



Happy Holidays!

Happy Holidays to our La Roca Family! We hope all your celebrations will be joyous!

Despite the challenges of 2020, there is much to celebrate as the year winds down. So, here at La Roca FC, we are celebrating the following triumphs:

- High Performance services were added under the direction of Andrew Harestad
- Adolfo Ovalle's Girls ECNL 2002/03 won the U19 Girls State Championship
- 12 La Roca teams joined ECNL (Elite Clubs National League)
- 113 teams were formed after modified tryouts
- All teams returned to play in the summer months
- Many players committed to college soccer teams and signed letters of intent
- 4 La Roca players turned pro
- 3 La Roca boys teams won State Cup titles
- The Fall Season was played without interruption
- Approval was granted to train and play indoors this winter
- La Roca South partnered with an indoor training facility
- La Roca South teams started training at the RSL Herriman facility along with La Roca Salt Lake teams

Read on for the latest La Roca FC news and information about

- COVID reminders
- Winter Leagues at La Roca Park
- La Roca South Training Center
- PUMA King Newsletter and Players of the Month
- AmazonSmile donations help La Roca FC

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COVID Reminders and Health Check



By now, everyone should be very familiar with the COVID guidelines and policies at the indoor facilities where your team trains. In general,

- Coaches must wear masks at all times
- Players must wear masks and practice social distancing whenever they are not participating in on-field activities
- If spectators are allowed at a facility, they must

wear masks at all times and practice social distancing from people from a different household

- Players and coaches must clear the Health Check on Team Snap and have a temperature check before EVERY practice or game.
- Spectators must comply with all rules imposed by each facility, which may include a temperature check and health check form

La Roca FC is committed to adhering to these guidelines in order to keep our players and coaches safe this winter. Thank you for doing your part to slow the spread of COVID-19!

11 v 11 Winter League at La Roca Park

The purpose of the La Roca Winter League is to provide developmental opportunities for U13 and older boys and girls premier level teams throughout the winter months. The league is open to La Roca and non-La Roca teams. No score is kept at the games, however, three certified league referees officiate at each game. Teams play Friday nights and Saturdays on the full-size turf field inside La Roca Park. Session 1 will conclude mid-January, and Session 2 runs January 22 through March 13.



La Roca South Training Center

La Roca South teams now have access to an indoor training center in Utah County for use during the winter. The facility, located at 345 West 700 South in Pleasant Grove, offers a 5,000 square foot turf field. For more information about rental rates and availability, contact Coach Mario Hernandez, 801.884.2455.



PUMA King Newsletter and Players of the Month

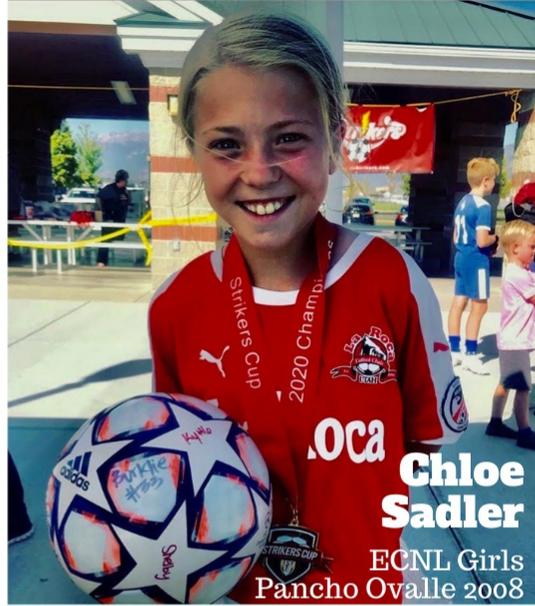
Check out the November PUMA King Newsletter and learn more about Kevin Nuci and Chloe Sadler, La Roca FC players who were named PUMA Players of the Month. Congratulations, Kevin and Chloe!

[November 2020 PUMA King Newsletter](#)



**Kevin
Nuci**

TJ Waters 2007



**Chloe
Sadler**

ECNL Girls
Pancho Ovalle 2008

PUMA KING NOVEMBER NEWSLETTER



AmazonSmile Purchases Generate Donations



#1 holiday hack:

When you buy your gifts
at [smile.amazon.com](https://www.smile.amazon.com),
Amazon donates.

amazonsmile

Did you know that if you link your Amazon account to La Roca FC through AmazonSmile, your purchases generate donations to La Roca? You can make a difference just by shopping online!

[Click here to sign up today](#)

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