



Dear La Roca Family,

As you know, most of Utah transitioned into the Yellow or Low Risk phase of the Coronavirus Plan on Saturday, May 16. We are optimistic that the rest of the state will soon be permitted to move into the Low Risk phase.

Along with that announcement came news from Utah Youth Soccer Association that we can *finally* hold tryouts. The dates have been announced, but we are still coordinating locations and schedules in each region. We will soon have all the details on our website. If you are registered for tryouts, you will be notified via email in the next couple of days about the schedule for your region.

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 Return to Play Guidelines from UYSA
- La Roca Yellow Phase Guidelines
- Tryout dates and registration links
- Reveal of last week's mystery coach: **Kelly Parke**
- New **Guess Who?** mystery coach
- La Roca Cup Announcement

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## Return to Play Guidelines from UYSA

On May 16, as most of Utah entered the Yellow or Low Risk phase of the Coronavirus Plan, Utah Youth Soccer Association issued updated Return to Play Guidelines.

La Roca FC is committed to ensuring the health and safety of its players and coaches in ALL of our regions.



While most of our teams are now permitted to scrimmage with the move to the Low Risk Phase, teams in Salt Lake County are still in the Orange/Moderate Risk Phase, and may not engage in any contact during training sessions.

Please review the following documents so you understand the current requirements our club and coaches will be following:

[UYSA Return to Play Guidelines for Yellow/Low Risk Phase](#)

[UYSA Return to Play Guidelines for Orange/Moderate Risk Phase](#)

## La Roca Yellow Phase Guidelines

To help us all adjust to the new training guidelines, La Roca has compiled the information in an easy to read format. Please review and share with your player.



### LOW RISK YELLOW PHASE RETURN TO PLAY GUIDELINES

CLUB	COACH & TEAM MANAGER	PARENT	PLAYER
<ul style="list-style-type: none"><li>- COMMUNICATE TO ALL STAFF ABOUT RETURN TO PLAY SAFETY GUIDELINES AND PROCEDURES</li><li>- SUPPORT PLAYERS AND PARENTS THAT MAY BE UNCOMFORTABLE WITH RETURNING TO PLAY</li></ul>	<ul style="list-style-type: none"><li>- COACHES MUST ALWAYS WEAR PPE WHEN ADDRESSING THE TEAM OR WITHIN 6 FEET</li><li>- ASK PLAYERS HOW THEY ARE FEELING, BE SUPPORTIVE AND EXCUSE THEM FROM PRACTICE IF THEY ARE NOT FEELING WELL</li><li>- SUPPORT FAMILIES WHO MAY NOT FEEL COMFORTABLE RETURNING TO PLAY</li><li>- SANITIZE ALL EQUIPMENT BEFORE AND AFTER EACH PRACTICE</li></ul>	<ul style="list-style-type: none"><li>- CONFIRM YOUR CHILD IS SYMPTOM FREE BY ASKING THESE QUESTIONS:<ol style="list-style-type: none"><li>1. DO THEY HAVE A FEVER?</li><li>2. ARE YOU EXPERIENCING SYMPTOMS? FEVER, COUGH, SHORTNESS OF BREATH, LOSS OF TASTE OR SMELL, NAUSEA, VOMITING</li><li>3. HAS ANYONE IN YOUR HOUSEHOLD TESTED POSITIVE FOR COVID 19 OR EXHIBITED ANY OF THE SYMPTOMS?</li></ol></li><li>- SUPPLY YOUR CHILD WITH INDIVIDUAL HAND SANITIZER AND WATER</li><li>- PRACTICE SOCIAL DISTANCING BY STAYING IN YOUR CAR</li></ul>	<ul style="list-style-type: none"><li>- WASH YOUR HANDS BEFORE AND AFTER TRAINING</li><li>- PLACE PERSONAL EQUIPMENT AT LEAST 6FT APART</li><li>- DO NOT SHARE WATER OR FOOD</li><li>- PRACTICE SOCIAL DISTANCING, 6 FEET APART, WHILE NOT PARTICIPATING IN ACTIVITIES</li><li>- NO HIGH FIVES, FIST BUMPS, HANDSHAKES OR GROUP CELEBRATIONS</li></ul>

## La Roca Announces Tryout Dates

## LET THE TRYOUTS BEGIN!!!

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):

**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.**

La Roca is still coordinating age- and gender-specific tryout locations, dates and times in each region. Those who are registered for tryouts will be the first to be notified of the schedule details in their region. We hope to have all the information published on our website in the next few days.

If you haven't registered your child for La Roca Tryouts yet, please take a few minutes today to register your child using the links below:

[North Tryouts](#)

[Salt Lake Tryouts](#)

[South Tryouts](#)

[Spanish Fork Tryouts](#)



## Mystery Coach Revealed: KELLY PARKE

### Meet the La Roca Mystery Coach: **KELLY PARKE**

First correct guess submitted by La Roca parent KAREN GRANGUILLHOME



**#WeAreLaRocaFamily**

This week's La Roca mystery coach is KELLY PARKE, coach of two La Roca North boys U12 teams and one girls U18 team. Correct guesses were submitted by several people, but the first to post a reply on Instagram was La Roca parent Karen Grandguillhome.

Kelly is a local guy, having grown up in Plain City, as the youngest of 8 children. In addition to raising kids, his family had 3000 cattle and 20 horses! Kelly grew up playing football, basketball, baseball, golf, and soccer (of course!). Kelly is a numbers guy -- he has degrees in Economics and Accounting. He also speaks German. He's a fan of FC Barcelona and admires professional player Didier Drogba from the Ivory Coast national team because, as Kelly says, "He was a beast!" Kelly is the father of 3 children, and he loves eating hotdogs, vacationing in Puerto Vallarta, and rocking out to songs by his favorite band, Metallica. Rock on, Kelly!

## Guess the new Mystery Coach

### Guess who . . .

- Grew up in a small town in Colombia
- Played volleyball and soccer growing up
- Holds a degree in Sports Science and Senior Management
- Has 2 children
- Loves pasta, meditation and reading
- Is a fan of Real Madrid and Zinedine Zidane



Who is this mystery coach?

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

**#WeAreLaRocaFamily**

## La Roca Cup *CANCELLED*



Due to the uncertainty of COVID-19 restrictions through the summer months, La Roca FC decided to cancel its annual summer tournament, La Roca Cup. But on the bright side, we are looking forward to hosting some great new events later in the year when restrictions are lifted. In the meantime, we encourage La Roca teams to support other UYSA-sanctioned tournaments this summer.

**La Roca Futbol Club**

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

