



Dear La Roca Family,

We hope you and your family are staying strong! Many of you have inquired recently about refunds, and we want to let you know that we are working on adding a credit for spring referee fees to next year's fees. We expect to have more details within a couple weeks, so stay tuned.

No doubt, there are questions in your mind about what soccer will look like moving forward into the Moderate Risk phase of Utah's Coronavirus plan. We will continue to keep you informed through these weekly club-wide newsletters. More time-sensitive news will be posted on our social media pages. Click the icons below to start following La Roca's social media pages.



Today's newsletter includes:

- Covid-19 general guidelines for individuals during Moderate Risk Phase
- Schedule of live training sessions for the week of May 4, 2020
- News about joining ECNL
- Latest statement from UYSA about training
- Reveal of last week's mystery coach: **Tyler Hunsaker**
- New **Guess Who?**
- **What's Cooking:** Spring Cake Wars from Courtney Merino's 2007 U13 girls team

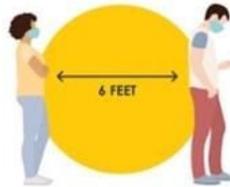
Utah Moves to Moderate Risk (Orange) Phase

As COVID-19 restrictions begin rolling back here in Utah, we are hopeful that we will soon have the opportunity to gather for team training, but we remind everyone that currently, no close contact or team sports are allowed, which includes team practices. The following guidelines for individuals are in place during this Moderate Risk or Orange phase:

General guidelines for individuals:



Gathering in groups of 20 while maintaining social distancing.



Leave home infrequently, stay 6 feet away from others.



Face coverings worn in public settings.



Maintain social distancing during outdoor recreation. No close-contact or team sports.



Limit out-of-state travel.



Spacing between immediate households, alternate schedules for smaller gatherings and stream services.



Live Training with La Roca Coaches

Schedule of live sessions May 4-7:

- 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/>.



La Roca Joins ECNL Girls and Boys

Following the dissolution of the US Soccer Development Academy Program, La Roca has joined ECNL (Elite Clubs National League) in both the girls and boys leagues. Adolfo Ovalle is looking forward to this new affiliation: "We will do our best to represent our club and our state in the most professional way possible in this highly competitive league."



Updates from UYSA



[May 1 UYSA Covid-19 Response - No Practice](#)

UYSA CEO, Bryan Attridge, on the transition to the Orange Phase of Utah's Covid-19 plan: "We know there has been some confusion about what is allowed during the recently instituted orange phase of the governor's plan. Unfortunately, in this phase no close contact or team sports are allowed, which includes soccer. All team soccer activity will remain suspended until further notice. We are working closely with local and state leaders to get approval and a timeline for our kids to return to small group training sessions. As we announced earlier in the week, our hope was to have this approved by the middle of May. We will continue to update you as we get new information. Please follow the governor's guidelines as we work together to get our kids back on the field safely."

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

If you haven't registered your child for La Roca Tryouts yet, you should be aware that once we get approval to hold tryouts, those who are registered will be the first ones notified about the schedule and other pertinent details. 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](#)

**TRYOUT
REGISTRATION
NOW OPEN**



Mystery Coach Revealed: TYLER HUNSAKER

**Meet the La Roca mystery coach:
TYLER HUNSAKER**

Correct guess submitted by La Roca parent KAREN GRANGUILLHOME



#WeAreLaRocaFamily

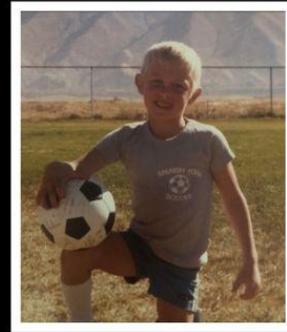
This week's La Roca mystery coach is TYLER HUNSAKER, coach of a La Roca U11 boys team. The correct guess was submitted by La Roca parent Karen Granguillhome.

Tyler Hunsaker, nicknamed Tigger, grew up in a military family as the second oldest of 5 children. He lived in California, Georgia, and Germany before settling in Kaysville where he graduated from Davis High School. His best subject in school was English, though he pursued a degree in Nursing and currently works in the medical field. His dream job would be doing sports medicine for a professional team. He loves Real Salt Lake, Skittles (purple bag), the movie "Tommy Boy," vacationing in the Carribean aboard a cruise ship, and basically doing anything that is competitive and challenges him. He is the father of 3 great kids, and La Roca FC is proud to call him part of the family!

Guess the new Mystery Coach

Guess who . . .

- Played all sports growing up
- Has a degree in Accounting
- Liked math in school
- Has 4 kids
- Loves vacationing at Lake Powell



Who is this mystery coach?

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

#WeAreLaRocaFamily

What's Cooking?

Courtney Merino's 2007 U13 girls team created some beautiful desserts in their Spring Cake Wars Challenge. Amazing talent, ladies!



What are you making in your kitchen? Post a picture or video of your own creation on your social media page, and tag @larocafcofficial so we can re-post it.

La Roca Futbol Club

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

