



Dear La Roca FC Family,

As the number of positive COVID cases spiked this past weekend, La Roca FC continues to stress the importance of keeping our players and coaches safe so that we can continue with an uninterrupted fall season. As a reminder, coaches will be wearing masks at all times during games and practices. Players should also wear face masks whenever they are not actively playing in a game or practicing, OR whenever they cannot maintain a distance of at least 6 feet from others. If teams are using a team bench, and it is not possible to space players 6 feet apart, then players must wear masks while seated on the bench during a game. For more details, please see the article below.

We also remind all parents that if you miss 2 consecutive La Roca payments, your player will be removed from the roster and not allowed to participate in games or practices until payments are current or other arrangements are made with a La Roca administrator. If your credit card information changes, or you need to discuss payment options, please contact Celeste Anderson: 801-866-3615, celeste.anderson@larocafc.com.

Today's newsletter features:

- UYSA COVID Reminders
- Referee Training
- High Performance Tips
- Administrative Staff Directory

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UYSA Clarifies COVID Guidelines

Utah Youth Soccer Association sent another email to La Roca administrators and coaches last week clarifying the COVID Guidelines. Excerpts from the email are provided below:

With the recent uptick in confirmed COVID

cases across the state we are getting a lot of questions on how to proceed if a team is affected.



In regards to the updated yellow phase guidelines our primary goal is to identify "Close Contact Exposure" with every confirmed case.... If a player/coach receives a positive result OR someone in their household does, that person should be quarantined immediately (removed from all soccer activities) and UYSA should be notified. At that point [UYSA] will work with [the club] to identify next steps and if the entire team needs to be shut down or just that specific player/coach. If there are no risks of "close contact exposure" and [UYSA's] protocols were followed it's highly unlikely the entire team will need to be quarantined.

As another reminder, if a player is quarantined due to close contact exposure at school, that player should not be participating with their UYSA soccer team during that quarantine.

[UYSA's COVID Guidelines for Fall Season](#)

Utah Soccer Referee Training



It probably comes as no surprise that there is a shortage of referees in Utah. Being a referee is a great way to earn money and learn more about the game.

To learn more about becoming a new referee, [click here](#).

[Utah Soccer Refs website](#)



HIGH PERFORMANCE TIPS



Human Performance: Sleep

Sleep is arguably the most important thing we can do to help our bodies recover and grow. As a general rule one should be getting 7-9 hours of sleep. Additionally it is good practice to have a consistent bed time and awake times.

Contact your La Roca Human Performance Specialist for more tips for improving your performance:

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

Nutrition: Pre-Game Nutrition

Eating consistent, well-balanced meals is the best way to prepare your body for the rigors of a match. A good meal consists of a glass of water, some light protein, carbohydrates, fruits and vegetables. If you are in a pinch, then a whole food bar such as ProBar can be a good solution.

Contact your La Roca Nutrition Partner for more pre-game nutrition tips: Jared St. Clair @ Vitality Nutrition 801.292.6662

Physical Therapy

You've been told you have a grade 2 MCL sprain. You want to know how long it will take to fully heal.

This table has great info about average healing times for different types of injured tissues.

Healing takes time. You can optimize recovery with rest, proper nutrition, rehab, and graded activity. But remember to be patient with yourself and the process.

Refer to this table when wondering how long it will take to recover from your injury. Thanks for the awesome info @dr.caleb.burgess!

Contact your La Roca physical therapist @drycreekpt to find out more about how physical therapy and rehab can keep you healthy and on the field.

- South/Spanish Fork - Jordan Shumway 385.208.8376
- Salt Lake - Jared Hiltquist 801.660.2317
- North - Tyler Gill 801.797.4043

Healing Times

Exercise Muscle Soreness	0-3 Days	
Muscle Strain	Grade 1	0-2wk
	Grade 2	4d-3mo
	Grade 3	3wk-6mo
Ligament Sprain	Grade 1	0-3d
	Grade 2	3wk-6mo
	Grade 3	5wk-1yr
Tendon	Tendinitis	3wk-7wk
	Tendinosis	3mo-6mo
	Laceration	5wk-6mo
Bone	5wk-3mo	
Articular Cartilage Repair	2mo-2yr	
Ligament Graft	2mo-2yr	



@dr.caleb.burgess

Technical

The outside of the foot pass or shoot is one of the most technically demanding in futbol. It is often used to avoid kicking with the weaker foot. The supporting foot is placed level with the ball, but at a distance, because the kicking foot needs some internal legroom in order to make good contact with the ball. The kicking leg is angled and lifted. The ball is struck mostly from your ring toe to the middle of the outside foot.

Contact your La Roca Technical Skills Trainer for more tips to improve your technical skills: David Chevez 801.440.9693

Mental Performance



For tips improving your mental performance, contact your La Roca Mental Performance/Sports Psychology Partner: Nicole Detling @ Headstrong Consulting 801.712.7956

Recruiting

NAIA and Junior Colleges: Coaches at the NAIA and Junior College level have no restrictions regarding contacting an athlete. They are permitted to speak with an athlete at any time. These are also great places to begin your college recruiting experience, so start calling today.

For help navigating the college recruiting process, contact your La Roca College Recruiter: Kelly Parke 801.725.8438

La Roca Administrative Staff Directory

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