



Dear La Roca FC Family,

The countdown has begun for the official start of Fall league play! Games begin the week of August 24. We wish all our teams good luck! Vamos La Roca!!!

The link below takes you to the schedule page on the UYSA website.

[Fall Schedule](#)

UYSA sent an email to all families about COVID Guidelines for Fall 2020. We took that information and put it into a chart detailing the responsibilities of Coach, Team Manager, Spectator, and Player. We also created a chart showing the protocol for when a player, coach or parent tests positive for COVID. The charts are shown below. Please review them with your player and any other family members who might attend games.

Today's newsletter features:

- La Roca Fall 2020 COVID Guidelines
- Congratulations to recent tournament champions
- Fundeazy recognizes top earners
- La Roca High Performance Model
- La Roca Administrative Staff Directory

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Fall 2020 Season COVID Guidelines and Positive COVID Test Protocol

The health and safety of all our members is very important to La Roca FC. When UYSA recently updated its COVID guidelines for the fall season, we created the following charts to better present all the information. Please review these with your player and other family members or friends who attend games.



COVID-19 GUIDELINES

Fall 2020 Season

(Updated August 2020)



COACH

- Wear a face mask during training sessions/matches
- Sanitize all equipment before and after use
- Do not allow players to share pennies, other equipment or water bottles
- Report confirmed COVID cases to La Roca staff
- Provide hand sanitizer
- Require parents to confirm their child is symptom free before training/match by answering:
 1. Do you have a temperature over 100.4?
 2. Are you currently experiencing any symptoms?
 3. Has any one in your household tested positive for COVID or had symptoms?

TEAM MANAGER

- Monitor social distancing on sidelines by spectators
- Monitor player and coach mask use
- Monitor congregating of parents at the fields or parking lot
- Send out communication to parents prior to games reminding them of social distancing and congregation guidelines
- Communicate with La Roca in the event of a positive COVID test for a player, coach, and/or spectator to determine whether others were "close contact exposed"

SPECTATOR

- Abide by social distancing policy of 6 ft from spectators outside your household
- No congregating on sidelines or parking lot
- Sit a minimum of 10 ft off sideline
- Wear masks while sitting on sidelines if possible
- Wear masks when interacting with others within a radius of 6 ft
- Stay home if you have any symptoms of being sick
- Do not attend if you are a person of high risk
- Symptom check your player before arriving at field
- Avoid contact with any players are spectators outside of your household

PLAYER

- Wear a mask to and from the field for all soccer activities
- Wear a mask on the bench during matches and scrimmages
- Communicate to Coach or Team Manager if you are experiencing any symptoms
- Do not attend a match, practice, scrimmage, etc. if you are sick
- Limit carpooling to training and matches
- Limit physical contact with coaches and players
- Use hand sanitizer after being subbed off the field, at halftime, and post game
- Social distance from other players before and after soccer activities



POSITIVE COVID TEST PROTOCOL

Fall 2020 Season
(Updated August 2020)



PLAYER

- Player is immediately removed from all team activities
- Any other player(s) with close contact exposure need to be removed from all team activities
- Team can continue soccer activities
- Closely monitor symptoms of all players over the next 10 days

RETURN TO PLAY GUIDELINES:

For player with POSITIVE test:

- Mandatory 10-day quarantine
- Symptom free for 72 hours
- No fever for 24 hours (without fever reducing medication)

For player with Close Contact Exposure:

- Mandatory 14-day quarantine
- Symptom free for 72 hours
- No fever for 24 hours (without fever reducing medication)

COACH

- Coach is immediately removed from all team activities
- Any other player(s) or coaches with close contact exposure need to be removed from all team activities
- Team can continue soccer activities
- Assistant coach, club TD or DOC will coach until head coach returns
- Closely monitor symptoms of all players over the next 10 days

RETURN TO PLAY GUIDELINES:

For coach with POSITIVE test:

- Mandatory 10-day quarantine
- Symptom free for 72 hours
- No fever for 24 hours (without fever reducing medication)

For coach with Close Contact Exposure:

- Mandatory 14-day quarantine
- Symptom free for 72 hours
- No fever for 24 hours (without fever reducing medication)

PARENT/FAMILY MEMBER

- Player is immediately removed from all team activities
- Any other player(s) with close contact exposure need to be removed from all team activities
- Team can continue soccer activities
- Closely monitor symptoms of all players over the next 10 days

Additional Return to Play Recommendations:

- A negative test result
- A letter from the local health department clearing player/coach to return
- Visit to pediatrician for players who have preexisting health conditions

Tournament Champions and Finalists

La Roca teams have been bringing home a lot of medals and champion trophies lately! We love to

post tournament victories on our social media pages. Send your pictures to socialmedia@larocafc.com or text them to Wendy Kenney 801.510.7254. *Please include the name of the team, name of the tournament, the result (champion or finalist), and age group division or bracket.*

Here's a roundup of the latest La Roca teams with recent tournament victories:



Max Cup

Champions:

Boys U8: Chris Kent
Boys U9 Silver: Ivan Guerrero
Boys U13 Gold: Ivan Guerrero

Finalists:

Boys U9 Silver: Will Morby
Boys U10 Gold: Eric Ruiz
Boys U14 Bronze: Ahmed Bakrim

Utah Storm Cup

Champions:

Girls U10 Silver: Jeremy Lloyd
Boys U9 Silver: Spencer Thomas
Boys U15 Silver: Cesar Botero
Boys U16 Gold: Elton Jazexhiu

Finalists:

Girls U12 Gold: Flavio Bleinat
Girls U13 Gold: Flavio Bleinat

Strikers Cup

Champions:

Girls U13 Silver: Ricardo Aparicio
Girls U15/16 Gold: ECNL P. Ovalle
Boys U10 Gold: Thiago Cano
Boys U11 Gold: Chad Sackett
Boys U15 Gold: Adolfo Ovalle
Boys U18/19 Silver: Pancho Ovalle

Finalists:

Boys U12 Gold: Tyler Hunsaker
Boys U13 Gold: Thiago Cano

Fundeazy Top Earners

Every Friday, Fundeazy updates the La Roca leaderboard. See who's logged the most appointments with sponsoring companies on the leaderboard page:

<https://fundeazycentral.com/ut/larocacentral-leaderboard.php>



Congratulations to top earner Mia Roberts, who has earned \$400 through the completion of 9 appointments with sponsor companies to date. And she's not done -- Mia has 3 more appointments scheduled for this week! Each completed appointment will bring in more money that she can use towards her soccer expenses on the La Roca 2004 girls ECNL team. Way to go Mia!

Not far behind is Bradley Sanchez from La Roca Salt Lake Hector Cortes 2012 boys team. Bradley

has earned \$300 to date. Keep it up, Bradley!

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's Model of High Performance

La Roca's High Performance group applies the following player-centered model to achieve optimum player performance. To learn how your player can benefit from an intervention in one of these areas, contact Andrew Harestad, La Roca Director of High Performance, andrew.harestad@larocafc.com or 801.824.2277.



| Mental Performance | Nutrition | Physical Therapy | Human Performance | Recruiting | Technical Training |
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For more information call:

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