



Dear La Roca Family,

You should have received an email from UYSA earlier today with the news that there will be no spring soccer season. Like you, we were hoping to get our players back on the field, but UYSA has determined that is not feasible given Governor Herbert's current restrictions on gatherings.

We wish we could provide you with more answers, but we simply do not have them at this time. We can assure you, however, that once restrictions are lifted, and youth soccer is allowed to resume, La Roca will be ready to roll, and your player will have a spot on a team.

In the meantime, La Roca will continue to provide live training sessions Monday - Thursday on Facebook Live and Instagram Live. There is also a substantial archive of training videos on our website and YouTube channel.

Additionally, our coaches have been taking advantage of coaching education during the shutdown, and they are anxious to apply what they've learned and provide an even more exceptional training experience to their players.

We will continue to keep you informed through these weekly club-wide newsletters. Today's newsletter features useful information about:

- Schedule of live training sessions for the week of April 27, 2020
- Updates from UYSA
- Tryout registration links
- Reveal of last week's mystery coach: **Trish Roberts**
- New **Guess Who?**
- Ariel Bravo took the **What's Cooking** challenge -- see what he's been cooking

La Roca is utilizing social media to share important information with our members. Click the icons below to start following the main La Roca social media pages.



Live Training with La Roca Coaches

Schedule of live sessions April 27-30:

Monday: 12:00 p.m. - High Performance Training with Andrew
Monday: 4:30 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

La Roca coaches are hosting live training sessions simultaneously on **Instagram Live** and **Facebook 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 sent an email to all member soccer families earlier today. To read the email and the letter UYSA sent to Governor Herbert and his COVID-19 task force requesting a special allowance to resume youth soccer games in May, click this link: [April 27 UYSA Email](#)

If you haven't yet activated your **FREE 2-MONTH SOCCER TECH MEMBERSHIP**, you're missing out on free access to drills, practice sessions, and training tools for players of all ages and skill levels. [Click here to access free Soccer Tech Membership](#)

Register today for La Roca Tryouts

We have not ruled out the possibility of holding club tryouts at the end of May, however, it's likely that we will have to modify the format to comply with social distancing guidelines. We encourage all players to register for tryouts so that we can notify you through the Affinity system as soon as dates, times, and locations are determined. Use

the region-specific link below to register your child. **Tryouts are FREE to all participants this year.**

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



Mystery Coach Revealed: Trish Roberts

Meet the La Roca mystery coach: TRISH ROBERTS

Correct guess submitted by La Roca player PAYTEN IVINS



#WeAreLaRocaFamily

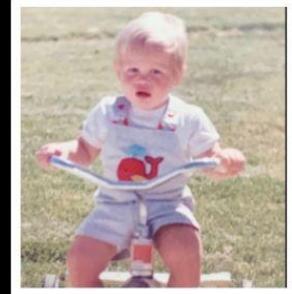
Last week's La Roca mystery coach was TRISH ROBERTS, coach of 2 Salt Lake girls teams: U16 and U17. The correct guess was submitted by La Roca player Payten Ivins. Trish grew up in Sandy and graduated from Alta High School, where, in addition to playing soccer and basketball, she ran track and cross country. She attended Creighton University in Omaha, Nebraska, on a soccer scholarship and graduated with a degree in health and physical education. She also has a masters degree in educational counseling and has taught high school for 26 years. She is the mother of 3 children, and she loves to read, road bike, play pickle ball, and travel.

One of her most memorable college soccer experiences was scoring against North Carolina, which was the national women's soccer powerhouse in the early 1990's. WAY TO GO, TRISH!

Guess the new Mystery Coach

Guess who . . .

- Graduated from Davis High School
- Played basketball growing up
- Has a degree in Nursing
- Loves Skittles (purple bag)
- Has 3 kids
- Favorite professional player: Clint Dempsey



Who is this mystery coach?

Post your guess here or email wendy.kenney@larocafc.com

#WeAreLaRocaFamily



What's Cooking?

WHAT'S COOKING?



We want to see what you're making in the kitchen. Ariel Bravo, La Roca Director of Coaching for South and Spanish Fork teams, posted these pictures of the Instant Pot Curried Carrot and Butternut Squash Soup he made last week.

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 @larocafcofficial 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

