



Dear La Roca FC Family,

Let the games begin! As fall season officially kicks off this week, we wish all our teams good luck!

We remind players, parents and other spectators of the current COVID Guidelines as we head back to the sidelines:

- Coaches must wear masks at all times while on the sidelines
- Players must wear masks anytime they are not participating in soccer activities (when walking to and from the field; during pre-match, halftime, and post-match talks; while seated on the bench during matches)
- Everyone should practice social distancing, even the players when they are not participating in soccer activities
- Parents should limit carpooling
- Everyone should refrain from physical contact - - high fives, fist bumps, hand shakes, hugs, etc.
- No one should attend training or matches if they exhibit any COVID symptoms
- No one should attend training or matches if they have had "Close Contact Exposure" to someone who tested positive for COVID-19

Also, please observe all parking regulations wherever you attend games and practices. Cars parked in the fire lane at La Roca Park or along South Weber Drive will be towed. Thank you for helping us maintain good relationships with the municipalities where we play by disposing of your garbage and observing all posted rules.

Today's newsletter features:

- La Roca Fall 2020 COVID Guidelines
- Tournament Winners
- Olivia Reyes wins PUMA raffle
- Social Media Guidelines
- La Roca High Performance Tips
- 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	TEAM MANAGER	SPECTATOR	PLAYER
<ul style="list-style-type: none"> <li>Wear a face mask during training sessions/matches</li> <li>Sanitize all equipment before and after use</li> <li>Do not allow players to share pennies, other equipment or water bottles</li> <li>Report confirmed COVID cases to La Roca staff</li> <li>Provide hand sanitizer</li> <li>Require parents to confirm their child is symptom free before training/match by answering:                             <ol style="list-style-type: none"> <li>1. Do you have a temperature over 100.4?</li> <li>2. Are you currently experiencing any symptoms?</li> <li>3. Has any one in your household tested positive for COVID or had symptoms?</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>Monitor social distancing on sidelines by spectators</li> <li>Monitor player and coach mask use</li> <li>Monitor congregating of parents at the fields or parking lot</li> <li>Send out communication to parents prior to games reminding them of social distancing and congregation guidelines</li> <li>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"</li> </ul>	<ul style="list-style-type: none"> <li>Abide by social distancing policy of 6 ft from spectators outside your household</li> <li>No congregating on sidelines or parking lot</li> <li>Sit a minimum of 10 ft off sideline</li> <li>Wear masks while sitting on sidelines if possible</li> <li>Wear masks when interacting with others within a radius of 6 ft</li> <li>Stay home if you have any symptoms of being sick</li> <li>Do not attend if you are a person of high risk</li> <li>Symptom check your player before arriving at field</li> <li>Avoid contact with any players are spectators outside of your household</li> </ul>	<ul style="list-style-type: none"> <li>Wear a mask to and from the field for all soccer activities</li> <li>Wear a mask on the bench during matches and scrimmages</li> <li>Communicate to Coach or Team Manager if you are experiencing any symptoms</li> <li>Do not attend a match, practice, scrimmage, etc. if you are sick</li> <li>Limit carpooling to training and matches</li> <li>Limit physical contact with coaches and players</li> <li>Use hand sanitizer after being subbed off the field, at halftime, and post game</li> <li>Social distance from other players before and after soccer activities</li> </ul>



## POSITIVE COVID TEST PROTOCOL

### Fall 2020 Season

(Updated August 2020)



PLAYER	COACH	PARENT/FAMILY MEMBER
<ul style="list-style-type: none"> <li>Player is immediately removed from all team activities</li> <li>Any other player(s) with close contact exposure need to be removed from all team activities</li> <li>Team can continue soccer activities</li> <li>Closely monitor symptoms of all players over the next 10 days</li> </ul> <p style="margin: 5px 0;"><b>RETURN TO PLAY GUIDELINES:</b></p> <p style="margin: 0;"><b>For player with POSITIVE test:</b></p> <ul style="list-style-type: none"> <li>- Mandatory 10-day quarantine</li> <li>- Symptom free for 72 hours</li> <li>- No fever for 24 hours (without fever reducing medication)</li> </ul> <p style="margin: 0;"><b>For player with Close Contact Exposure:</b></p> <ul style="list-style-type: none"> <li>- Mandatory 14-day quarantine</li> <li>- Symptom free for 72 hours</li> <li>- No fever for 24 hours (without fever reducing medication)</li> </ul>	<ul style="list-style-type: none"> <li>Coach is immediately removed from all team activities</li> <li>Any other player(s) or coaches with close contact exposure need to be removed from all team activities</li> <li>Team can continue soccer activities</li> <li>Assistant coach, club TD or DOC will coach until head coach returns</li> <li>Closely monitor symptoms of all players over the next 10 days</li> </ul> <p style="margin: 5px 0;"><b>RETURN TO PLAY GUIDELINES:</b></p> <p style="margin: 0;"><b>For coach with POSITIVE test:</b></p> <ul style="list-style-type: none"> <li>- Mandatory 10-day quarantine</li> <li>- Symptom free for 72 hours</li> <li>- No fever for 24 hours (without fever reducing medication)</li> </ul> <p style="margin: 0;"><b>For coach with Close Contact Exposure:</b></p> <ul style="list-style-type: none"> <li>- Mandatory 14-day quarantine</li> <li>- Symptom free for 72 hours</li> <li>- No fever for 24 hours (without fever reducing medication)</li> </ul>	<ul style="list-style-type: none"> <li>Player is immediately removed from all team activities</li> <li>Any other player(s) with close contact exposure need to be removed from all team activities</li> <li>Team can continue soccer activities</li> <li>Closely monitor symptoms of all players over the next 10 days</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; background-color: #f0f0f0;"> <p style="text-align: center; margin: 0;"><b>Additional Return to Play Recommendations:</b></p> <ul style="list-style-type: none"> <li>A negative test result</li> <li>A letter from the local health department clearing player/coach to return</li> <li>Visit to pediatrician for players who have preexisting health conditions</li> </ul> </div>

## Shout out to Tournament Winners



Several La Roca teams competed in the Wasatch Classic tournament last weekend, including Burton Cate's U9 2012 girls, pictured above. Congratulations to the following teams that finished as champions and finalists:

### Wasatch Classic

#### **Champions:**

Girls U9 Gold: Burton Cate  
Boys U8 Jamboree: Chris Kent  
Boys U10 Gold: Francisco Escobar  
Boys U14 Platinum: TJ Waters

#### **Finalists:**

Boys U14 Bronze: Mike Galbraith

We love to post tournament victories on our social media pages. Send your pictures to [socialmedia@larocafc.com](mailto: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.

## Olivia Reyes Wins PUMA Raffle

U9 player Olivia Reyes from Burton Cate's team was thrilled when a package arrived full of awesome PUMA gear (ball, hat, shirt, warm up jacket and pants)! Olivia was entered into a raffle after completing a survey that PUMA sent to female athletes earlier this summer. She was one of only three players who received the special gear. Thank you PUMA and congratulations Olivia!



## Social Media Etiquette

The following infographic contains great advice about social media use for all players who are trying to get recruited for college soccer or anyone planning to apply to college or head into a career. It asks, "Are you being the best online you?" It's a good review for anyone who uses social media. Please share with your player and family members.

# SOCIAL MEDIA ETIQUETTE

## ARE YOU BEING THE BEST ONLINE YOU?

### 1. KEEP IT POSITIVE

Do not use vulgar, racist, offensive or inappropriate language. Quoting song lyrics that include questionable language, even if attributed to the artist, is the same as saying it yourself.

85%



of college coaches said their staff conducted online research on recruits to gain insight into the recruits' character.<sup>101</sup>

### 2. R-E-S-P-E-C-T

The rule of thumb is that if you post it, it'll live forever. No bullying, be careful tagging, and treat others with kindness and respect at all times.

36%



of college admissions officers check applicants' social media profiles, a number that is up twenty-five percent from last year.<sup>102</sup>

### 3. ALL POSTS ARE PUBLIC



Just because there's a privacy option, it does not mean it is private! Privacy does not exist online – even for accounts set to private. Watch who you follow!

ONE IN SIX

online teens said they had experienced unwanted forwarding of private communication.<sup>103</sup>

1 M +

children were victims of identity fraud in 2017.<sup>104</sup>

### 4. RATIONAL VS. EMOTIONAL



If you don't think you should post something, the answer is: don't post. Words have weight and consequences. Don't act on impulse, post with empathy.

"NEGATIVE MESSAGES OR WORDS AFFECT OTHERS MORE STRONGLY AND CONTINUE TO RIPPLE BACK FROM A CHAT AUDIENCE FOR UP TO EIGHT MINUTES ON AVERAGE. THE RESULT IS A 'FEEDBACK LOOP' IN WHICH ONE INSTANCE OF NEGATIVITY CAUSES A STREAM OF NEGATIVITY THAT CONTINUES TO PERPETUATE ITSELF."<sup>105</sup>

### 5. ALWAYS BE YOU

Your social media platform is a representation of you. Post videos of your workouts, meals that you enjoy, game tape or highlight videos, and what inspires you to be the best version of yourself.

"INAPPROPRIATE CONTENT WILL NOT ONLY DETER COACHES FROM RECRUITING YOU BUT ALSO CAUSE COACHES TO RESCIND OFFERS. POSITIVE SOCIAL MEDIA POSTS CAN MAKE COACHES EVEN MORE INTERESTED IN RECRUITING YOU."<sup>106</sup>

101. https://www.collegeboard.com/blog/2017/08/college-coaches-use-social-media-to-research-recruits  
102. https://www.collegeboard.com/blog/2017/08/college-coaches-use-social-media-to-research-recruits  
103. https://www.collegeboard.com/blog/2017/08/college-coaches-use-social-media-to-research-recruits  
104. https://www.collegeboard.com/blog/2017/08/college-coaches-use-social-media-to-research-recruits  
105. https://www.collegeboard.com/blog/2017/08/college-coaches-use-social-media-to-research-recruits  
106. https://www.collegeboard.com/blog/2017/08/college-coaches-use-social-media-to-research-recruits

TGS



## High Performance Tips



## HIGH PERFORMANCE TIPS



La Roca's High Performance Group shares a daily tip on social media. If you missed the tips from last week, here's a summary:

**SPEED ENDURANCE:** Speed Endurance is the ability to maintain absolute speed without slowing down. Speed Endurance training involves maintaining maximal velocities for extended periods of time. Training consists of full speed runs of 40-80 meters with a 1-3 minute recovery, and running a total of up to 1200 meters. Contact the La Roca Human Performance Specialist in your area for help improving your speed endurance:

South/Spanish Fork - Cesar Botero 801.856.9905

Salt Lake - Parker Teagle 801.828.6719

North - Drake Cook 801.708.2826

**NUTRITION:**

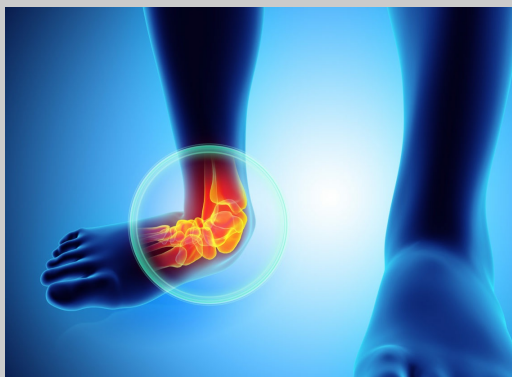
**BREAKFAST:** Water, Protein, Carbohydrate, Fruit, and Vegetable. Meal Idea: Breakfast Burrito with eggs, peppers and tomatoes with a glass of water. Contact your La Roca Nutrition Partner for more nutrition ideas: Jared St. Clair @ Vitality Nutrition 801.292.6662



**PHYSICAL THERAPY:**

**PREVENTING ANKLE INJURIES:**

- Build Balance - Stand on one leg with eyes closed for 30-60 seconds.
- Build Strength - Weight training for bones and muscles OR use elastics for muscles.
- Build Flexibility - Sit back on heels with toes pointed for 10-30 seconds (Vajrasana).



For more help preventing ankle injuries, contact the La Roca Athletic Trainer or Physical Therapist in your area:

South/Spanish Fork - Jordan Shumway  
385.208.8376

Salt Lake - Jared Hiltquist 801.660.2317

North - Tyler Gill 801.797.4043

**MENTAL PERFORMANCE:**

**FEAR OF SUCCESS:** Why would anyone have a fear of success? Although the reasons may vary, a fear of success might be because of our uncertainty of what's next. A fear of success often looks a lot like procrastination. To be mentally strong make goals you are ready to achieve.

For help reaching your optimal mental performance, contact your La Roca Mental Performance/Sports Psychology Partner: Nicole Detling @ Headstrong Consulting 801.712.7956.

**TECHNICAL:**

IMPROVING YOUR FIRST TOUCH: Practice stationary trapping and passing with a partner. Start from a close distance. Never stop working on improving your technique. Technical Players are the ones that make the difference.

For more help improving your technical skills, contact the La Roca Technical/Skill Trainer: David Chevez 801.440.9693

**RECRUITING:**

GETTING STARTED: Select 6-12 teams from each college division (NCAA Division 1, 2, 3; NAIA; NJCAA Division 1, 2). When choosing teams to put on your list, select colleges that you would actually consider attending.

If you are unsure of where to find schools, visit [www.ncaa.org](http://www.ncaa.org) and look for schools in the different divisions, or do an online search for "junior colleges in Utah" or "division 2 colleges in Colorado." For help getting started, contact your La Roca College Recruiter: Kelly Parke 801.725.8438.

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## La Roca Administrative Staff Directory

**NORTH TEAMS:**

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**EVENTS/WEBSITE/COMMUNICATIONS:**

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

