



Dear La Roca FC Family,

Now that our La Roca FC teams have been able to practice together for a couple of weeks, we assure you that our coaches are taking every precaution to keep their players safe and healthy. Our coaches are asking players to spread out and avoid congregating, use hand sanitizer frequently, and put on a face mask when they're on the sideline or listening to the coach address the team. Coaches are not checking players' temperatures when they arrive at practice, so it's critical that parents ask their child how he/she is feeling before every practice. Please do not risk exposing other players if your child is not feeling well. Your child's coach will understand and support your decision to keep your child home.

As La Roca FC prepares to host tryouts in each of our four regions, we've created a graphic with the COVID guidelines as they apply to the club, coach, parent, and player. Please review this document with your player. Like you, we wish we did not have to social distance and wear a face mask and use hand sanitizer, but these guidelines were established by the Utah Department of Health, and La Roca FC must make every possible effort to enforce them in order to keep our kids playing the game they love. We want to keep everyone in our La Roca family healthy and happy, and we appreciate your support of our efforts to comply with the health guidelines.

Remember to register your child for tryouts *before midnight the night before the first tryout session* so that your child appears on the tryout roster. ALL players should attend both days of tryouts, even returning La Roca players.

If you know of any children who would like to *EXPERIENCE THE LA ROCA DIFFERENCE*, please invite them to attend tryouts and refer their parents to our website for registration.

We plan to continue to keep you informed about news that impacts our club families through this weekly club-wide newsletter. More time-sensitive news will be posted on our social media pages, so please follow La Roca on our social media pages:



Today's newsletter includes:

- Latest news from UYSA about the Summer Friendly Series
- La Roca FC COVID Guidelines for tryouts
- Tryout registration links
- ECNL tryout dates and coaches
- Links to 2020-21 fee schedules

UYSA Summer Friendly Series 2020




Utah Youth Soccer Association has announced the Summer Friendly Series. Follow this link to read the announcement:

[UYSA Summer Friendly Series 2020](#)

La Roca Tryouts COVID Guidelines

Please review this information and share it with your player *prior* to tryouts:



COVID-19 GUIDELINES

La Roca FC 2020-21 Tryouts

CLUB	COACH & TEAM MANAGER	PARENT	PLAYER
<ul style="list-style-type: none">• Communicate COVID-19 Guidelines to all tryout participants• Ensure La Roca staff wears PPE and uses hand sanitizer• Provide sufficient space for group distancing at tryout locations• Establish clear drop-off and pick-up zones at tryout locations• Enforce COVID-19 guidelines• Report any players with COVID-19 to Utah Department of Health	<ul style="list-style-type: none">• Wear PPE when addressing the team within 6 feet• Use hand sanitizer• Sanitize all equipment before, during and after session• Support players who are unable to participate due to illness• Provide sufficient space for group distancing while addressing team• Clearly mark spaces for players' personal gear• Ensure players wear face masks when not engaged in on-field activities	<ul style="list-style-type: none">• Before arriving at tryouts, confirm the player is symptom-free• Supply player with face mask and hand sanitizer• Review guidelines with player• Do not remain on field after dropping off player (return to car)• Keep distance of 6 feet when addressing La Roca staff• Do not congregate with other parents	<ul style="list-style-type: none">• Report any symptoms to parent BEFORE tryouts• Wash hands before and after tryouts• Bring own face mask and hand sanitizer• Wear face mask when not engaged in activities• Use hand sanitizer before and after session and during breaks• Keep distance of 6 feet when not participating in on-field activities• Do not share water, food, or other personal items• Place personal equipment 6 feet apart

COMING SOON: La Roca FC Tryouts

registration deadline:
midnight before tryouts

LA ROCA TRYOUTS

VISIT [LAROCAF.COM](https://larocafc.com) FOR DETAILS



Tryouts in all 4 of La Roca's regions will be held on the following dates for ALL players interested in being placed on La Roca teams (returning players AND new players). Information about locations, dates and times for each region is posted on our website <https://larocafc.com/tryouts/>.

U7/8 - U12 players: Mon & Tue, Jun 8 & 9

U13-U19 players: Mon-Thu, Jun 15-18

Tryouts are FREE to all participants this year.

We are not using tryout shirts this year. Returning La Roca FC players should wear their gray training jersey to tryouts. Coaches will distribute numbered stickers to players within tryout age groups. The sticker should be reapplied the second day of tryouts.

[Register for North Tryouts](#)
[Register for Salt Lake Tryouts](#)
[Register for South Tryouts](#)
[Register for Spanish Fork Tryouts](#)

The deadline to register for tryouts is MIDNIGHT before tryouts begin.

La Roca FC Announces ECNL Tryouts, Coaches

Tryouts for La Roca FC's new ECNL girls and ECNL boys teams have been scheduled and coaches have been announced. Please use the correct link below to register your player for ECNL tryouts (*note the region and birth year for each*

session). All La Roca FC tryouts are FREE this year.

La Roca ECNL Girls Tryouts:

NORTH Girls 2007 and 2008:

Tue & Thu, June 16 & 18, 4:30-6:30 pm
La Roca Park, 128 E. South Weber Dr., South
Weber UT 84405

[Tryout Registration: North ECNL Girls 2007 & 2008 Teams](#)



SOUTH Girls 2008:

Tue & Thu, June 16 & 18, 4:30-6:30 pm
Timberline Middle School, 500 W. Canyon Crest Dr., Alpine UT 84004

[Tryout Registration: South ECNL Girls 2008 Team](#)

La Roca ECNL Boys Tryouts:

NORTH Boys 2002/03 and 2004:

Mon & Wed, June 15 & 17, 7:00-9:00 pm
La Roca Park, 128 E. South Weber Dr., South
Weber UT 84405

[Tryout Registration: North ECNL Boys 2002/03 and 2004 Teams](#)



SOUTH Boys 2005:

Mon & Wed, June 15 & 17, 7:00-9:00 pm
Timberline Middle School, 500 W. Canyon Crest
Dr. Alpine UT 84004

[Tryout Registration: South ECNL Boys 2005 Team](#)

SOUTH Boys 2006, 2007 and 2008:

Mon & Wed, June 15 & 17, 4:30-6:30 pm
Timberline Middle School, 500 W. Canyon Crest Dr. Alpine UT 84404

[Tryout Registration: South ECNL Boys 2006, 2007, 2008 Teams](#)

We are not using tryout shirts this year. Returning La Roca FC players should wear their gray training jersey to tryouts. Coaches will distribute number stickers to players within tryout age groups. The sticker should be reapplied the second day of tryouts.

Coaches - ECNL Girls Teams:

2002/03 Adolfo Ovalle USSF A License
2004 David Chevez USSF B License
2005 Francisco "Pancho" Ovalle USSF A License
2006 Felipe Diaz USSF A License
2007 Francisco "Pancho" Ovalle USSF A License
2008 Felipe Diaz USSF A License, Flavio Bleinat USSF C License

Coaches - ECNL Boys Teams:

2002/03 David Chevez USSF B License
2004 David Chevez USSF B License

2005 Celso Santos USSF C License
2006 Celso Santos USSF C License
2007 José Milla USSF C License
2008 Celso Santos USSF C License

2020-21 Fee Schedules by Region

[2020-21 Fees - North Teams](#)

[2020-21 Fees - Salt Lake Teams](#)

[2020-21 Fees - South Teams](#)

[2020-21 Fees - Spanish Fork Teams](#)

La Roca

La Roca Futbol Club

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