



Dear La Roca FC Family,

Welcome back, or in the case of those of you who are new to the club, *WELCOME TO THE FAMILY!* We are so glad that you made the choice to join La Roca Futbol Club! We pride ourselves on being different from any other club in Utah, and if you haven't already discovered what that looks like, we hope you will soon recognize the *La Roca Difference!*

By now you should have had a team meeting and learned what your coach has planned for the year. The team manager is a great resource for information about the club, but feel free to contact the administrator for your region if you still have questions. A list of names and contact information is provided below. Please be aware that La Roca's administrative offices are still closed to drop-in visitors, but appointments can be made with staff if desired.

If you missed the virtual parent meeting on June 29, no worries, we recorded it so you can access all the great information presented in the meeting.

[Recording of June 29, 2020 La Roca FC Virtual Parent Meeting](#)

We took a few weeks off from sending our weekly newsletter, so we apologize if it feels like we've been out of touch. If this is the first time you're receiving this newsletter, thank you for opening it! We send it via email to all La Roca families each week in order to keep everyone informed about upcoming events, club news, new programs, announcements from Utah Youth Soccer Association, and anything else we feel is pertinent to our La Roca families.

Today's newsletter includes:

- La Roca FC Administrative Staff Directory
- La Roca FC COVID-19 Guidelines
- UYSA COVID-19 Protocols
- Fundeazy registration
- 3 v 3 Live tournament information
- La Roca Juniors program details
- Signing announcements
- Girls State Championship results

More time-sensitive news will be posted on our social media pages, so please follow La Roca FC's social media pages by clicking on the icons below:



La Roca Administrative Staff Directory

As a parent, your first line resource is your team manager. The second person you can turn to is the administrator in your region. When calling or texting administrators, please respect their personal time and do not contact them outside reasonable hours.

NORTH TEAMS:

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

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

SALT LAKE TEAMS:

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

SOUTH TEAMS:

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

SPANISH FORK TEAMS:

Emily Davies, 801-358-0938, emily.davies@laroca.fc.com

UNIFORMS:

Emily Davies, 801-358-0938, Uniform Manager, emily.davies@laroca.fc.com

PAYMENTS:

Celeste Anderson, 801-866-3615, celeste.anderson@laroca.fc.com

EVENTS/WEBSITE/COMMUNICATIONS:

Wendy Kenney, 801-510-7254, wendy.kenney@laroca.fc.com

La Roca COVID Guidelines

Rest assured that the safety of all our members (players, parents, and staff) is La Roca FC's top priority as it complies with the return to play guidelines issued by Utah Youth Soccer Association under the approval of the Utah Department of Health. It is important that everyone do their part to limit the risk of exposure to COVID. Please review this information and share it with your player:



COVID-19 GUIDELINES

CLUB

- Communicate COVID-19 Guidelines to club members
- Follow UYSA protocol if a player or coach tests positive for COVID-19:
 1. Remove player/coach from all team activities
 2. Inform team and encourage symptom monitoring
 3. Require player/coach to begin 14-day quarantine
 4. Require 2 negative tests before returning
 5. Suspend team activities for 14 days OR until every player tests negative
- Report positive COVID cases to UYSA

COACH & TEAM MANAGER

- Wear a face mask while addressing team within 6 ft
- Sanitize all equipment before, during and after session or game
- Provide sufficient space for group distancing
- Clearly mark spaces for players' personal gear
- Do not allow players to share pennies, water bottles or other personal items
- Report confirmed COVID cases to La Roca staff
- Support players who are unable to participate due to illness

PARENT

- Review COVID guidelines with player
- Monitor player's health and ensure player is symptom-free when before training and/or games
- Supply player with face mask and hand sanitizer
- Only sit in household groups in designated spectator areas with spacing of 6 ft from other groups
- Wear a face mask when distancing can not be maintained
- Do not congregate with other parents or players

PLAYER

- Report any symptoms to parent BEFORE training or game
- Wash hands before and after playing
- Bring own face mask and hand sanitizer
- Wear face mask when not engaged in on-field activities
- Use hand sanitizer during breaks
- Keep distance of 6 feet when not playing
- Do not share water, food, or other personal items
- Place personal equipment 6 feet apart

UYSA COVID-19 Protocols

The following COVID-19 protocols apply to all clubs that are members of Utah Youth Soccer Association:

If a player or coach in your club tests positive for coronavirus, the following measures must be taken:

- Immediately remove player/coach from all team activities
- Inform the team that someone has tested positive (do not disclose names) and encourage everyone to monitor symptoms
- Submit a COVID-19 tracking sheet to UYSA (attached)
- Player/coach goes into 14-day quarantine
- Player/coach must have two negative tests after the 14-days before he/she can return to team activities

The rest of the team has two options available:

1. All team activities suspended for 14-days
2. All team activities suspended until every player has been tested and those with negative results can resume training

If a player has a parent or sibling in the same household test positive for coronavirus, that player must enter the 14-day quarantine process and receive a negative test result before returning after the quarantine period. The same policy applies for a coach that has a spouse or children in the same household. The entire team will not need to be shut down when a player's parent/siblings receive a

positive test, just that specific player. UYSA does not need a COVID-19 tracking form for parent/sibling cases.

Spectator Guidelines and Coach Requirements

UTAH YOUTH SOCCER ASSOCIATION YELLOW PHASE RETURN TO PLAY



Spectator Guidelines

-  Spectators Allowed While Maintaining Social Distance
-  Only Sit in Designated Spectator Areas (same as regular league matches)
-  Abide by Social Distancing Policy of 6ft Away from Other Spectators Outside Household
-  Under No Circumstances Can a Spectator/Parent Approach or be in the Designated Team Area
-  Sit a minimum of 10ft Off Sideline
-  Compliance with All Local and State Guidelines
-  Wear Masks When Interacting with other Spectators, Coaches, Referees, or other Players Within a Radius of 6ft
-  Stay Home if You Have any Signs or Symptoms of Being Sick
-  If You are a Person of High Risk, Do Not Attend
-  Symptom Check Their Players Before Arriving at The Field
-  Avoid Contact with any Players or Spectators Outside of Your Households

[#TheBeaUTAHfulGameInYellow](#)



Coach Requirements



Must Always Wear a Mask When Addressing the Team or Players Within a 6ft Radius



Players with Fevers or Other Symptoms are NOT Permitted to Participate



Must Use Hand Sanitizer Before, During Breaks and After Practice



Do Not Allow Players to Share Pennies, Other Equipment, or Water Bottles



Practices Must be Conducted Outdoors



Compliance with All Local and State Guidelines



Limit Equipment Brought to Practice/Games, Disinfecting All Equipment Before / After Use



Report Confirmed Cases of COVID-19 to Organizational Member Immediately and Cease Trainings



Require Parents to Confirm Their Child is Symptom Free Before Attending Soccer Activities using 3 Questions:

1. Do You Have Temp. >100.4°F
2. Are You Currently Experiencing Any Symptoms Including Fever, Cough, Shortness of Breath, Lost Sense of Smell or Taste, Nausea/Vomiting/Diarrhea?
3. Do You Have Anyone in Your Household that has Tested Positive for COVID-19, or Exhibited a Fever, Cough or Shortness of Breath?

[#TheBeaUTAHfulGameInYellow](https://twitter.com/TheBeaUTAHfulGameInYellow)

Fundeazy helps players earn money for fees

Has your player registered with Fundeazy yet? Register today at fundeazy.com/laroca and start reducing the financial burden of playing soccer.

1 SOCCER
STAR



FAMILY



2

NEIGHBORS

FRIENDS



VIRTUAL
COMMERCIAL



3 GIVE 30 MINUTES FOR
A LOCAL BUSINESS



\$\$\$ DONATED

FUNDEAZY.COM/LAROCA

La Roca Hosts 3 v 3 Live Tournament



South Weber

Aug 1st





www.3v3live.com

- Encourage your players creativity
- Fun and fast paced Tournament
- More decisions, more action, more touches, more goals
- 4 guaranteed games
- Every player gets an official 3v3 Live shirt
- Top 3 teams receive medals
- Top 3 teams qualify for Regionals
- Top teams qualify for the 3v3 Live Finals

Building Champions for life



La Roca FC will host a 3 v 3 Live tournament at La Roca Park on Saturday, August 2. This fun, fast-past tournament is open to ages 2014/U7 to adult. Games are short (2 10-min halves), on small fields, with small goals.

Encourage your player to get a group of up to 6 friends together and enter the tournament. Registration is \$200 for a guarantee of 4 games in a single day. Registration is open until July 21.

[For more information or to register a team, click here.](#)

La Roca Juniors: Register Now for Fall 2020

Did you know La Roca has recreation programs, called La Roca Juniors, in both the North and the South for boys and girls of all skill levels between the ages of 4-9 (4-8 in the South). La Roca Juniors is designed to be a fun, positive, non-competitive environment in which to learn basic soccer skills as well as the value of teamwork and sportsmanship. Registration for both La Roca Juniors programs is now open (see links below)



In the North, La Roca Juniors play at Legacy Junior High School in Layton. Cost is \$100 for Fall 2020 and Spring 2021, and includes a uniform. For more information, contact Misty Burton, 801-773-5053.

[Click here to register for La Roca Juniors NORTH](#)

In the South, La Roca Juniors play at Timberline Middle School in Alpine. Cost is \$425 for Summer - Fall 2020 and Spring 2021, and includes a uniform. Summer training for the La Roca Juniors South begins July 14. For more information, contact Angie Nydegger, 801-380-7971.

[Click here to register for La Roca Juniors SOUTH](#)

La Roca Players Sign with RSL Academy

La Roca FC is proud of the many players who sign contracts or letters of intent to play soccer at institutions of higher education each year. If you have a child who commits to play for a college or academy program, please share that great news with us so that we can recognize their accomplishment on our social media pages.

Recently, Abokye Bikyeombe from Adolfo Ovalle's 2006 and Sean Latourrette from Danilo Acosta's 2006 team signed with the Real Salt Lake Academy. Congratulations Abokye and Sean!

SIGNED!

Abokye Bikyeombe

La Roca AO 2006

Real Salt Lake Academy



Congratulations!

SIGNED!

Sean Latourrette

La Roca SLC DA 2006
Real Salt Lake Academy



Congratulations!

UYSA Girls State Championship Results



UYSA STATE CHAMPIONSHIP

2020

Of the 8 La Roca girls teams that competed in last week's State Championship, only 1 team, the La Roca Girls ECNL 2002/2003 team coached by Adolfo Ovalle, brought home the champion trophy. Congratulations, ladies! We are proud of the following teams that competed in the tournament, especially those that played up a year.

U16 Division

La Roca - L. Price

La Roca - E. Jazexhiu

La Roca Girls ECNL 2006

U17 Division

La Roca Girls ECNL 2005 (Congratulations on 2nd place!)

U18 Division

La Roca - A. Bravo

La Roca - C. Sanders

La Roca Girls ECNL 2004

U19 Division

La Roca Girls ECNL 2002/2003



**La Roca Girls ECNL 2002/2003, Adolfo Ovalle
2020 Girls State Champions U19 Division**



**La Roca Girls ECNL 2005, Pancho Ovalle
2020 Girls State Finalists U17 Division**

La Roca Futbol Club

128 E. South Weber Dr.
South Weber, UT 84405
(801) 825-6040
www.larocafc.com

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

