



Dear La Roca FC Family,

We hope you and your player have had a positive return to play as games resumed last week! We look forward to an uninterrupted fall season while we follow the COVID guidelines implemented by UYSA. We remind you that regardless of whether a city or county has a mask mandate in place, masks are still required to be worn by coaches and players, and the following rules apply at every location where games and practices take place:

- 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

Today's newsletter features:

- Team Snap Health Check
- UYSA Game of the Week
- PUMA Newsletter
- La Roca High Performance Tips
- La Roca Administrative Staff Directory

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



Health Check on Team Snap App

Many La Roca team managers use the Team Snap App to effectively

communicate with parents and players. Did you know that Team Snap has a feature called Health Check that allows players to reply to a series of questions about how they are feeling prior to a game or training, then show their clearance screen to the coach when they arrive, indicating that they are cleared to participate.



La Roca is encouraging all teams to use the Team Snap app and take advantage of this great feature. If your team manager has not started a Team Snap account yet, please encourage them to sign up today. The basic plan is free and includes the Health Check feature.

La Roca Team in UYSA Game of the Week

In the first Game of the Week of fall Season, UYSA featured the August 24 match between La Roca HW/TH White U10 girls and L30 Shock MP. La Roca player Brooklyn Bankhead was interviewed after the match. Great job representing La Roca FC, Brooklyn!!



UYSA Interview

Watch the game highlights and other post-game interviews here:



Game of the Week | L30 FC Shock MP vs La Roca HW TH White Girls 10U August 24th, 2020

PUMA King Newsletter

As a member of the elite PUMA King Football Program, La Roca FC now features a PUMA Newsletter on its website. The content will be updated regularly and includes PUMA News, previews of PUMA gear, and a Coaches Corner with training tips from PUMA Club Technical Director, Bob Jenkins. Check it out: [PUMA Newsletter](#)



PUMA KING FOOTBALL PROGRAM AUGUST NEWSLETTER



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:

HUMAN PERFORMANCE:

Acceleration: Practice these drills for 5

ACCELERATION

B March with hands behind head



B Skip w/ hands behind head



Arm Runs



Leaning B March against wall



Practice all of these in a falling acceleration



sets of 10 seconds each for improved acceleration:

1. B March with hands behind head and leg lifting at 90 degree angle
2. B Skip with hands behind head and leg lifting at 90 degree angle
3. Arm runs with arms bent
4. Leaning B March against wall with foot planted at 45 degree angle

Contact your La Roca Human Performance Specialist for help improving your acceleration:

- South/Spanish Fork - Cesar Botero 801.856.9905
- Salt Lake - Parker Teagle 801.828.6719
- North - Drake Cook 801.708.2826

NUTRITION:



Lunch: Water, protein, carbohydrate, fruit, and vegetable (just like breakfast). A sandwich is a great option because it travels well and you can fit all of the good stuff in.

Contact your La Roca Nutrition Partner for more nutrition ideas:

Jared St. Clair @ Vitality Nutrition 801.292.6662

PHYSICAL THERAPY:

Hamstring injuries are one of the most common injuries in sports. They usually occur during sprinting or cutting. Luckily, there are things that you can do to greatly reduce your risk of hamstring injury.



Preventing Hamstring Strains

Check out the exercises below and keep your hamstrings healthy for the season!

- 1-Sprint training
- 2-Hamstring strengthening (try Nordic hamstring curls and single leg Romanian deadlifts)
- 3-Quad stretching
- 4-Plyometric training (try split jumps and box step ups to mimic sprinting)

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

TECHNICAL:

Striking: While practicing the tips below, remember that deliberate repetition is the key:

- 1-Look up and scan where it is you are going to shoot the ball.
- 2-Focus on the ball, forgetting all other distractions.
- 3-Be certain that your plant/support foot is pointing in the direction you want to shoot.
- 4-Swinging your arms fluidly will provide you with balance.



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

MENTAL PERFORMANCE:

Imagery: Also known as visualization, Imagery means using all of your senses to rehearse soccer in your mind.



5 Reasons to use Imagery:

- 1-Help you get the most out of a training session.
- 2-Help you compete more effectively and completely.
- 3-Help speed up your progress.
- 4-Help you stay motivated.
- 5-Help you keep your mind sharp when you can't train.

Contact your La Roca Mental Performance/Sports Psychology Partner for help using imagery to improve your game: Nicole Detling @ Headstrong Consulting 801.712.7956

RECRUITING:

Getting Started: Now that you have made your list of schools (see post from last week), look at each school and make sure that the cost to attend is within your price range. If there is a school on your list that is more than triple your potential budget, then cross it out, and look for another that fits in your budget. A simple search of "how much does Westminster cost per year" can get you that information fast.

Contact your La Roca College Recruiter for tips on getting started: Kelly Parke 801.725.8438

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