



Dear La Roca FC Family,

Fall season officially kicks off on August 24. Schedules have been posted on the UYSA website. The link below takes you to the schedule page on the UYSA website.

[Fall Schedule](#)

All parents should have received an email from UYSA with an attachment detailing the COVID Guidelines for Fall 2020. Please pay particular attention to the Spectator Responsibilities and Player Responsibilities, as well as the Positive COVID Test Protocol. If you did not receive that email, you can access the document here:

[Fall 2020 UYSA Covid Yellow Guidelines](#)

Today's newsletter features:

- La Roca By the Numbers
- La Roca Juniors
- 2020 State Cup Registration
- Performance Tips
- Fundeazy Update
- La Roca Administrative Staff Directory

Follow La Roca FC on social media by clicking on the icons below:

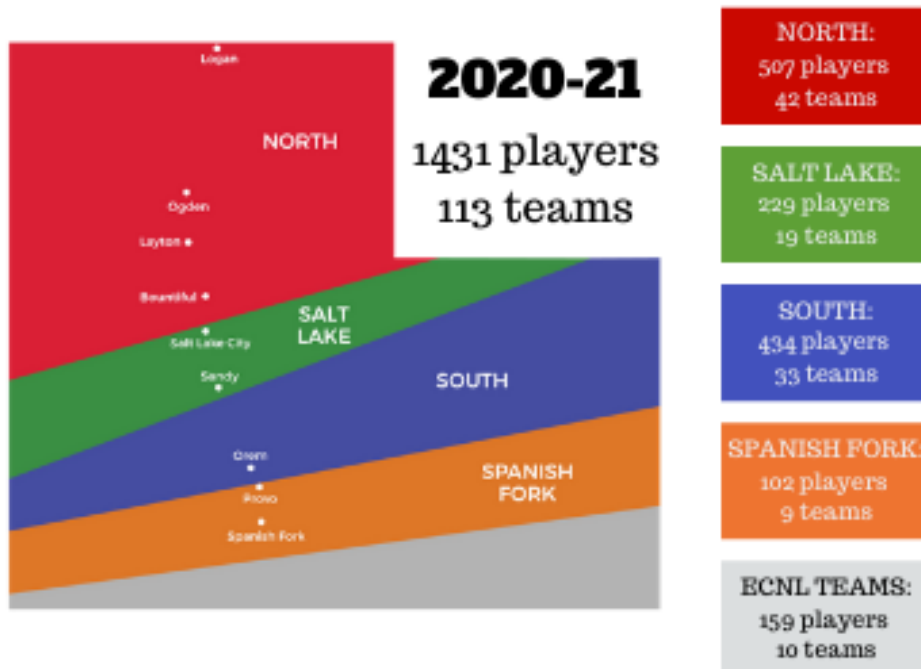


By the Numbers

La Roca FC is pleased to announce its player and team counts as we head into the 2020-21 Fall Season:

La Roca

BY THE NUMBERS



La Roca Juniors North Looking for More Girls

Do you have a daughter between the ages of 4 and 9 who wants to start playing soccer? La Roca Juniors is a great place to learn to love the game in a fun, non-competitive environment. Games are played on Saturday mornings at Legacy Junior High School in Layton during fall and spring seasons.

Currently, La Roca Juniors north *girls teams* could use more players. If your daughter was born between 2011 and 2017 we could use her on a team! If you would like to register your daughter for La Roca Juniors, please email Recreation Director, Misty Burton at larocarecreation@gmail.com.



For more details about the La Roca Juniors program, see the page on our website: <https://larocafc.com/la-roca-juniors/>

State Cup Registration



Registration is now open for the 2020 Fall DICK's Sporting Goods State Cup, which is open to U15-U19/20 boys teams. All games will be played at the Salt Lake Regional Athletic Complex. Registration fee is \$1000.

Schedule:

Pool play: October 12-16

Quarterfinals: October 19

Semifinals: October 21

Finals: October 23.

[UYSA State Cup Registration Page](#)

High Performance Tips

Beginning this week, Andrew Harestad, La Roca FC Director of High Performance, will be posting a performance tip on social media each day of the week.

If you have any questions related to human performance, nutrition, physical therapy and injury prevention, technical skills, mental performance, or college recruiting, email andrew.harestad@larocafc.com.



SPEED: To produce as much productive force as possible in as little time as possible while working to decrease vertical forces and eliminate lateral forces. Simply put, make sure that all of your movements are helping you go in the direction you want to go.

For help improving your SPEED, contact the La Roca Human Performance Specialist in your area:

South/Spanish Fork: César Botero 801-856-9905

Fundeazy Tracks Top Earners



Every Friday, Fundeazy updates a leaderboard with the names of La Roca players who are raising money to pay their soccer fees. Check out the leaderboard: <https://fundeazycentral.com/ut/larocacentral-leaderboard.php>

As an extra incentive, Fundeazy rewards those players who are working hard to get their supporters to sign up for meetings with sponsoring companies. Not only will players earn the donation from the sponsoring company, but they earn tokens which can be redeemed for some pretty amazing prizes. Check them out: [Rewards Program](#)

Want to know how you can start earning money today? Watch this instructional video to learn how to sign up:

<https://youtu.be/KlgxhYJ6rsw> (English Version)

<https://youtu.be/MTed-TNHh5Q> (Spanish Version)

La Roca Administrative Staff Directory

NORTH TEAMS:

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

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

ECNL TEAMS:

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

SALT LAKE TEAMS:

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

SOUTH TEAMS:

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

SPANISH FORK TEAMS:

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

UNIFORMS:

Emily Davies, 801-358-0938, Uniform Manager, uniforms@larocaafc.com

PAYMENTS:

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

EVENTS/WEBSITE/COMMUNICATIONS:

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

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

