



Dear La Roca FC Family,

La Roca FC strives to communicate regularly with all its members. You will receive this email on a monthly basis, with more timely club information being posted on our social media pages and/or communicated through emails.

If you ever have a question or concern that your coach and/or team manager are not able to answer or resolve, we hope that you'll reach out to the administrator over your region for assistance. See the directory of La Roca administrators at the bottom of this newsletter for contact information.

With the recent surge in positive COVID cases, Utah Youth Soccer Association continues to stress the importance of keeping our players and coaches safe and ensuring that there are no interruptions to the fall season. Please make sure your player wears a mask whenever they are not actively playing in a game or practicing. If teams are using a team bench, and it is not possible to space players 6 feet apart, then players must wear masks while seated on the bench during a game. When seated on the sideline as a spectator, you are welcome to sit close to those who are from your household, but please maintain a distance of at least 6 feet from others. For more details, please see the MASK UP article below.

As teams make plans for winter tournaments, please be aware that if you miss 2 consecutive La Roca payments, your player will be removed from the roster and not allowed to participate in tournaments, games or practices until payments are current or other arrangements are made with a La Roca administrator. If your credit card information changes, or you need to discuss payment options, please contact Celeste Anderson: 801-866-3615, celeste.anderson@larocafc.com.

Today's newsletter features:

- UYSA to all clubs: MASK UP
- Shout out to SLC Director of Coaching Ahmed Bakrim
- DICK's Fall State Cup Teams and Schedule
- PUMA Paint it Pink Campaign
- Fan Gear Store coming soon
- Administrative Staff Directory

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MASK UP, Soccer Community

In an October 8 email to club leaders, UYSA Chief Operations Officer Matt Rader, emphasized the importance of following COVID Guidelines. He wrote,



"After watching today's weekly COVID-19 briefing and the continual complaints about coaches, players, and spectators not wearing masks, we felt compelled to send another reminder email.

"Please remind your members that:

- Coaches must wear masks at all times.
- Players must wear masks anytime they are not being physically active. This includes to/from the match, sitting on the bench, pre/halftime/post matches or training, etc.
- Spectators need to wear masks anytime they can not social distance on the sidelines and when engaging with other spectators/players from a different household.

"We can't over-stress the importance of wearing a mask and following our guidelines and protocols (attached). If you weren't able to watch the briefing I highly recommend you take some time to do so - click [here](#). During the briefing, Dr. Emily Spivak, Associate Professor of Medicine, Division of Infectious Diseases at University of Utah Health made the following statements:

'As a physician, as a mother and a concerned citizen, I plead with you, wear a mask at all times out of your home.... As a physician I don't know how this (masks) became a debate. It is a fact they work. We will be having this conversation over and over.'

"The Fall season is past the halfway point and if we continue to abide by the guidelines and protocols we have a better chance of keeping our players and coaches healthy and finishing the season uninterrupted. To echo Dr. Spivak, we plead with you to hold your coaches and players accountable for wearing masks on the sidelines and at training."

Congratulations, Coach Ahmed Bakrim!

Congratulations to our SLC Director of Coaching, Ahmed Bakrim, on earning his National A-Youth Coaching License! Ahmed began this journey in January, shortly after Covid-19 hit. The A License course was completely modified as in-person training



transitioned to online, and onsite training in Arizona was cancelled. After many months of diligent work, Ahmed finished his journey and achieved his goal. Way to stick with it, Ahmed! Congratulations on this huge achievement!

Ahmed joins the ranks of Adolfo Ovalle, Pancho Ovalle, and Felipe Diaz, all of whom hold A-level Youth Coaching Licenses from U.S. Soccer Federation, and Elton Jazexhiu, who holds an A-level license from UEFA, Union of European Football Associations. We are proud of the qualifications of La Roca FC's exceptional coaching staff!

DICK's Utah Fall State Cup 2020 Kicks Off

Good luck to the 8 La Roca boys teams that will be competing in the DICKs Sporting Goods Utah Fall State Cup 2020! Pool play kicked off Monday, October 12, at the Regional Athletic Complex in Salt Lake City.

Tournament Schedule:

Preliminary Rounds: October 12-16

Quarterfinals: October 19

Semifinals: October 21

Finals: October 23

For specific game schedules and standings, visit [State Cup Schedule & Results](#)



Vamos La Roca

Good luck in Fall State Cup

- La Roca C. Santos U15
- La Roca A. Ovalle U15
- La Roca D. Acosta Red U15
- La Roca C. Santos U16
- La Roca P. Ovalle U16
- La Roca D. Chevez U17
- La Roca C. Santos U18
- La Roca D. Chevez U18

PUMA Paints it Pink

In support of October's Breast Cancer Awareness Month, PUMA has sent us special pink jerseys. The jerseys are being decorated with the La Roca name and logo and will soon be sent to a few selected La Roca teams. Watch for social media posts as La Roca teams sport their pink jerseys this month to create awareness of breast cancer. Thank you PUMA!



Fan Gear Store Opens November 1

La Roca FC's on-line fan gear store will be open November 1 - 15. This early opening will allow extra time for processing and shipping due to anticipated slower delivery times. Orders should arrive by Christmas, so plan now to give gifts of La Roca fan gear to all your players' supporters.

Watch for more details on our social media sites in the coming weeks.



La Roca Administrative Staff Directory

NORTH TEAMS:

Heidi Wheelwright, 801-589-8444, heidi.wheelwright@laroca.com

Laura Coffee, 801-644-1177, laura.coffee@laroca.com

ECNL TEAMS:

Laura Coffee, 801-644-1177, laura.coffee@laroca.com

SALT LAKE TEAMS:

Julia Howard, 801-599-1332, julia.howard@laroca.com

SOUTH TEAMS:

Angie Nydegger, 801-380-7971, angie.nydegger@laroca.com

SPANISH FORK TEAMS:

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UNIFORMS:

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