Saturday, April 5, 2025 2:30 PM - 4:30 PM Kent Denver School	\$60.00	Thursday, April 3, 2025
Connecticut	Phillip Schneider	phillip-schneider@att.net	Sunday, April 6, 2025 8:00 AM - 12:00 PM Choate Rosemary Hall	\$60.00	Friday, April 4, 2025
DC Metro	Janet McCormick	janet.mccormick@holton-arms.edu	Coming Soon		
Eastern Shore	TBD				
Georgia	Sarah Serbinski	coachsarahlax@gmail.com	Sunday, March 23, 2025 1:30 PM - 3:30 PM Greater Atlanta Christian School	\$55.00	Friday, March 21, 2025
Greater Houston	Amanda Bencosme	abencosme@sjs.org	Sunday, February 23, 2025 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	TBD				
Idaho/Montana/Wyoming	Rachel Fortier	rachel.tetonlax@gmail.com	Saturday, April 5, 2025 5:00 PM - 7:00 PM Eagle High School (Idaho) or Friday, April 11, 2025 6:00 PM - 8:00 PM Sports Complex (Montana)	\$35.00	Saturday, April 5, 2025 (Idaho Location) Friday, April 11, 2025 (Montana Location)
Illinois	TBD				

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Iowa/Nebraska	Meghan Gruver	IowaNebraskaNTTeam@gmail.com	Sunday, April 13, 2025 10:00 AM - 2:30 PM Omaha Westside High School	\$40.00	Thursday, April 10, 2025
Kentucky	Dean Walker	dean.walker.ky@gmail.com	Sunday, March 23, 2025 2:00 PM - 5:00 PM South Oldham High School	\$45.00	Wednesday, March 19, 2025
Long Island Metro	Morgan Molinari O'Connor	morgan.molinari@gmail.com	Sunday, March 23, 2025 11:00 AM - 4:00 PM Paul D. Schreiber High School	\$60.00	Thursday, March 20, 2025
Los Angeles	Aaron Karsh	coachkarsh@gmail.com	Coming Soon		
Maine	TBD				
Massachusetts Rhode Island	Margot Spatola	mspatola.lax@gmail.com	Sunday, April 13, 2025 3:00 PM - 7:00 PM Medway High School	\$60.00	Saturday, April 6, 2025
MD Metro	Mark Mozier	markmozier@aol.com	Sunday, March 23, 2025 3:00 PM - 7:00 PM Severn School	\$60.00	Thursday, March 20, 2025
New Hampshire	McKinley Sbordone	mckinley.curro@gmail.com	Sunday, April 6, 2025 12:00 PM - 4:00 PM Souhegan High School	\$60.00	Saturday, April 5, 2025
New Jersey North	TBD				
New Jersey South	TBD				
North Carolina	Madison Bradley	madisonbradley@gmail.com	Saturday, April 26, 2025 11:00 AM - 1:00 PM Cary Academy	\$50.00	Thursday, April 3, 2025
North Coast Ohio	Paul Sieben	7sieben@bex.net 7sieben@buckeye-express.com	Coming Soon		
North Florida	Krista Grabher	grabherk@esj.org	Sunday, February 9, 2025 11:00 AM - 1:00 PM Jangro Stadium or Thursday, February 20, 2025 5:00 PM - 7:00 PM Gulf Breeze High School	\$40.00	Thursday, February 20, 2025
North Texas	Rainey Hodgson	rainey31h@yahoo.com	Coming Soon		
Northern California	TBD				
Orange County	Michael Welter	sjhglax@gmail.com	Sunday, March 16, 2025 10:00 AM - 1:00 PM San Juan Hills High School	\$60.00	Thursday, March 13, 2025
Oregon	Ali Loeb	admin@oregongirlslax.com	Coming Soon		

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Philadelphia	Chelsea Rosiek	csrosiek@gmail.com	Sunday, March 9, 2025 9:00 AM - 1:00 PM Agnes Irwin	\$60.00	Thursday, March 6, 2025
Pittsburgh	Brian Kattan	brian.kattan@gmail.com	Coming Soon		
San Diego	San Diego is no longer sending a team for 2025. Please contact specialevents@usalacrosse.com if you are interested in playing on a House Team				
South Carolina	Kayla Mattingly	klguillerault@gmail.com	Saturday, April 6, 2025 8:30 AM - 1:30 PM River Bluff High School	\$60.00	Saturday, April 5, 2025
South Florida	Jose Herrera	jose@vibecoaches.com	Saturday, April 26, 2025 10:00 AM - 2:30 PM Homestead Complex Center	\$60.00	Monday, April 21, 2025
Southern Ohio	TBD				
Tennessee	Brandon Cavins	bcavins4@gmail.com	Sunday, April 6, 2025 11:00 AM - 1:00 PM Harpeth Hall School	\$50.00	Friday, April 4, 2025
Upstate NY	Dennis Kennedy	dkennedylax@gmail.com	Sunday, April 27, 2025 9:00 AM - 11:00 AM Indoor Sports Facility Old Candle Factory	\$50.00	Saturday, April 26, 2025
Utah	Cassie Cottle	cassie@imlaxutah.org	Saturday, March 22, 2025 8:00 AM - 11:00 AM Brighton High School	\$40.00	Saturday, March 22, 2025
Vermont	Hillary Wheeler	hwheeler@huusd.org	Coming Soon		
Virginia	Margie Snead	midatlanticvirginia@gmail.com	Sunday, April 13, 2025 10:00 AM - 3:00 PM Trinity Episcopal School	\$60.00	Monday, April 7, 2025
Washington	MaryKate Benshoof	mk.benshoof@wslax.org	Sunday, March 23, 2025 9:00 AM - 1:00 PM Marymoor Park	\$60.00	Thursday, March 20, 2025
Western NY Greater Rochester	Beth Stone	bstone@nicholsschool.org	Coming Soon		
Wisconsin	TBD				