



Dear La Roca Family,

We hope your family is as excited about 2021 as we are! La Roca FC has kicked off the new year with optimism! We've already had great news just in the past week: 2 more former La Roca players have turned pro! Read about Jeff Dewsnup and Mikayla Colohan in the stories below.

Let's have some fun in 2021! We're moving forward with our plans, including a successful *uninterrupted* spring season for all our teams, our annual senior banquet to honor our 2021 graduates, club tryouts in all 4 regions the end of May/beginning of June, La Roca Cup in July, and so much more!

With the prospect of most of the state receiving the Covid-19 vaccine by the end of the summer, soon we will all feel safer at soccer events.

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

- Latest La Roca-grown pros
- December PUMA King Newsletter and Players of the Month
- Year in review press release
- COVID Travel Policy

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



Jeff Dewsnup signs with RSL



Jeff Dewsnap played keeper for La Roca FC before joining the RSL Academy, and on January 11, 2021, he became the youngest player to sign a professional contract with Real Salt Lake.

La Roca has made a huge impact in my development as a player. I wouldn't be were I am today without this amazing club ! I had many coaches during my years at the club, and I learned so much from all of them. Some specific coaches who helped me in huge and important ways were Celso Santos, Ahmed Bakrim, Hailame Kaufusi, and Kurt Nydegger. Many opportunities were made available for me to travel, compete, and represent the club, which helped me a great deal! I look forward to continuing my career and representing my Utah La Roca family. Vamos La Roca!! - Jeff Dewsnap

Read more about Jeff's accomplishments and future with RSL:

<https://www.rsl.com/post/2021/01/11/rsl-signs-rsl-academy-goalkeeper-jeff-dewsnap>

<https://www.rsl.com/post/2021/01/12/herriman-native-jeff-dewsnap-relishing-opportunity-after-signing-rsl>



Mikayla Colohan drafted by Orlando Pride

NWSL DRAFT | ROUND 2 PICK 14

MIKAYLA COLOHAN



Mikayla Colohan, who played for La Roca FC for seven years before joining Brigham Young University's women's soccer team, was the 14th overall pick in the NWSL draft on January 13, 2021, and is heading to Florida to play for the Orlando Pride. Mikayla becomes only the second La Roca female to turn pro, and joins Averie Collins (Washington Spirit) in making history for our club.

My time at La Roca FC set me up for every opportunity needed to succeed. I was able to learn from the best coaches in the country. The club completely shaped me to be the player I am on the field and person I am off the field. I am so lucky to have had the chance to play for many La Roca coaches, who each impacted my game in a different way. I'm so thankful for the La Roca family and everything it provided for me. I can't wait to continue my career and represent the best club in the country! - Mikayla Colohan

Read more about Orlando Pride's draft picks:

<https://www.orlandocitysc.com/post/2021/01/14/pride-add-three-attacking-options-and-goalkeeper-2021-nwsl-draft>



PUMA King Newsletter and Players of the Month

Check out the December PUMA King Newsletter and learn more about Reese Harding and Nixon Rapier, two La Roca FC Spanish Fork players who were named PUMA Players of the Month. Congratulations, Reese and Nixon!

[December 2020 PUMA King Newsletter](#)

**Reese
Harding**

Spanish Fork
2011 Girls



**Nixon
Rapier**
Spanish Fork
2007 Boys

PUMA KING DECEMBER NEWSLETTER



La Roca Finishes 2020 on Top and Continues to Lead Utah in State Cup Wins

La Roca is proud of its accomplishments and published the following press release on PR.com to let others know about the great year the club has had:



La Roca FC Dominates 2020 Fall State Cup and Finishes the Year on Top

La Roca Futbol Club continues to lead Utah in most State Cup wins.

South Weber, UT, December 23, 2020 --(PR.com)-- After a year marked by an interrupted spring season, constant protocol changes, cancelled training sessions, and field closures due to COVID-19, La Roca FC held its top spot as Utah's most awarded soccer club in Utah for State Cup Championships. In fifteen short years, La Roca FC has tallied 73 State Cup wins between the girls and the boys, adding three more State Cup champion titles in October, to finish the year on top.

Along with every other soccer club in the nation, La Roca FC faced the challenge of trying to maintain stability and progression during the pandemic. Forced to change the traditional way soccer clubs run their programs, La Roca's leadership showed extreme agility and creativeness in quickly transitioning to a robust four day/week online training for over 120 teams. By facilitating and fostering an attitude of good fortune when permitted to practice and play, La Roca FC seized every opportunity to train and move forward. La Roca FC maintained its focus and perseverance by helping coaches provide a structured approach to meet the needs of teams and individual players.

As the UYSA 2020 Boys State Cup played out and teams were systematically eliminated, La Roca FC's Founder and Technical Director, Adolfo Ovalle found himself in a unique position - facing one of his own coaches in the 2006 Boys Finals. "We weren't even sure if State Cup would happen this year or what to expect," said Ovalle. "To have four teams in the Finals in three age groups was truly unprecedented. No matter the outcome, it would be a win-win situation for La Roca FC as we were assured another victory. But, as the true competitor I am, I wanted to win this for my boys. It was a great game, and if I had to lose, I'm glad it was to another La Roca FC team coached by my friend Danny Acosta."

Experiencing his first State Cup win and the first win for the La Roca Salt Lake County division, coach Danny Acosta said, "It has been an incredibly emotional journey with my 2006 boys. I've been with many of these boys for six years and we've been through a lot together. They have stuck by me through thick and thin. They deserved this win, and I couldn't be more proud of them. I'm so grateful to be part of La Roca and associate with and compete against a true class act like Adolfo Ovalle. We found our home with La Roca."

Upon winning his 18th State Cup Championship this year, La Roca FC coach Pancho Ovalle said, "Every State Cup Championship is special - it never gets old and it's never easy. This year was especially sweet since I hadn't coached a boys' team for ten years. I took over this team at tryouts. The team was a little unstable, and to be honest, we got off to a rocky start. It was truly a remarkable achievement to work with these boys for such a short amount of time and take them all the way to win the finals."

David Chevez also experienced another State Cup Championship this year by winning the U18 division with his 2003 boys. David has had much success during his La Roca FC career marking his 11th State Cup Finals win. David carries the unique distinction of being the first coach in the State of Utah to win the USYS President's Cup Nationals in 2011 with his U17 girls' team.

La Roca FC is optimistic about the future and ready to embark on a new year carrying forward the invaluable lessons learned in 2020; most importantly, the significance of positive attitude and the willingness to adapt through any of life's circumstances. La Roca FC's leadership also learned that being creative, agile and working as a team is the most important lesson on and off the field.

"Demonstrating leadership, a positive attitude and focus gives our youth the assurance that they can make it through the hardest of times and still have success," said La Roca FC Founder, Adolfo Ovalle. "We never know what life is going to throw at us, but how we deal with it, sums up who we are. We, here at La Roca, are fighters."

COVID Travel Policy

If your team is planning to travel to any tournaments this winter and spring, you must follow the new La Roca COVID Travel Policy, which was communicated to all families on January 12, 2021, and is provided here for your review.

Due to the increased prevalence of COVID-19 positive cases in the Wasatch Front and the high likelihood of player exposure, we have decided to enact the following travel policy for all La Roca FC teams:

All players from multiple households traveling out of the area together to any league or tournament games must get tested for the Coronavirus. This applies to players from different households who are traveling together and/or lodging together. Players who are traveling with their immediate family and not staying in hotels or traveling in vehicles together with team members from other households **DO NOT HAVE TO BE TESTED**. All coaches, team managers, and chaperones who will be traveling and/or lodging with people from different households must also be tested.

Testing should occur a maximum of 72 hours prior to the departure date, allowing for sufficient time to receive test results prior to departure. (Typical test results take 24-48 hours to return; however, results can be delayed in places that have high transmission rates.) Please be sure to schedule testing ahead of time to ensure results will be received in time.

All test results must be shared with the team manager of each respective team, who will then forward the results to Laura Coffee. Any player or team staff member subject to the guidelines above who does not get tested will not be able to travel or play with the team. Any player or team staff member who tests positive will be unable to travel and play.

Anyone can get tested at free testing clinics, even if they do not have symptoms of COVID-19. Anyone who wants to be tested can register online at <https://coronavirus.utah.gov/utah-covid-19-testing-locations/>

A player who has tested positive previously for the Coronavirus may provide their team manager with antibody test results showing positive for Covid-19 antibodies. If a player has been fully vaccinated (2 injections 21 days apart), a current vaccine record can be provided in lieu of testing.

If you have any questions please contact your La Roca FC region administrator or the La Roca office.

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