

# About The La Roca Futbol Club

The La Roca Futbol Club was established in June 2005 to provide a competitive youth soccer program in Utah. La Roca is looking for the serious youth soccer player who desires an opportunity to develop and showcase his/her skills to the fullest potential. La Roca offers players a chance to play at the highest level of state competition and participate in various regional/national tournaments. Many La Roca players go on to play college soccer at NCAA Division I, II, III colleges as well as NAIA and Junior Colleges. La Roca staff and coaches work with players to contact college coaches, navigate the recruiting process and then secure college soccer scholarships.

In addition, in many age groups, La Roca offers teams at various levels of in-state competition allowing the individual player to choose the level of commitment and competition that suits the player, while still enjoying high levels of training. La Roca places players on teams based on skill level and strives to have premier, select and developmental teams in all age groups when possible.

Beginning the fall of 2017, under the direction of US Soccer, La Roca inaugurated the La Roca Girls Development Academy. Development Academy teams consist of elite level players from all over northern Utah within four age groups: U18/1999, U17/2000, U16/2001, U15/2002 (and beginning fall 2018, there will be a 2003 team). The La Roca Girls Development Academy teams compete in the Northwest Division, playing teams from Oregon, Washington, ...

Adolfo Ovalle, Technical Director, holds an "USSF" A license and "NSCAA" Premier Diploma. He played professional for 15 years before establishing La Roca. He expects the highest level of professionalism from his coaches and trainers. La Roca has more A, B and C licensed coaches than any other club in the state, and prides itself on the high level of training it provides our players. We have State Cup winning teams in several age groups. We begin training and developing players at the youngest age groups (U7) and continue to develop through age 18.

La Roca offers teams beginning at age U7 in the north which play in the Academy League in the local district. Our younger La Roca South teams U9 play in the State X-League. At U9 and U10, teams may play in X-League (state). At U11, teams are divided into *Premier and Select* teams and usually play at the state level.

All players who play for La Roca pay a yearly registration fee and club fee. Additional fees may include tournament fees, indoor/futsal league fees and indoor facility fees. The club is sponsored by **Puma** with uniforms and coaches' gear.

La Roca added La Roca South to the club in 2013 and La Roca Spanish Fork in 2016. La Roca continues to grow each year as more players and entire teams join the club.

La Roca sponsors a yearly soccer tournament, the **La Roca Cup**, held in July. This is a club fundraiser with money raised used to offer scholarships to players, provide additional training for our coaches and trainers, provide equipment and provide additional services to our players.

We encourage parents to get involved at the team level by being a team manager, travel coordinator, or financial manager and/or at the club level by volunteering for our tournament and/or serving on club committees.

La Roca also runs a very successful Recreation Program in Layton each fall and spring.

For more information about La Roca teams, coaches and programs, please visit our website at [www.larocafc.com](http://www.larocafc.com) , come by our office at 128 E South Weber Drive or call (801) 825-6040.

# Age Groups

## **U7(Born in 2013)** *La Roca North Teams Only*

Teams will play 4 v 4 (4 field players no goalkeeper). Teams will begin training in June. Games begin in early September. These teams participate in the Academy League with other club and independent teams in and around Davis and Weber Counties.

## **U8 (Born in 2012)**

Teams in this age group play 6 v 6 (5 field players and a goalkeeper). Teams will begin training in June. Games begin in early September. These teams participate in the Academy League with other club and independent teams in and around Davis and Weber Counties.

## **U9-U10 (Born in 2011 and 2010)**

Teams in this age group play 7 v 7 (6 field players and a goalkeeper). Once placed on a team, players will train throughout the summer and play games in early September. Teams will participate in the UYSA State X-League.

***La Roca will make every effort to place all U7-U10 players on teams. The number and size of teams will depend on the number of players who register prior to the registration deadline. In some instances, age groups may be combined to form a team. After the registration deadline, players will be placed as space is available.***

## **U11-U12 (Born 2009 and 2008)**

Teams in this age group play 9 v 9 (8 field players and a goalkeeper). Teams are designated as Premier or Select. Once placed on a team, players will train throughout the summer and play games in September and October for the fall and April and May for the spring. Teams will participate in UYSA State gaming league.

## **U13-U19 (Born 2007-2001)**

Teams in this age group play 11 v 11 (10 field players and a goalkeeper). Teams are designated as Premier or Select.

# Registration / Fees

Registration takes place immediately after teams are formed following tryouts. UYSA has implemented an on-line registration system requiring that all players register through a secure website. Registration and club fees must be paid at the time of registration. Each player will be assigned a player registration code by his/her team manager to register through the UYSA website. Parents will also be required to upload a player photograph. Proof of age (birth certificate or passport) will be required for new players, and must be presented to the La Roca office for upload into the UYSA system.

In the first few weeks of June, all coaches will hold team meetings to discuss individual team plans such as the training schedule, tournament schedule, and winter schedule, as well as expectations of players, coaches and parents, and uniform orders.

All players are expected to make a full year commitment to La Roca once joining a La Roca team. By registering with La Roca, players and parents are agreeing to the policies, procedures and fees established by the La Roca Board of Directors. Specific policies may be found on the La Roca website.

Players must pay fees associated with the team and club which include the following:

**Registration Fees** are paid to the Utah Youth Soccer Association and Region 2 of which La Roca belongs. These fees are mandatory to play soccer in Utah. Fees are approximately \$150-250/player/year.

**La Roca Club Fees** vary between age groups, please see [larocafc.com](http://larocafc.com) for current fee structure.

High School age players (U15-U18) play only one season of competitive soccer with La Roca. The boys will begin training in June and continue through February. The competitive season runs September and October with State Cup occurring in October. Training will continue through February (until the boys tryout for their respective high schools). If players do not make their high school teams or elect not to try out, provisional teams will be formed if there are enough players.

The girls (U15-18) will be placed on teams after tryouts and will train June and July. High school tryouts occur in early August. These girls will play for their respective high schools August through October. If players do not make their high school teams or elect not to try out, provisional teams will be formed if there are enough players. In November, the competitive teams will come back together and train through May. The competitive season for U15-U18 girls runs April and May with State Cup being held in mid May. Registration is expected by all U15-U18 girls in June even though they do not play their season until the next spring.

All La Roca teams are encouraged to play in tournaments. Premier teams will travel to out-of-state tournaments 2-4 times per year as well as play several in-state tournaments. Select teams may travel to 1-2 out-of-state tournaments as well as play in several in-state tournaments.

# Tryouts, Player Placement and Registration

La Roca tryouts are held once a year in late spring for all players. Teams are formed from these tryouts. Placement on a team is determined by skill level. Notification of player placement will be posted on the La Roca website 3-4 days after all tryouts are completed. Please check [www.larocafc.com](http://www.larocafc.com) for tryout results.

La Roca strives to have *Premier* and *Select* team(s) in each age group. The number of teams formed is ultimately determined by the number of players trying out in each age group, as well as coach availability.

Once placed on a team, **a player is expected to make a year commitment to La Roca** (June through May). Each player must register through La Roca. Registration will begin the first week of June. All teams will hold team meetings prior to beginning training to discuss team plans and tournaments.

Training begins in mid-June and continues outside through October for the fall season. The fall season games are held August through October. During the winter months, teams move indoor to train at La Roca's indoor facility and/or other local indoor facilities. Teams may also elect to play indoor soccer or Futsal during the winter. Additional fees are charged for indoor soccer or futsal leagues. Teams return outside to practice March through May. The spring season games are held March through May.

## La Roca Fees

The La Roca Futbol Club forms new teams immediately after tryouts each year. La Roca fees are based on the commitments made by players/parents at this time. Registration is due at the time of commitment to a team immediately after tryouts, regardless of when the playing season begins (as in the case of high school age girls who play spring season only). Players are expected to make a full year commitment to La Roca once a player is registered (June through May), and that commitment includes paying training fees for the entire year. Because La Roca makes commitments to its coaches when teams are formed after tryouts, a player's financial commitment is also expected at the time of registration. Until all necessary paperwork is completed and fees are paid, a player is not officially on a team.

**Training fees** are IN ADDITION to registration fees and club fees, and are determined by the level of team on which the player is placed. See website for current fee structure.

All parents must sign a La Roca Financial Agreement for training fees. Parents have two options for paying training fees: either paid in full at time of registration; or in payments by direct debit through Chase Bank. Training fee payments generally begin in August and continue through May.

Additional fees could include:

- La Roca Uniform - \$100 / \$225 / \$325 (determined by package purchased by team)
- Indoor soccer / Futsal fees (determined by team)
- Tournament fees (est. \$25 - \$100/player) determined by tournament attended
- Tournament coach's expenses (est. \$25-\$100/player) determined by tournament attended

Team fees, such as indoor soccer or futsal league fees, tournament fees, and coach travel expenses are determined by the total amount divided by the number of players on the team. All players are expected to share in these expenses.

If a player is delinquent on fees, the player may be removed from the roster and the player will not be permitted to train and/or play in league games or tournaments until fees are paid.

## Refund Policy

No refunds will be issued on La Roca fees once a player has committed to a team and registered. This NO REFUND policy allows La Roca to honor the financial commitments made to our coaching staff as well as guarantee the viability of each team.

## Transfer Policy

UYSA has a very strict transfer policy which states players may only transfer into and out of a club between November 15 and January 15. Based on this policy, La Roca will only transfer players into and out of La Roca during this time. If a player decides to leave a La Roca team, NO REFUNDS will be issued. Additionally, all training fees must be paid IN FULL before a player will be released from La Roca. Players may transfer between La Roca teams at any time of the year.

## Nonpayment of Fees

The charge for a returned check or direct debit denial is \$25. If a player is delinquent on fees, the player will be removed from the roster and the player will NOT be permitted to train and/or play in games or tournaments until fees are paid.

## Player Expectations

Players are placed on teams based on their skill level. Coaches will then decide where the team will play during the season, either district or state competition league. UYSA or local league will then decide in what division a team is placed based on past records and tournament play. La Roca does not designate Premier and Select teams before U11.

## Premier Teams

La Roca Premier teams are training to be State Cup winning teams. Training is mandatory and playing time is not guaranteed. Players are placed on premier teams based on skill, commitment and attitude.

Players placed on La Roca Premier teams are expected to abide by the following rules/guidelines:

1. La Roca soccer is **top priority** over all other sports and activities.
2. Attendance is required at all training sessions, games and tournaments (including out-of-state). Unexcused absences from training and/or games may result in a reduction of playing time.
3. A player who is planning to miss a training session and/or game must contact the coach prior to the session or game.
4. During tournaments, players may be required to play on Sunday.
5. Players are expected to be at training on time and ready to play.

6. Players are expected to be prepared for training by bringing a ball, shin guards, water and positive attitude.
7. Players are expected to always practice good sportsmanship to other players, coaches, referees and fans.
8. Players are expected to participate in team and club fundraisers.
9. Player fees are to be paid on time.

## **Select Teams**

Players placed on La Roca Select teams are expected to abide by the following rules/guidelines:

1. La Roca soccer should be top priority, but the player may be involved in other activities.
2. Attendance is expected at all training sessions, games and tournaments.
3. Players are expected to be at training on time and ready to play.
4. Players are expected to be prepared for training by bringing a ball, shin guards, water and positive attitude.
5. Players are expected to inform the coach when unable to attend.
6. Players are expected to attend tournaments which may or may not include Sunday play.
7. Players are expected to always practice good sportsmanship to other players, coaches, referees and fans.
8. Players are expected to participate in team and club fundraisers.
9. Player fees are to be paid on time.

# La Roca Uniforms

All La Roca players are required to wear the Puma La Roca uniform. Uniform kits vary depending on the age and level of play. All premier players must purchase the Premier Uniform package. Select players have the option of purchasing either the Premier or Basic Uniform Package. Uniforms are ordered on-line through our local Puma supplier, Scoreboard Sports, and shipped directly to the player's address.

## Premier Uniform Package:

- 3 short sleeve game jerseys (red, white, black)
- 1 pair of game shorts
- 2 pairs of socks (white and black)
- 1 training jersey
- 1 pair black training shorts
- Backpack with name and number embroidered on front
- Warm up jacket with name and number embroidered on back
- Warm up pants



## Academy Uniform Package (U7 – U10):

- 2 game Jerseys (red and white)
- 1 pair of game shorts
- 2 pairs of socks
- 1 training jersey
- 1 pair black training shorts
- Knapsack

# La Roca Programs

## La Roca Foundation, Carmen Wood scholarship Fund

The goal of the La Roca Futbol Club Scholarship Program is to make the soccer experience available to all qualified soccer players who have the talent and commitment, but who may not otherwise be able to afford the experience. For more info visit [www.laroca.fc.com](http://www.laroca.fc.com).

## Goalkeeper Training

All La Roca goalkeepers are encouraged to participate in the La Roca Goalkeeper training. Times and locations will be available on the website after July 1<sup>st</sup>. Goalkeeper training is offered for both north and south teams.

## La Roca College Night

During the fall we will hold workshop to help our older players (U15-U18) navigate the process of seeking a college scholarship. We will hold meetings to discuss developing a player profile, identifying and contacting college coaches, and setting up a player video. We will also set up visits at area colleges and universities. More information will be available after October 1<sup>st</sup>.

## The La Roca Cup - July

Join us at the Salt Lake Regional Athletic complex for the highest ranking soccer tournament in Utah! Last year we had nearly 250 teams play! This year will be bigger and better with Puma as our #1 sponsor. We are always looking for volunteers!

## La Roca Nights at Real Salt Lake

In the past, La Roca teams have been recognized at Real Salt Lake games by being ball boys/girls, being a part of the Parade of Kings or Dream Team as well as played small sided games during half time. Teams interested in taking part in any of these activities should notify the office. For more information about Real Salt Lake, please contact our La Roca liaison, Matt Rader at (801) 645-3198.



# Get Involved with La Roca

It takes a lot of help to run a successful soccer club such as La Roca. We have many volunteers who put in countless hours as assistant coaches, team managers, snack moms, net wranglers, office help, tryout help, tournament help and on and on . . . We can't thank each of you enough for your time and effort!

We have recently developed a few committees that are helping plan for and move toward our future. Please feel free to give us a call if you would like to help. We are always looking for assistant coaches, team managers and others who can devote some time to La Roca!

**LA ROCA BUSINESS NETWORK** – We would like to create a database of parents who own businesses, work for companies, and/or have special talents that we can call on if needed. This will also be an avenue to network for business, skills, and talents. Let us know if you would like to be a part of our business network or give us your business card. Whether you are a doctor, real estate agent, painter or your kids want to do yard work – we can get the word out!

**SPONSORSHIPS** – If you or your business would like to help sponsor La Roca either through an in-kind or monetary donation, please contact the La Roca office. We are always looking for sponsors for our tournament, scholarship program and general club needs.

**VOLUNTEERS** – If you are interested in helping in any area of La Roca on a volunteer basis, please contact the office. We always need help in the office, with the tournament, tryouts, and state cup.

**FUNDRAISING** – Most of our teams do some type of fundraising event throughout the year. If you have an idea for a fundraiser or need some advice, please call the office.

**LA ROCA SOCCER FIELD DEVELOPMENT** – Here's the biggie! We really would like to start working toward our own complex. This could be working with a school to develop La Roca specific fields or start our own from the ground up (no pun intended). If you want to lend a hand – give the office a call and we will get our hands dirty together!

**LA ROCA FOUNDATION** - La Roca is in the process of developing the La Roca Foundation to help with sponsorship/fundraising for the club. Money raised through the foundation will be used to provide player scholarships, develop a fitness program, coaching education, equipment and pursue land development for a soccer complex. Please let the office know if you are interested in being a part of the foundation!