

About La Roca Futbol Club

La Roca Futbol Club was established in June 2005 to provide a competitive youth soccer program to players in northern Utah. La Roca seeks serious youth soccer players who desire 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.

Adolfo Ovalle, La Roca Founder and Technical Director, holds an "USSF" A license and "NSCAA" Premier Diploma. He played professionally 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 it prides itself on the high level of training it provides its players. La Roca has more State Cup winning teams than any other club in Utah.

La Roca begins training and developing players at the youngest age groups (age 4 on our La Roca Juniors teams; age 6 on our competition teams) and continues to develop players through age 18. La Roca places players on teams based on skill level and strives to have teams at various levels of competition, allowing the individual player to choose the level of commitment and competition that suits them. At age U11, La Roca teams are designated as either *Premier* or *Select* and teams play in the State Competition League (SCL).

La Roca player and coach apparel is sponsored by **PUMA**. La Roca teams purchase new uniform kits every other year.

La Roca added La Roca South to the club in 2013, La Roca Spanish Fork in 2016, and La Roca Salt Lake in 2019. La Roca runs recreation programs for players ages 4-9 in Layton and Alpine/Highland each fall and spring. La Roca continues to grow each year as more players and entire teams join the club.

La Roca's administrative offices are located in South Weber inside La Roca Park, a 25,000 square foot indoor training facility with a full-size turf field and futsal court, as well as 2 full-size outdoor grass fields and adjacent training areas.

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 to help at our tournament and/or serving on club committees.

Age Groups

According to US Soccer, players are placed on teams according to their birth year. Moreover, the year the season ends is the year used for determining a player's age group. The title "U-followed by age" means the team is composed of players who are that age and younger.

U7 La Roca North and Salt Lake Teams Only

Teams play 4 v 4 (4 field players, no goalkeeper). Teams begin training in June. Fall league games begin in early September and conclude mid-November; spring league games are scheduled March through May. These teams participate in the Academy League with other club and independent teams in and around Davis and Weber Counties (La Roca North) and Salt Lake County (La Roca Salt Lake).

U8

Teams in this age group play 6 v 6 (5 field players and a goalkeeper). Teams begin training in June. Fall league games begin in early September and conclude mid-November; spring league games are scheduled March through May. These teams participate in the Academy League with other club and independent teams in their region.

U9-U10

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 begin league games in early September for Fall season, and early March for Spring season. Teams participate in the UYSA State X-League. All La Roca teams are encouraged to play in tournaments, and U9-U10 teams typically play in 2-3 in-state summer tournaments.

U11-U12

Teams in this age group play 9 v 9 (8 field players and a goalkeeper). Beginning at age U11, teams are designated as Premier or Select. Once placed on a team, players will train throughout the summer and play league games in September, October, and November for the Fall season, and March, April, and May for the Spring season. Teams participate in the UYSA State Competition League. 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 out-of-state tournaments as well as play in several in-state tournaments.

U13-U19

Teams in this age group play 11 v 11 (10 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 league games in September, October, and November for the Fall season, and March, April, and May for the Spring season. Teams participate in the UYSA State Competition League. 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 out-of-state tournaments as well as play in several in-state tournaments.

High School Players

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 girls 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 mid-May. Registration is expected by all U15-U18 girls in June even though they do not play their season until the next spring.

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.

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 indoors 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.

Player Registration

Registration takes place immediately after teams are formed following tryouts. Using UYSA's on-line registration system, all players are required to register and pay fees through a secure on-line 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 (via email or in person) for upload into the UYSA system.

Following team formation, 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.

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.

La Roca Player Fees

La Roca FC prides itself on sharing all fee information, so player fees are provided on our website for each region.

Please note that the total cost displayed does not include team fees, which will vary depending on the cost of tournaments, coach travel, indoor training arrangements during the winter (for teams in Salt Lake, South, Spanish Fork), winter leagues, etc. Team fees are determined by the total amount divided by the number of players on the team. All players are expected to share in these expenses.

You will also notice that the cost of a uniform is separate. La Roca teams purchase new uniforms every other year. For U7-8 players, the cost of a uniform kit is included in the fees. For U9-10 players, the cost of the uniform kit is \$150. For U11 players and older, the cost of the uniform kit is \$325. Uniforms are ordered through Scoreboard Sports and are shipped directly to the player's home address.

Player fees may be paid in full or a payment plan of 2-10 payments can be set up before the registration deadline of June 25, 2020. Affinity charges processing fees for credit card payments (3.1%) or e-check payments (\$5 per transaction), which will be applied to the payment.

It is important that parents understand that when a player is placed on a La Roca team, that player is making a ONE YEAR COMMITMENT to that team, which includes paying fees for the entire year. All parents must sign a La Roca financial agreement at time of registration stating that they understand the financial obligation they are making to La Roca FC and that they will make all required payments. A player who is delinquent on fees will be removed from the team roster and will not be allowed to play until they are current on their payments.

Explanation of Fees

- **Club Fee** – compensation for our Directors of Coaching and goalkeeper trainers, coaching education, insurance, Worker's Compensation, payroll processing fees, bank fees, credit card service fees, senior banquet, college night, tryouts, marketing, and other related expenses.
- **Admin Fee** – compensation for an administrator/registrar in each area, office supplies, room rentals, etc.
- **Equipment Fee** – purchasing goals, balls and ball bag for every coach, and nets and flags for new teams, including start-up equipment for the La Roca Juniors program.
- **Training Fee** – compensation for our coaches and the related payroll taxes.

Refund Policy

La Roca's Refund Policy was modified in the wake of the COVID-19 pandemic and now includes provision for natural disasters or government restrictions.

a) If in-person trainings stop due to a natural disaster or restrictions imposed by the government, the Club will refund to you 25% of the training fees that you have paid for the month(s) that in-person trainings are canceled.*note refunds are not given due to 14-day quarantine to teams due to Covid-19 or other illness exposure.

b) If league play is suspended for any reason, a portion of the field and referee fees that you have paid and that have been refunded to the Club will be refunded to you in proportion to the amount of that season that has been suspended.

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.

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.

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. Uniforms are ordered on-line through our local Puma supplier, Scoreboard Sports, and shipped directly to the player's address.

U11-19 Uniform Package:

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

U7-10 Uniform Package:

- 2 short sleeve game jerseys (red, white)
- 1 pair of game shorts (white)
- 2 pairs of socks (white, black)
- 1 training jersey (gray)
- 1 pair training shorts (black)



La Roca Programs and Events

La Roca Scholarship Program

The goal of the La Roca 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.

Goalkeeper Training

All La Roca goalkeepers are encouraged to participate in the La Roca goalkeeper training.

La Roca College Night

During the fall La Roca FC will hold a College Night where an NCAA compliance officer presents the requirements to play NCAA soccer, and coaches from Utah's colleges and universities sit on a panel and discuss the best practices to get noticed by college coaches.

Boys Winter College Showcase

La Roca hosts a three-day college showcase between Christmas and New Years on the turf field inside La Roca Park. Coaches from Utah colleges as well as several other western states schools attend the event to watch 16 teams from Northern Utah compete in the event.

La Roca Senior Banquet

Every spring, La Roca honors its graduating seniors at the La Roca Senior Banquet. The dinner is free to all seniors and their parents and is held inside La Roca Park.

La Roca Cup

La Roca Cup is played the 3rd week of July at the Salt Lake Regional Athletic Complex. It is one of the highest-ranking soccer tournaments in Utah! Each year nearly 200 of the state's top teams as well as some out of state teams play in the four-day event. All La Roca U9-19 boys and girls teams are expected to play in La Roca Cup.

La Roca Nights at Real Salt Lake

La Roca teams have opportunities to participate in on-field activities at 2-3 Real Salt Lake and Utah Royals games each year. Information about La Roca Nights at Real Salt Lake and Utah Royals games will be shared with Team Managers for dissemination to players' families.

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, net wranglers, tryout and tournament helpers, 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 other events.

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