



Dear La Roca Family,

We hope your family enjoyed a beautiful Easter weekend! We remain committed to keeping you informed and our players engaged. Today's club-wide newsletter features useful information about:

- Live coach-led training sessions on Instagram Live and Facebook Live
- Updates from UYSA
- Tryout registration links
- Top Soccer's Goal of the Year contest featuring goals by La Roca DA players Ella Carmody and Ellie Walbruch
- Reveal of last week's mystery coach
- New **Guess Who?**
- Stress-relieving activity: movies about soccer

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.



Live Training with La Roca Coaches: Mon - Thu @ 4:30 p.m.



La Roca coaches are hosting live training sessions simultaneously on both **Instagram Live** and **Facebook Live** Monday-Thursday at 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 soon be archived on our website under the Performance tab: <https://laroca.com/training-videos-for-players/>.

WE'RE GOING
LIVE

JOIN US ON
INSTAGRAM FOR A
LIVE TRAINING
SESSION

@larocafcofficial



Updates from UYSA

Utah Youth Soccer Association sent an email to parents of all registered players on April 7 with the latest information about the impact of COVID-19 on soccer in Utah. If you missed the email, read it here:

[Utah Youth Soccer Association April 7, 2020 Letter](#)



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](#)





Goals by La Roca DA Players Featured in Top Drawer Soccer Goal of the Year

Top Drawer Soccer chose goals by La Roca Development Academy players Ella Carmody (U16) and Ellie Walbruch (U17) to feature in its Goal of the Year contest. Two new goals are featured in each day's match-up. Watch for an announcement on our social media pages on the day that Ellie's goal is featured in the daily match-up, then follow the link to vote for her goal.

[Top Drawer Soccer Goal of the Year](#)

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 Sao Paulo, Brazil
- Played tennis and basketball growing up
- Favorite comfort food: barbecue
- Listens to samba music
- Favorite professional player: Rogerio Ceni



Who is this mystery coach?

Email your guess to wendy.kenney@larocafc.com

#WeAreLaRocaFamily



Stress-Relieving Activity: *Movies about Soccer*

No doubt your family has some favorite movies that feature soccer players. If it's a movie you'd recommend for all ages, send the title to wendy.kenney@larocafc.com, and we'll add it to our list of Recommended Soccer Movies.

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

