

# SEVENHILLS

## LACROSSE

### Youth Developmental/Tournament Program

### 2025/2026 Club Season

### 5th - 8th Grade (2030 - 2033 YOG) Youth Players

#### 1. Seven Hills Club Lacrosse Core Philosophy

Seven Hills was founded in the summer of 2012. The name is derived from the “Seven Hills” of Worcester, MA which was the original training site of the program. The goal of Seven Hills Club Lacrosse is to provide Central Massachusetts male lacrosse players with the very best instruction and the opportunity to play in local and regional tournaments, while having a lot of fun playing this great sport with other Central Mass players. Seven Hills is based out of Shrewsbury High School, Shrewsbury, MA. We primarily recruit players attending a Central Massachusetts school. We are now allowing players from outside the Central Mass District to participate in our program but our focus is to make certain that the program consists of players located in the central region of Massachusetts.

The purpose of this developmental team is to provide all 5th - 8<sup>th</sup> grade youth players 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. This program **WILL NOT** infringe on the town programs and players will be encouraged to fully participate in their town program and/or their select town team.

#### 2. Organization

##### Director/Coaches/Advisors:

Name	Email	Cell
Rich Luongo (Founder/Director/Head Coach)	<a href="mailto:rluongo35@gmail.com">rluongo35@gmail.com</a>	508-314-7883
Nate Skermont (Founder/Director/Head Coach)	<a href="mailto:nskermont@dcrsd.org">nskermont@dcrsd.org</a>	774-239-2609
Jeff Cohen (Founder and Advisor to program)	Former Clark University Men’s head Lacrosse Coach	
Stephen DeFlumeri (Youth program Director)	<a href="mailto:stephendeflumeri@gmail.com">stephendeflumeri@gmail.com</a>	

# SEVENHILLS

---

# LACROSSE

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

Headquarters: Shrewsbury High School, Shrewsbury, MA

### 3. Program Details

- **Advertising/Marketing:** The program will be advertised via word of mouth, social media, via our new website as well as email to all youth programs that fall within the Mass/NH region. If you receive an email and know someone who would be interested in participating in this program, please forward this along. We will allow players from outside the Central Mass region to participate in our program.
- **Tryouts** – All tryouts will be held at Shrewsbury High School, Shrewsbury, MA. The tryout fee is \$50 cash only per player and covers you for all tryouts. All players should plan on attending all tryouts to be properly evaluated.
- **Tryout Information**



The poster features a lacrosse player in a blue and black uniform with the number 30, holding a lacrosse stick. The background is blue with a white tear effect. The text is as follows:

**SEVEN HILLS LACROSSE CLUB**

**SUMMER TRYOUTS**

**JULY 29TH AND JULY 31ST, 2025**  
**GRADES 5-8: 5PM-6:30PM**  
**GRADES 9-11: 7PM-8:30PM**

**TRYOUTS WILL TAKE PLACE AT SHREWSBURY HIGH SCHOOL.**

**PLEASE VISIT**  
**WWW.SEVENHILLSLACROSSE.COM**  
**FOR MORE INFORMATION OR**  
**CONTACT OUR COACHES AT**  
**SEVENHILLSCMASS@GMAIL.COM**  
**WITH ANY QUESTIONS**

# SEVENHILLS

---

# LACROSSE

You will need to fill out our tryout application and attend the day of tryouts with your tryout fee. Please go to [www.sevenhillslacrosse.com](http://www.sevenhillslacrosse.com) for tryout and program information.

● **Fall Practices:** The current plan would be to have 4 fall practices. These practices will be held at Shrewsbury High School and will be scheduled on Sundays starting in October. Final dates and Times are to be determined after tryouts.

- **Fall Tournaments** – This team will participate in one tournament this fall. The tournament will be the Colonial Clash on Nov 8th for 5th grade and Nov 9th for 6th thru 8th grade. Tournament location is Game On in Fitchburg, MA.
- **Winter Training Season:** Training sessions typically begin sometime in mid-January until March and prior to high school tryouts or town season. We will look to secure indoor space and the location in the past has been The Park Sports Center, Milford MA. All practices for this session are also being planned on Sunday morning but that is still being finalized as well. Attendance at all sessions is very important, as it promotes team chemistry and sharpens individual stick skills.
- **Spring/Summer Practices** – Following the completion of the town season we will have 8-9 outdoor practices. Dates and times to be determined but will most likely be on Monday and Thursday evenings.
- **Summer Tournaments** – This team will participate in 3 summer tournaments. The dates of these tournaments are on our website by January. We will be looking at tournaments as early as June 14-15 and will end no later than the weekend of July 22. Additional full game scrimmages against other club teams may be scheduled at the club director's discretion.
- **Fees:** The fee for the full year program can be found by contacting us at [sevenhillsmass@gmail.com](mailto:sevenhillsmass@gmail.com). You will find our youth pricing cost efficient for your family. ½ payment will be required when you accept our contract and the balance will be due on February 15<sup>th</sup>. We will offer a discounted tuition for players not able to play a fall season. We highly recommend you play in the Fall session as it is only 4 Sunday practice and a one day Saturday or Sunday tournament.
- **Uniforms:** New Players to Seven Hills will be provided a reversible shirt, shorts and a shooter shirt at no additional cost to you.
- **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 given the high skill level and experience of the club teams that we compete against.*
- **Small Program:** Seven Hills initially is configured to be set up as a small program and we

# SEVENHILLS

---

# LACROSSE

intend to slowly grow the program at the 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 at all times, 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.

- **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 on staff college coaches, and an abundance of high school experience from many prominent High School coaches in the area. We are also always looking for assistance from other Central Massachusetts coaches as well as collegiate players from the area. While this is not a critical element to our youth team it is something to keep in mind as these coaches are very familiar with all the players on this team. During practices they are active participants with our players.

**The 2026 spring and summer practice and tournament schedule will be placed on our website when it is finalized.**

**We are working towards all Fall/Winter practices to be on Sunday morning. We do this so we do not conflict with your fall/winter school sports.** We do allow options for players not interested in playing a Fall season. Fall practice session is scheduled as follows.

**Sunday Fall Sessions:** Dates/Times will be placed on our website at [www.sevenhillslacrosse.com](http://www.sevenhillslacrosse.com).

- Players are responsible for their own equipment.

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

Sincerely,

*Seven Hills Lacrosse*