

SEVENHILLS

LACROSSE

1. Seven Hills Lacrosse Club Team Core Philosophy

Seven Hills Lacrosse was founded in the summer of 2012. We are entering our 14th season as a club lacrosse program and will be looking to run programs from 5th - 11th grades. The name is derived from the “*Seven Hills*” (*Hancock, Bancroft, Newton, Green, Chandler, Union or Sagatabscot and Mt. St. James or College Hill*) of Worcester, MA which is the training location of this program. The goal of Seven Hills Club Lacrosse was to provide Central Massachusetts male lacrosse players with the very best instruction and the opportunity to play in local, regional, and national recruiting tournaments, while having a lot of fun playing this great sport with other Central Mass High School athletes. Seven Hills is based out of Clark University, Worcester, MA and Shrewsbury High School, Shrewsbury, MA.

THIS SEASON IS OPEN TO PLAYERS FROM ALL AREAS.

Recruiting tournaments offer our high school players an excellent opportunity to be seen and evaluated by Division I, II, and III coaches. Seven Hills Lacrosse program offers those boys who are passionate about the game of lacrosse the opportunity to enhance their skill set and game sense by working with local area college and high school coaches at the highest level possible.

2. Organization

Director/Coaches/Advisors:

Name	Email	Cell
Coaching staff consists of C-Mass area coaches and NCAA College Athletes Rich Luongo (Founder/Director/Head Coach Varsity Head Coach - Souhegan High School Amherst, NH) Nate Skermont (Founder/Director/Head Coach Varsity Head Coach - Shrewsbury High School)	rluongo35@gmail.com nskermont@dcersd.org	508-314-7883 774-239-2609
Jeff Cohen (Founder and Advisor to program)	Former Clark University Men's Head Lacrosse Coach	

Web site: <https://sevenhillslacrosse.com/>

Headquarters: Shrewsbury High School, Shrewsbury, MA

3. Seven Hill Club Differentiator

- **Originally Central Mass players' only club:** Our main goal and philosophy was to develop the high school athlete resident in the Central part of our fine state. We want to give opportunity that has been lacking in this part of the state with Lacrosse development in the area as our major focus. With that commitment in mind we did establish a “resident rule” which required that you must attend a high school that is in the proximity of the Central Mass District. Certain program circumstances did allow us to allow players from outside the Central Mass District to participate

SEVENHILLS

LACROSSE

in our program but our focus was to make certain that the program primarily consisted of high school players located in the central region of Massachusetts.

- ***New since the 2023/2024 Season:***

We are opening up the program to all areas. Opening up our program to all areas will allow us to be able to successfully field teams of all levels at all age groups. It will also provide better competitive play for all of our Central Mass Athletes.

- **Excellent coaching:** Seven Hills focuses on improving the skills of every player in the program, all the while instilling a team concept. Particular attention is paid to improving stick skills and teaching sound tactical techniques. Our strong high school and college oriented coaching staff is focused on teaching the game the “right way”, emphasizing only the most current skills and techniques. *Playing within a team concept is critical to success in the summer recruiting tournaments, given the high skill level and experience of the club teams that we compete against. College coaches are ALWAYS looking at how players interact on the field and play with a team concept.*
- **College recruiting assistance:** Another goal of the program is to motivate players to aspire to play in college. The program is set up so the athletes will benefit from guidance and input from our on staff college coaches, and abundance of high school experience from many prominent High School coaches in the area as well as NCAA collegiate coaches and players. We are also always looking for assistance from other Central Massachusetts coaches as well as collegiate players from the area.
- **Small size:** Seven Hills initially is configured to be set up as a small program and we intend to slowly grow the program at the Youth and high school level with always keeping the size of the program and quality coaching in mind. We strive to attract those players and families who are passionate about the game of lacrosse, are supportive of the coaching staff, and will “honor the game” by playing within the rules and spirit of men’s lacrosse.

We define the success of our program by finding athletes with a great attitude who want to excel in the game of lacrosse by working hard to take their game to the next level in a team oriented environment; not by the sheer size of the program.

- **Goalie Coach:** Seven Hills has the luxury of having one of its founders as a GK Coach, thus additional attention is given to all our goaltenders. We have also brought full time goalie coaches into the program since the Fall of 2019.
- **Face-Off Coach:** Seven Hills will bring in College face-off specialists to work with all of our Face-Off players. We also have one of our collegiate coaches focusing on working with the face-off specialists in our program. If you are a FOGO, our program is a great opportunity to develop your skills.

4. **Seven Hills Athlete Commitment**

The 2025-2026 season can be described as follows:

SEVENHILLS

LACROSSE

- **Fall Season:** All teams will participate in one local team tournament (We are currently reviewing our tournament offering for the fall.) The team will practice following tryouts (tryouts are July 29th and 31st) once per week for 4 weeks prior to the tournament (fall practices will start on a Sunday TBD). The focus in the fall is to develop team camaraderie and to introduce players to skill level and strategies necessary to compete effectively at the club level. All practices are being planned for the weekends preferably on Sunday mornings starting approximately middle of October. Practice Location will be Shrewsbury High School. The tournament will be scheduled on November 9th, most likely held at UMASS-Amherst.
- **Winter Training Season:** Training sessions typically begin at the end January until March and prior to high school tryouts. We will continue to use The Park Sports Center Facility in Milford, MA. All practices for this session are also being planned for the weekends preferably on Sunday morning but that is still being finalized as well.

Attendance at all sessions is very important, as it promotes team chemistry, sharpens individual stick skills, and allows our coaches to implement our tactical/situational play prior to the athlete trying out for their respective high school. Some Strength and Conditioning may be incorporated into our practice session to prepare our players for their High School season.

- **Spring season:** We will **NOT** be practicing during the high school season. Players need to focus on their high school program and their high school coaching staff during the Spring season.
- **Summer Season:** We begin our practice sessions in June, immediately following the high school season most likely the week of the MIAA State Final Tournament. We will practice or scrimmage on two days (please go to our website for summer schedule at www.sevenhillslacrosse.com) through the middle of July. Practices are typically held at Shrewsbury High School. There will be three mandatory recruiting tournaments for our high school teams. Mandatory tournaments are very competitive and require a full roster. The summer tournament season includes the months of June and July. We would like for all players to participate in all three tournaments, but we understand that there are conflicts due to other commitments. Tournament fees are NOT refundable. It is also **NOT** recommended that you try to play on more than one club team.
- **Practice sessions** are mandatory. Absences from practices will affect one's playing time in the tournaments. You must notify the coaching staff for any absences from our Summer practices.

The 2025-2026 spring/summer practice and tournament schedule will be placed on our website when it is finalized. We need to finalize the practice schedule dates and will include it on the website when it is established or put out in a separate correspondence. Summer schedule is TBD on our website at www.sevenhillslacrosse.com.

While you wait for completed practice schedules we are working towards all Fall/Winter practices to be on the weekend with most of them on Sunday morning. We do this so we do not conflict with your fall/winter high school sports.

SEVENHILLS

LACROSSE

Fall practices are as follows.

The date, time and location is TBD.

5. Team Fee Information

The Team Fee includes all assistant coaches' fees, indoor and outdoor facility rentals, a game/practice reversible, game shorts, shooter shirt, insurance, registration fees for the mandatory tournaments, and web site administration. The Team Fee is paid in two segments. The first payment (half tuition) is due upon selection to a team; the second payment (remaining tuition) is due by February 15th, 2026. Tier-2 (Seniors-Fall ONLY) must pay their entire fee upon acceptance to a team. Players are responsible for their own equipment and will be allowed to use their respective high school helmets. It is up to the player/parents to make certain that their helmet is kept up to certification standards at all times. Our team fees are non-refundable.

There are three tiers of players for the 2025/2026 season...

- **Tier Level 1** (Full-Time player) – These are freshmen, sophomores and juniors in our program for the 2025-2026 season. They will participate in all fall practices/tournaments, all winter practices and all summer practices/tournaments. Please contact us at sevenhillscmass@gmail.com for team fee information. The tournament fees are non-refundable. We will offer a summer only option this season for any player that cannot fulfill a team obligation in the fall due to high school or other commitments. The cost for the **summer only plan** will be please contact us for fees*. The summer option does allow you to participate in the winter pre-season practices..

* *The cost of the program is an estimated cost and subject to change depending on the number of players entering the program and what tier (age group) those players are as well. As always, we will do our best to control the cost of the program. Please contact us at sevenhillscmass@gmail.com for player fees.*

We also provide our rising senior level team with game filming and options to build recruitment video via our HUDL website at no additional cost.

All players will also have an opportunity as they progress through our program if we have an offer to play in one additional team showcase tournament.

8. Additional Fees

Additional fees shall include but may not be limited to (we will do our best to control additional cost to each family):

- Non- mandatory tournaments are billed on an a la carte basis. Families will be responsible for a portion of the Team Entry fee and coach's fees.

SEVENHILLS

LACROSSE

- Transportation, hotel, and food costs associated with all tournaments.
- If we travel to an out-of-state travel tournament, Seven Hills may organize a charter bus and a team hotel for our players. The costs associated with these charters are billed separately. Right now, if we continue to attend Long Island as our long trip tournament we will NOT plan a team bus and hotel accommodations.
- Players are responsible for their own equipment.
-

9. Mandatory Tournament Policy and Tournament Play Policy

In most cases, important family events (weddings, Family Reunions, etc) are known far in advance of the summer tournaments. These commitments should be made known to the coaching staff as soon as possible. Unforeseen events, excluding funerals, will be reviewed on a case by case basis. The tournament entry fee (as part of the Team Fee) is not refundable.

Playtime Policy(Please Read): Although we are trying to develop each individual player to the best of our ability it is not guaranteed that all players will receive equal play-time during tournaments. We will do our best to manage the play-time of each individual player but certain circumstances/tactical game situations may require us to alter play-time of each individual player. We will do our best to manage play-time for all our athletes but cannot guarantee equal play during every game of every tournament.

9. Player refund policy

If a player is injured and cannot play in the program, we are **NOT** obligated to return tuition payments for the loss of play. We will do our best to work with you on credit options. Every parent, if concerned about tuition costs, should look into tuition insurance from private companies which can cover the cost if your son gets hurt.

We are **NOT** obligated to return tuition payments if your son chooses to quit the program. If there are circumstances that do not allow your son to continue to play in our program (moving out of the area or a career ending injury for example) we will work to refund a portion of your tuition.

10. Discounts for multi-players and returning players

Yes, we offer a discount of \$250* for each additional Tier-1 player in our program from the same family. There is no discount offer for Tier-2 players.

Yes, we also offer a \$100 discount for returning players.

** This discount fee is TBD and depends on approval at our annual director's meeting and is subject to change.*

11. Tryout Schedule

SEVENHILLS LACROSSE

All tryouts will be held at Shrewsbury High School. The tryout fee is \$50 **cash only** per player and covers you for both tryout days. All players should plan on attending both tryouts to be properly evaluated.

Tryout **sign-ups** will be handled by filling out our tryouts form that you can find on our website at [Seven Hills Lacrosse Website](#) or in the emails we will send out to all returning players. We will have our registration table set up for check in ½ hour prior to the tryout session to collect any paperwork and the tryout fee.



Please refer to our website for session details.

We welcome you to the Seven Hills Club Lacrosse program for the hard-working boys Central Massachusetts players and wish everyone the best of luck during our tryouts.

Sincerely,

Seven Hills Lacrosse