



Dear La Roca FC Family,

Summer is rapidly coming to an end, and that means Fall Season will soon begin! August 24 is the official start date of Fall season. Schedules will be posted on the UYSA website on August 10. We will include a link to the schedule in next week's newsletter. If you want a sneak peak at the teams your child will be playing this season, you can look at the league alignment:

[Fall Alignment](#)

Today's newsletter features:

- Fundeazy leaderboard
- Hydration tips
- Good luck to teams competing in upcoming tournaments
- La Roca Administrative Staff Directory

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Looks Who's Earning Money the Fundeazy Way



Every Friday, Fundeazy updates a leaderboard with the names of La Roca players who are raising money to pay their soccer fees. To date, there have been 117 appointments with sponsoring companies, which translates into \$???? for those players who referred potential customers. 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)

Hydration Essentials

History seems to change its mind on hydration -- from how much, to how often, to what type. One thing that has remained consistent is that *hydration is very important*.

Sweating varies from person to person. An athlete can sweat 1-10 pounds off in a 90-minute match. To put that in perspective, a large glass of water is about 1 pound. It has been shown that a 2% decrease in body mass from sweating can result in:

- Measurable physical performance decreases by 30-45%
- Decrease in short term memory
- Reduced blood volume
- Increase in core body temperature
- Decrease in blood flow in the skin
- Increase use of glycogen in the muscles
- Sweat rate decreases



Water is the best choice for proper hydration.

How much an athlete should drink depends upon their level of activity and body weight. The best advice: drink enough water during an activity to maintain your weight so that you don't experience any of the adverse effects listed above.

VAMOS La Roca!

Many La Roca FC teams will be competing in tournaments in the next few weeks before Fall Season begins. We wish our La Roca teams good luck as they head to

the following tournaments:



Max Cup: August 5-8, Murray

Utah Cup: August 5-8, Orem

USA Adidas Cup: August 11-15,
West Jordan

Strikers Cup: August 11-15,
Layton

Utah Storm Cup: August 12-15,
Orem

Wasatch Classic: August 17-22,
Kaysville

Mayors Cup: September 1-7,
Centerville & Farmington

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