



Dear La Roca Family,

As part of our commitment to keep our parents informed and our players engaged, we will be sending a club-wide email every Monday with

- Schedule of live training sessions on Instagram Live as well as links to instructional videos created by our coaches
- Programming updates from UYSA
- A fun **Guess Who?** activity for players to learn more about our coaching staff
- A stress-relieving activity for our players and/or parents
- Helpful resources for parents and players

Have you seen the great content La Roca is posting on its social media pages? Some of it is instructional, some of it is just fun. Please follow us:



Main page: La Roca Futbol Club
Spanish Fork page: La Roca Spanish Fork
Salt Lake page: La Roca Salt Lake County



Main page: @laroca_official



Main page: larocafcofficial
Spanish Fork page: larocafcspanishfork
Girls Development Academy page: larocafcgda

La Roca Videos and Live Training

Instagram

LIVE

La Roca coaches are hosting live training sessions on Instagram Live @larocafcofficial this week at the following times:

- Monday, April 6, 4:00 p.m.
- Tuesday, April 7, 4:30 p.m.
- Wednesday, April 8, 4:00 p.m.
- Thursday, April 9, 4:30 p.m.

Players of all ages can tune in and train along with the coach.

La Roca coaches have created several excellent videos with skill-specific training instruction. All videos will be archived on our website under the Performance tab larocafc.com.

Updates from UYSA and USYSA



Utah Youth Soccer Association and US Youth Soccer released important announcements regarding COVID-19 restrictions this past week. Read the full articles:

[Utah Youth Soccer Association March 27, 2020 Announcement](#)

[US Youth Soccer March 31, 2020 Announcement](#)

Guess the Mystery Coach

Guess who . . .

- Grew up in Veracruz, Mexico
- Is the middle child of 5 siblings
- Loved history in school
- Has 2 kids
- Favorite professional player:
Cristiano Ronaldo



Who is this mystery coach?

Email your guess to wendy.kenney@laroca.fc.com

#WeAreLaRocaFamily

Stress-Relieving Activity: *Books about Soccer*



Is anyone reading any books about soccer players, either fiction or non-fiction? If it's a book you'd recommend to others, send the title and author to wendy.kenney@laroca.fc.com, and we'll add it to our list of Recommended Soccer Reads.

Helpful Resources for Players and Parents



Coaching Education: Are you or your older La Roca player interested in being a soccer coach? If so, consider taking the on-line Grassroots Course to earn an entry-level coach license. With a Grassroots license, you can be rostered as the head coach or assistant coach on one or more competitive teams in any age group or play level (bracket), except head coach in the U14-U19 Premier 1 or 2 level. For more information about different licensing options available, visit UYSA's coaching education page:

[UYSA Coaching Education](#)

**STAY HOME
TODAY
SO YOU CAN
PLAY
TOMORROW**

DO YOUR PART TO SLOW THE SPREAD



La Roca Futbol Club

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See what's happening and follow us on our social sites

