

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	TBD		Coming Soon		
Central Florida	Glenn Johannes	glenn14.johannes@gmail.com	Sunday, March 2, 2025 9:00 AM - 11:00 AM Lake Mary High School Stadium	\$50.00	Wednesday, February 26, 2025
Central Pennsylvania	Alexandra Brehm	Allybrehm13@outlook.com	Coming Soon		
Central Texas	TBD				
Colorado	Zoë Smith	zoelaxadvisor@gmail.com	Coming Soon		
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	Coming Soon		
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	Ariana Newman	anewman@holynamestpa.org	Sunday, February 23, 2025 9:00 AM - 12:00 PM GT Bray Recreation Center	\$60.00	Friday, February 21, 2025
Hudson Valley	TBD				
Idaho/Montana/Wyoming	TBD				
Illinois	TBD				
Iowa/Nebraska	Meghan Gruver	meghanlayers@gmail.com	Coming Soon		
Kentucky	Dean Walker	dwalker7@msn.com	Coming Soon		
Long Island Metro	Morgan OConnor	morgan.molinari@gmail.com	Coming Soon		
Los Angeles	Aaron Karsh	coachkarsh@gmail.com	Coming Soon		
Maine	TBD				
Massachusetts Rhode Island	TBD				
MD Metro	Mark Mozier	markmozier@aol.com	Coming Soon		
Minnesota	TBD				
New Hampshire	McKinley Sbordone	mckinley.curro@gmail.com	Coming Soon		
New Jersey North	TBD				
New Jersey South	TBD				
North Carolina	TBD				
North Coast Ohio	Paul Sieben	7sieben@bex.net 7sieben@buckeye-express.com	Coming Soon		

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North Florida	Krista Grabher	grabherk@esj.org	Sunday, February 9, 2025 11:00 AM - 1:00 PM Jangro Stadium	\$40.00	Saturday, February 8, 2025
North Texas	TBD				
Northern California	TBD				
Orange County	Michael Welter	sjhglax@gmail.com		Coming Soon	
Oregon	Ali Loeb	admin@oregongirlslax.com		Coming Soon	
Philadelphia	TBD				
Pittsburgh	Brian Kattan	brian.kattan@gmail.com		Coming Soon	
San Diego	Caryl Hall	coaching@triadathletes.com	Sunday, January 26, 2025 9:00 AM - 11:00 AM Francis Parker High School	\$60.00	Saturday, January 25, 2025
South Carolina	Kayla Mattingly	klguillerault@gmail.com		Coming Soon	
Southern Florida	TBD				
Southern Ohio	TBD				
Tennessee	Brandon Cavins	bcavins4@gmail.com		Coming Soon	
Upstate NY	TBD				
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		Coming Soon	
Western NY Greater Rochester	Beth Stone	bstone@nicholsschool.org		Coming Soon	
Wisconsin	TBD				