| Team | Birth Year Eligible | Date | Check-In Time | Tryout Time | Field Location |
|------------------------|---------------------------|---------|------------------|----------------|-------------------|
| U12 Coed | 2013, 2014 | 6/2/24 | 5:45 PM | 6:00 - 7:45 PM | 3S |
| | | | | | |
| U13 Coed Spartans | 2012, 2013 | 6/13/24 | 5:45 PM | 6:00 - 8:00 PM | 9 |
| | | | | | |
| U14 Girls Ignite | 2011, 2012 | 6/3/24 | 5:45 PM | 6:00 - 8:00 PM | 9 |
| | | | | | |
| U15 Coed Eagles | 2010, 2011 | 6/11/24 | 5:45 PM | 6:00 - 8:00 PM | 11 |
| | | | | | |
| U15 Girls* | 2010, 2011 | 6/5/24 | 6:15 PM | 6:30 - 8:30 PM | 11 |
| | | | | | |
| U17 Girls Gold ** | 2008, 2009, 2010 | 6/10/24 | 6:15 PM | 6:30 - 8:30 PM | 11 |
| | | | | | |
| U18/19 Girls Estrellas | 2006, 2007, 2008, 2009 | 6/20/24 | 6:15 PM | 6:30 - 8:30 PM | 13 |
| | | | | | |
| U18/19 Coed | 2006, 2007, 2008, 2009 | 6/18/24 | 6:15 PM | 6:30 - 8:30 PM | 13 |

^{*}U15 Girls team formation is subject to number of players and overall talent level present at the tryout. We recommend 2010 birthyears also tryout for the U17 Girls Gold team.

State League Teams Coaches:

U12 Coed: Head Coach - Manny Pollak, Assistant Coach - TBD

U13 Coed Spartans: Head Coach – Jesse Maas, Assistant Coach – Jon Laack

U14 Girls Ignite: Head Coach – Marty Gissel, Assistant Coach – Colin Benell

U15 Girls: Head Coach – Farla Fue, Assistant Coach – Candice Hansen

U15 Coed Eagles: Head Coach – Cleaf Alexandre

U17 Girls Gold: Head Coach – Melissa Kampmann

U19 Girls Estrellas: Head Coaches – Emmanuel Upkong, Chris Bizjak

U19 Coed: Head Coaches – Marty Gissel, Manny Pollak

^{**}U17 Girls Gold team formation is subject to number of players and overall talent level present at the tryout. We recommend 2008 & 2009 birthyears also tryout for the U19 Girls Estrellas team.