



Dear La Roca FC Family,

Thank you for your understanding when UYSA announced the cancellation of all league games due to concerns about player safety during the wind storm on Tuesday. If your team was scheduled to play Tuesday night, please be patient as your team manager works through the process to reschedule your game. It may be days before all the debris is cleared from playing fields along the Wasatch Front, not to mention our yards! We're almost afraid to ask if 2020 could get any crazier!

Today's newsletter features:

- Mayor's Cup Champions and Finalists
- Team Snap Health Check
- La Roca High Performance Tips
- La Roca Administrative Staff Directory

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Congratulations to Mayor's Cup Winners

The following La Roca teams finished Mayor's Cup as either Champions or Finalists. Great job, teams!

CHAMPIONS

Girls Teams:

Girls U9 Silver: La Roca T Cate

Girls U9 Gold: La Roca B Cate

Girls U12 Gold: La Roca S F Bleinat

Boys Teams:

Boys U9 Bronze: La Roca C Kent

Boys U14 Silver: La Roca SLC A
Bakrim

Boys U14 Gold: La Roca TJ Waters

Boys U16 Gold: La Roca P Ovalle

FINALISTS

Girls Teams:

Girls U11 Gold: La Roca S F Bleinat

Boys Teams:

Boys U11 Gold: La Roca S M
Hernandez

Boys U12 Silver: La Roca SLC N
Gomez

Boys U12 Gold: La Roca S F Soares

Boys U13 Gold: La Roca K Parke



La Roca T Cate U9 Silver Champions

Teams Using Health Check on Team Snap

All La Roca teams will soon be using Team Snap to check for COVID symptoms among its players. Watch for an invitation to join your team's Team Snap account, then set up your username and password to access all the features. Health Check becomes available 8 hours before the start time of a scheduled event such as a practice or game. By opening the schedule tab and selecting that day's event, the parent or player can privately respond to questions about how they're feeling that day. Only the coach or team manager see the results of each player's Health Check. If the player is cleared to participate, a green "Health Check Cleared" screen appears on the device.



High Performance Tips



If you missed the La Roca High Performance tips last week, here's a summary:

HUMAN PERFORMANCE: Speed

Anaerobic Power: Speed Endurance can be broken into 2 categories: Anaerobic Power and Lactacid Strength. For outside backs and wing players, Anaerobic Power training can be a great tool.

Recommended Anaerobic Power Training: 6-10 runs at 95% speed for a distance of 80-150 meters (or 9-20 seconds of running), with recovery times of 6-10 minutes between runs.

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

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

NUTRITION: Dinner

Water, Protein, Carbohydrate, Fruit, and Vegetable (just like breakfast and lunch). If you are like most soccer families things can get a little crazy around dinner time, and getting all of these things into a meal can get tough. Pack some fruits and veggies with you and use that to supplement the "on-the-go" meal.

Contact your La Roca Nutrition Partner for more nutrition ideas:
Jared St. Clair @ Vitality Nutrition 801.292.6662

PHYSICAL THERAPY: ACL Injury Prevention

An ACL injury is one of the most debilitating sports injuries for an athlete. With the correct injury prevention program, ACL injuries can be reduced up to 80%. But did you know that by doing these programs you can also show improvements in speed, vertical jump, and overall strength?

Contact one of the individuals below to find ways to incorporate this training into your program.

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

TECHNICAL: Inside of the Foot Pass

The inside of the foot pass is the safest soccer pass. When done right, really precise passes can be executed. Tips: start with the support leg beside the ball, with the body weight on the support leg and the support leg bent slightly. Swing the kicking leg back then towards the ball. The ball should make contact with the center of the inside foot.

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

MENTAL PERFORMANCE: Focus

Focus is the ability to remain concentrated on what you are doing and ignoring distractions. Keeping your focus within a match will help you perform at your best and can create more opportunities for success.

7 helpful tips to improve Focus:

1. Assess your mental focus
2. Eliminate distractions
3. Limit your focus
4. Live in the moment
5. Practice mindfulness
6. Take a short break
7. Keep practicing

For more tips on improving your mental performance, contact your La Roca

RECRUITING: Player ID Camps

Colleges use Player ID Camps for a couple of reasons: to create some income for their coaches and to find talented players that they may not already know about. It's a great way for the college coaches to see how you play in their system. When you go to these ID Camps make sure to find out which coaches will be there and send them a message telling them about yourself and even include a highlight video, then send them another email as a follow-up after the camp is over.

For more tips on 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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