



Dear La Roca Family,

In case you haven't heard, La Roca is now on YouTube! We've archived A TON of training videos to help keep our players engaged in developing their soccer skills, so we hope you'll check it out: [La Roca FC YouTube Channel](#)

Today's club-wide newsletter features useful information about:

- Schedule of live training sessions on Instagram Live, Facebook Live, and **now YouTube Live**
- Updates from UYSA
- Tryout registration links
- Reveal of last week's mystery coach: Flavio Bleinat
- New **Guess Who?**
- Fun new player activity: **What's Cooking?**

La Roca is posting a lot of great information on social media! Click the icons below to start following the main La Roca social media pages.



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## Live Training with La Roca Coaches

### **Schedule of live sessions April 20-24:**

Monday: 12:00 p.m. - High Performance Training with Andrew  
Monday: 3:30\* p.m. - Skills Training with staff coaches  
Tuesday: 4:30 p.m. - Skills Training with staff coaches  
Wednesday: 12:00 p.m. - High Performance Training with Andrew  
Wednesday: 4:30 p.m. - Skills Training with staff coaches  
Thursday: 4:30 p.m. - Skills Training with staff coaches  
Friday: 12:00 p.m. - High Performance Training with Andrew

\* TIME CHANGE for Monday, April 20 ONLY; normally 4:30 p.m.

La Roca coaches are hosting live training sessions simultaneously on **Instagram Live, Facebook Live, and soon, YouTube Live**. Players of all ages can tune in

and train along with the coach. All training sessions are now archived on the La Roca FC YouTube channel and on our website under the Performance tab: <https://larocafc.com/training-videos-for-players/>.



## Updates from UYSA

Utah Youth Soccer Association has partnered with Soccer Tech to provide all UYSA players a *FREE 2-MONTH MEMBERSHIP* with access to drills, practice sessions and training tools for players of all ages and skill levels.

[Click here to access free Soccer Tech Membership](#)



## La Roca Tryout Registration Now Open



Despite the current COVID-19 restrictions, we are optimistic that we will be able to hold tryouts for 2020-2021 teams. Specific dates, times, and locations have not been determined, however, we will still require on-line registration. **Tryouts are FREE to all participants this year.** Use the following links to register your child. *Please make sure that you select the correct region.*

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

# Mystery Coach Revealed: Francisco Escobar

## Meet the La Roca mystery coach:

### Francisco Escobar

Correct guess submitted by La Roca parent Heather Barnes



## #WeAreLaRocaFamily

Francisco "Panchine" Escobar coaches 3 La Roca boys teams: U8, U9, and U16. His favorite professional team is Club Guadalajara/Chivas Mexico. When he isn't coaching, he works at Utility Trailers, enjoys landscaping his yard while listening to Mexican music, and playing with his 2 children. His favorite comfort food is chicken wings, and his dream job is to be a professional soccer coach.

## Guess the new Mystery Coach

### Guess who . . .

- Grew up in Sandy, UT
- Is a high school teacher
- Played soccer at Creighton University
- Has a Master's Degree
- Has 3 kids
- Favorite professional player: Michelle Akers



Who is this mystery coach?

Post your guess here or email [wendy.kenney@larocafc.com](mailto:wendy.kenney@larocafc.com)



## #WeAreLaRocaFamily



## What's Cooking?

We want to see what you're making in the kitchen. Post a picture or video of yourself making a healthy, or maybe not so healthy, but *totally amazing*, snack or meal, on your social media page, and tag @larocaafc so we can re-post it.

### La Roca Futbol Club

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

DO YOUR PART TO SLOW THE SPREAD



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

