



## May 2021 Newsletter

Dear La Roca Families,

Tryouts are just around the corner . . . have you registered your child yet? Every year, a few La Roca parents forget to register their child for tryouts, and when they show up for tryouts and realize they haven't registered, it's always a little awkward for the player when their name isn't on the printed roster. Please take a few minutes to reserve a tryout spot for your child by registering them at [laroca.fc.com/tryouts](http://laroca.fc.com/tryouts).

La Roca is determined to make 2021 tryouts the **best ever** with the addition of FREE tryouts bonus sessions from our High Performance department, including a pre-tryouts mental preparation Zoom presentation. Read below for more details.

Are you curious about next year's fees? La Roca has published detailed information about 2021-22 fees for each region and ECNL teams on the website: [laroca.fc.com/fees/](http://laroca.fc.com/fees/)

Continue reading for important information about

- 2021-22 Uniform Kit Reveal
- Tryouts Bonus Sessions
- FREE Tryouts Prep Session: Handling Pressure
- May 14 La Roca Night at Real Monarchs
- State Cup and Presidents Cup
- PUMA King Players of the Month
- La Roca Cup 2021 - Save the date
- Administrative Directory

If you don't already follow La Roca Futbol Club on Social Media, click on the icons below to get started:



### LA ROCA 2021-22 UNIFORM KIT



Are you curious about the 2021-22 La Roca Uniform Kit? Wait no longer! The picture above shows the new field uniform pieces that will be available to order beginning June 15 through your team

manager. (Please note that the player kit only includes one pair of unnumbered black shorts.)

The pictures below give you an idea of how the pieces fit various size players. Rest assured that all jerseys and white shorts will be decorated with La Roca emblems and player numbers. The green jersey is the goalkeeper jersey.

If you have questions about uniforms, please check out the Uniform FAQs on our website: <https://larocafc.com/uniform-faqs/> , or email [uniforms@larocafc.com](mailto:uniforms@larocafc.com) if you can't find answers online.



## TRYOUT BONUS SESSIONS

La Roca's High Performance department is offering FREE bonus sessions for all players who participate in tryouts. The bonus sessions are scheduled by age groups, and are designed to provide players and parents with a sample of what services the La Roca High Performance department offers. For more details about the bonus session schedule, visit the website and open the tryout page for your region: [larocafc.com](http://larocafc.com).

Also, don't forget that ALL La Roca players who plan to try out for a team must register for tryouts on [larocafc.com](http://larocafc.com). Numbered tryout shirts will be issued to all registered tryout participants!

**Don't delay, register today!**

# La Roca

**TRYOUT**

**Experience the Difference**

**FREE Bonus Session**

**FREE TRYOUTS PREP  
SESSION:  
Handling Pressure  
May 16, 6:00-7:00 p.m.**



It's perfectly normal for players to experience pre-tryout anxiety unless it becomes overwhelming and debilitating.

In her free, one-hour, pre-tryout mental performance presentation, HeadStrong Mental Performance Coach, Zoe Sayetta, will address topics such as confidence, focus, and pre-performance jitters **Wednesday, May 26 at 6:00 p.m.**

Tune in to Zoe's presentation for tools and information that will help athletes optimize their performance and reach their goals. There will be time for questions and answers at the end of the session.

Join Zoom Meeting

<https://us02web.zoom.us/j/84875263916?pwd=dXFyd3JCaEIKVzJuRUZYTWNyTWsrUT09>

Meeting ID: 848 7526 3916

Passcode: 398008

## LA ROCA NIGHT AT REAL MONARCHS MAY 14, 2021



The enthusiasm about La Roca Night at the the Monarchs v. LA Galaxy II game on May 14 has been incredible! With over 800 La Roca ticket orders, we can't wait to see the sea of red La Roca jerseys in the Zions Bank Stadium! It will be an amazing sight! Players are invited onto the field after the game for a group photo.

And if that's not exciting enough, over 200 La Roca players will be participating in a FREE pre-game clinic run by the RSL training staff. Thank you Real Monarchs for this great opportunity to come together as La Roca Family!

## LA ROCA TEAMS HEAD TO SPRING STATE CUP AND PRESIDENTS CUP

La Roca FC will be well represented at both State Cup and Presidents Cup this month as 29 teams enter State Cup competition, and 8 teams are headed to Presidents Cup.

Utah Spring State Cup is for boys U11-14 teams and girls U11-19 teams. Preliminary rounds begin Monday, May 17 at the Salt Lake Regional Athletic Complex. Final games take place May 29.

Presidents Cup is for U13-18 boys and girls teams. Pool play for girls teams begins Monday, May 17, with final games taking place on May 22, at Lakeside Sports Complex in Orem. Pool play for boys teams begins Monday May 24, with final games taking place on May 29, also at Lakeside Sports Complex.



For the schedule and standings for each event, use the links below:

[State Cup](#)



## PUMA KING PLAYERS OF THE MONTH

Two awesome players from La Roca Spanish Fork were selected as PUMA King Players of the Month in April:

**Tanner Torgersen** from Ryan Lemon's 2009 boys team and **Caroline Felix** from Trent Davies 2008 girls team

Learn more about what makes these players special and check out the April PUMA King La Roca Newsletter on our website:

[PUMA King La Roca Newsletter](#)



**SAVE THE DATE!** La Roca Cup 2021 takes place July 14-17 at the Salt Lake Regional Athletic Complex. Since all La Roca teams are expected to participate in this tournament, put the dates on your calendar today. More information will be available from your coach and team manager after teams are formed following tryouts.

## LA ROCA PARTNERS WITH OLLIE SPORTS

La Roca is happy to announce that beginning in June, the whole club will be using a new communication and stats platform through Ollie Sports.

Here are just a few of the benefits of using Ollie:

- All La Roca teams will be on the same platform
- Easy team communication
- Easy calendaring/scheduling
- Easy real-time stat tracking for every player



Watch for more information about using the Ollie app.

## LA ROCA ADMINISTRATIVE STAFF DIRECTORY

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