



Dear La Roca FC Family,

This club-wide newsletter is a great way to share information with all our members, and our website is an even better source of information and news about La Roca Futbol Club. If you haven't visited our website recently, please take a few minutes to check it out: <https://larocafc.com>

PHOTOS WANTED: We know there are some talented photographers among our members, and we would love to feature some of your great pictures on our website and social media pages. So send us your best shots, whether they're action shots, candid shots, or just silly shots of La Roca players. Send photos to webmaster@larocafc.com and include the name of the photographer so we can give them a photo credit.

Today's newsletter features information about

- La Roca face masks and PUMA padded coats for players and fans
- Fundeazy partnership
- La Roca 3 v 3 Live tournament
- La Roca Juniors
- High Performance services
- Player training videos

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



New items in Uniform Store

We have 2 new items available for purchase in our Uniform Store:

- La Roca branded face mask for \$8.25
- PUMA Red Puffy Coat for \$110

These items have a limited stock so order now before they are sold out! Once they are sold out they will be removed from the store.

Even if you have already purchased a uniform kit you can still use your Scoreboard login in and purchase either of these items. If you don't have access to the Uniform Store please contact your team manager and see if they have submitted your team roster to grant you access to the store.



For more information regarding La Roca FC uniforms and fan gear, email uniforms@larocafc.com.

The screenshot shows the La Roca Futbol Club website. At the top, there is a banner with the club's name and logo. Below the banner, a red padded jacket is displayed with its product details: "PADDED JACKET", "100% Polyester-shell downproof", "Price: \$110.00", and options for size, color, and quantity. To the right, a black face mask is shown with its details: "FACE MASK", "Moisture Wicking Fabric, 100% Polyester, Can Wash", "Price: \$8.25", and options for size (OSFA), color (Black), and quantity (1). At the bottom right of the product area, there are "Continue Shopping" and "Add to Cart" buttons.

Fundeazy helps players earn money



Have you heard about the creative way your player can earn money to pay soccer fees? La Roca FC and Fundeazy have partnered to create a unique solution to some of the financial challenges created by the COVID-19 pandemic. Because many families are facing economic hardship, fundraising is needed now more than ever. Likewise, many local companies are struggling to get back on their feet and generate new business.

With the Fundeazy program, players help generate new clientele for small businesses while receiving sponsorship dollars in return from these businesses. With the La Roca FC - Fundeazy partnership, it's a win-win for all.

Players earn their donations by enlisting supporters who agree to participate in sales meetings with sponsoring companies. No purchase is necessary. The only requirement is that the supporter meet the sponsoring company's eligibility guidelines, which differ depending on the type of business. For example, supporters interested in meeting with a home energy company must own a home. The program is open to players' parents, relatives, neighbors, friends, co-workers, etc.. The only obligation from the supporter is to meet with the sponsoring company.

Sponsoring companies include the following products and services

- home energy and efficiency
- roofing
- siding
- plumbing, heating, fireplace
- bath remodeling
- water purification
- auto dealerships
- home loans
- personal and family development
- real estate
- financial planning
- business lending

Fundeazy is a licensed Professional Fundraiser that brokers sponsorship donations from local companies to financially support youth groups, teams and clubs.

Register your player today at fundeazy.com/laroca and start reducing the financial burden of playing soccer.

Registration for La Roca 3 v 3 Closes Soon



La Roca FC will host a 3 v 3 Live tournament at La Roca Park on Saturday, August 1. 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 22.

[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, for boys and girls ages 4-9 in the North and 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. For more information about each program, visit <https://larocafc.com/la-roca-juniors/>

La Roca High Performance Services

Did you know that La Roca FC has its own in-house High Performance Group? Led by Andrew Harestad, who is a nationally certified strength and conditioning coach, the group provides team and individual training to players in all of La Roca's regions. In addition to athletic training, Andrew has partnered with professional providers in the areas of

- nutrition
- sports psychology
- physical therapy

For more information or to schedule a consultation or session, email Andrew at andrew.harestad@larocafc.com.



La Roca Training Videos on YouTube

While we were all sheltering at home at the beginning of the COVID outbreak, La Roca FC coaches recorded a series of training videos for players to use at home. Links to the videos are on our YouTube channel, La Roca FC, and our website:



<https://larocaafc.com/training-videos-for-players/>

La Roca Administrative Staff Directory

NORTH TEAMS:

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



