



Dear La Roca Families,

With the kick off of Fall League play, we wish all our teams the best of luck throughout the season! Vamos La Roca! For those of you sideline photographers, we'd love to post your action photos on our social media pages, so please email them to [socialmedia@larocafc.com](mailto:socialmedia@larocafc.com).

Good sportsmanship is the product of respect and something we value greatly at La Roca FC. We trust that all our La Roca family members (players, coaches, parents, friends and family) are modeling respect on and off the field. As part of our player registration agreements this year, you were asked to sign our La Roca Sportsmanship Guidelines and Code of Conduct, called The La Roca Way. In case you didn't get a chance to thoroughly read it when you registered your player, we've provided it below for your review.

Continue reading for other La Roca news:

- Buffalo Wild Wings Promo
- PUMA King Players of the Month
- Uniform update
- La Roca Night at RSL
- Mental Performance Partner - HeadStrong Consulting
- UYSA Referee Scholarships
- Fundraising Opportunities
- Give back to La Roca FC
- The La Roca Way - Good Sportsmanship Guidelines and Code of Conduct

Watch for more time-sensitive information to be shared on the Ollie Sports app. If you don't already follow La Roca Futbol Club on Facebook, Instagram or Twitter, click on the icons below to start following us.



## BUFFALO WILD WINGS PROMO



**BUFFALO  
WILD  
WINGS®**

Great news! We are so excited to announce the newest La Roca FC sponsor: Buffalo Wild Wings!

Kick the season off by getting your team together at the Buffalo Wild Wings at 702 W RIVERDALE RD., RIVERDALE, and use the exclusive La Roca FC Team Card shown below all season long! Also, next time you're at La Roca Park, pick up a coupon for a free appetizer from the front desk.

The Team Card features a 15% discount for parties of 10 or more when dining at the Riverdale B-dubs throughout the season. Wins will be served up at Buffalo Wild Wings, even after the game is over. There's something for everyone, so get the team together and head to the Riverdale Buffalo Wild Wings!

[Place An Order](#)



**BUFFALO  
WILD  
WINGS**

PRESENT THIS  
**TEAM CARD**

**& RECEIVE 15% OFF FOOD**

**FOR PARTIES OF 10 OR MORE**  
(CHECKS CAN BE SEPARATED)

702 W RIVERDALE RD., OGDEN, UT AND PARTICIPATING LOCATIONS

Valid 8/1 - 11/30/21

\*Buffalo Wild Wings Sports Bars follow all state and local guidelines. Teams may be separated based on capacity rules and regulations. Valid for Dine-In at participating locations only. Must present this digital image. Valid on food and non alcoholic beverages only. No cash value. Does not include tax or gratuity. Not valid with any other offer, discount, or alcoholic beverages. Not for resale and not transferable. TM & © 2021 Buffalo Wild Wings, Inc. All rights reserved. Code: 366 LEAGUESIDE 15%

## PUMA KING PLAYERS OF THE MONTH: Salt Lake

**PLAYERS OF THE MONTH**

**KADEN COONS**

**ARYANA KALEEL**

**PUMA KING NEWSLETTER**

**KING FOOTBALL CLUB**

**La Roca Futbol Club UTAH**

Two awesome players from La Roca Salt Lake teams were selected as PUMA King Players of the Month in August:

**Kaden Coons** from Danny Acosta's 2006 boys team  
**Aryana Kaleel** from Ivan Guerrero's 2008 girls team

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

[PUMA King La Roca Newsletter](#)

## UNIFORM UPDATE

Our uniform fulfillment team continues to work round the clock to complete all uniform orders and ship them directly to our players. The delays we've experienced this year have been unprecedented!

To help our members better understand the current state of affairs with PUMA, our Sales Rep, John Weires, sent the following explanation:



*There are delays in nearly every industry in the world. While the delays are not ideal, it is not something that Puma alone is dealing with. In fact, out of the major Soccer brands, Puma has had the fewest delays.*

*There are many factors that are causing these delays, to name a few:*

- *Factory Shutdowns*
- *Factory Capacities*
- *Limited factory workforces*
- *Shipping delays*
- *Port delays*
- *Warehouse delays in physically being able to receive the product*

*We are working hard to get all items into our warehouse as quickly as possible and then turned around out to [your fulfillment team] and Scoreboard. These delays have nothing to do with Scoreboard or La Roca and fall solely in the hands of Puma.*

*Please pass along our sincere apologies for these delays to all of your soccer families. It is not the norm, and once we get through these initial delays, all should go back to smooth sailing.*

*Thanks,*

*John Weires, Territory Sales Rep - Puma Soccer*

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.

## LA ROCA NIGHT AT RSL

Let's fill the RioT with La Roca teams at La Roca Night at RSL on

**Wednesday, September 29**

Kick off against LA Galaxy is 7:30 p.m. at Rio Tinto Stadium in Sandy.

**Special group ticket price: \$23**

This is a great opportunity for teams to spend a fun evening together. Parents and other family members are also welcome!

Tickets will be ordered through team managers. Watch for more information soon.



## MENTAL PERFORMANCE PARTNER

La Roca FC is excited to announce its partnership with HeadStrong Consulting, LLC. They are a mental performance coaching company that specializes in the mental side of the game. They work with individuals, teams, coaches, and parents to build mental toughness skills. Basically, anything mental

that can impact performance (e.g., confidence, composure, concentration, letting go of mistakes, etc.). You can find out more about them at [www.HeadStrongConsulting.com](http://www.HeadStrongConsulting.com)



**HEADSTRONG**  
CONSULTING

As part of our partnership, HeadStrong Consulting will be offering a free monthly zoom session for all La Roca families on various mental toughness topics. The days/times of these sessions will be announced in advance. We hope you will join us!

If you are looking to build mental toughness skills to become the best version of yourself on a more consistent basis, schedule an appointment today! Let them know you are from La Roca FC and you will receive your first individual session for free!

## REFEREES NEEDED: Scholarships Available



If you've ever considered becoming a certified referee, now is the time to take advantage of a scholarship offered by UYSA. The next Referee Certification Classes will be **Saturday, September 11, 9:00 - 11:00am at the UYSA Field in Sandy.**

[Register for Sandy Class](#)

### Scholarship Information

UYSA is excited to announce that we are providing 400 scholarships for individuals who have not certified as a referee in the last three years. The scholarship will only cover the Utah State fee (\$85). The scholarship will not cover the US Soccer fees (\$20) or cover the cost for a background check (\$30 - good for two years) for those individuals over the age of 18 years.

Scholarships will be dispersed evenly throughout the UYSA Regions.

### Instructions to Apply for UYSA Referee Scholarship

1. Go to [www.utahsoccerrefs.com](http://www.utahsoccerrefs.com)
2. Scroll down on the homepage to find the Google calendar
3. For new referees, find a Grassroots Entry course that fits your schedule
4. Before you register for a course - Email Holly at [utahsdo@gmail.com](mailto:utahsdo@gmail.com) with the following information:

Name of the course you would like to attend

Full name of candidate

Birth date of candidate

Zip Code

Email address of candidate

5. A discount code will then be created for the course you requested.

(\*Reminder: This will pay for Utah State fees only; the discount code will not cover the US Soccer fees or if over 18 years old, the background check fee.)

6. After you receive the code, you will then be able to register for the course requested through the US Soccer Learning Center. <https://learning.ussoccer.com/referee>

7. Any questions please email Holly [utahsdo@gmail.com](mailto:utahsdo@gmail.com)

## FUNDRAISING OPPORTUNITY



La Roca FC is working on several fundraising opportunities for teams and/or individual players to earn money to use toward player fees, tournament registration, equipment, etc.

An upcoming fundraiser to look forward to is through **FlipGive**. Team Managers will be receiving kick off information soon. FlipGive allows you to earn money while shopping and dining at places you already frequent.

# GIVE BACK TO LA ROCA FC

Revenue earned through the following programs is currently helping build the La Roca player scholarship fund. Support these initiatives and give back to La Roca FC through your purchases:



If you regularly make purchases on Amazon, please bookmark La Roca's AmazonSmile page so that your purchases generate donations to the La Roca FC scholarship fund.

[Shop on AmazonSmile](#)



When you link your rewards card to La Roca Futbol Club, Smith's Food & Drug donates 0.5% of every purchase to our club.

[Link your Smith's Card](#)

---

## THE LA ROCA WAY

### Good Sportsmanship Guidelines and Code of Conduct



The La Roca Futbol Club ("La Roca") expects anyone associated in any way with La Roca, including all players, coaches, administrators, team managers, parents/guardians, spectators, and volunteers (the "La Roca Family") to demonstrate good sportsmanship on and off the field. The foundation of good sportsmanship is respect. "The La Roca Way" is *being respectful*. La Roca expects and strongly encourages the La Roca Family to follow these good sportsmanship guidelines when participating in any activity that involves a La Roca team.

### Good Sportsmanship Guidelines

- I show respect to others regardless of their gender, race, color, ethnicity, nationality, sexual orientation, religion, age, or ability.
- I do not criticize other players, coaches, officials, parents, spectators, or volunteers.
- I accept calls from officials and do not argue.
- I do not use insulting or threatening language or gestures toward anyone.
- I follow the rules of the game.
- I have a positive attitude.
- I promote teamwork.
- I encourage all coaches and players to do their best.
- I report to the Club any form of discrimination, bullying, racism, or violations of the Code of Conduct (below) that I observe.
- I take responsibility for my mistakes.
- I follow instruction from the coaches.
- I accept the outcome of a match.
- I congratulate the winners.

### Code of Conduct

La Roca does not and will not tolerate any conduct by the La Roca Family that it deems to violate this Code of Conduct. Examples of misconduct that would violate this Code of Conduct include, but are not limited to, the following:

- Any form of bullying, harassment, abuse, or intimidation, especially if it is because of a person's gender, race, color, ethnicity, nationality, sexual orientation, religion, age, or ability.
- Inappropriate physical contact.
- Intentional damage to equipment, fields, or the personal property of others.
- Participating while under the influence of drugs, alcohol, or tobacco.
- Any behavior that results in a red card or game ejection or that reflects negatively on La Roca or the La Roca Family.

If a member of the La Roca Family is accused of violating this Code of Conduct, the allegation(s) will be referred to and reviewed by the La Roca Discipline Committee ("Committee"), which will determine whether the Code of Conduct was violated and, if so, what action, if any, is to be taken against the

individual who violated it. If the individual disagrees with the Committee's decision, he or she may appeal to the La Roca Board of Directors, which will review the decision and decide whether to sustain, modify, or reverse it. One or more of the following actions could be taken against a member of the La Roca Family who violates this Code of Conduct:

- Be suspended for one or more matches.
- Be fined up to \$500.
- Be expelled from the team and/or club. Under this penalty, a parent/guardian of a player would not be relieved of any contractual obligation(s) to La Roca or have the right to be reimbursed any funds that have already been paid to La Roca by or on behalf of the player who is associated with that parent/guardian. The player associated with that parent/guardian may also not be released by La Roca to transfer to another organization affiliated with the Utah Youth Soccer Association ("UYSA").
- Be reported to law enforcement, the UYSA, and/or the U.S. Center for SafeSport.

## LA ROCA ADMINISTRATIVE STAFF DIRECTORY

### **NORTH TEAMS:**

Heidi Wheelwright, 801-589-8444, [heidi.wheelwright@larocafc.com](mailto:heidi.wheelwright@larocafc.com)

Laura Coffee, 801-644-1177, [laura.coffee@larocafc.com](mailto:laura.coffee@larocafc.com)

### **ECNL TEAMS:**

Laura Coffee, 801-644-1177, [laura.coffee@larocafc.com](mailto:laura.coffee@larocafc.com)

### **SALT LAKE TEAMS:**

Julia Howard, 801-599-1332, [julia.howard@larocafc.com](mailto:julia.howard@larocafc.com)

### **SOUTH TEAMS:**

Angie Nydegger, 801-380-7971, [angie.nydegger@larocafc.com](mailto:angie.nydegger@larocafc.com)

### **SPANISH FORK TEAMS:**

Emily Davies, 801-358-0938, [emily.davies@larocafc.com](mailto:emily.davies@larocafc.com)

### **LA ROCA JUNIORS:**

North: Misty Burton, 801-773-5053, [larocarecreation@gmail.com](mailto:larocarecreation@gmail.com)

South: Angie Nydegger, 801-380-7971, [angie.nydegger@larocafc.com](mailto:angie.nydegger@larocafc.com)

### **UNIFORMS:**

Emily Davies, 801-358-0938, Uniform Manager, [uniforms@larocafc.com](mailto:uniforms@larocafc.com)

### **PAYMENTS/SOCIAL MEDIA**

Maria Ignacia Carrasco, 385-299-9763, [maria.ignacia@larocafc.com](mailto:maria.ignacia@larocafc.com)

### **SOCIAL MEDIA POSTS**

[socialmedia@larocafc.com](mailto:socialmedia@larocafc.com)

## La Roca Futbol Club

128 E. South Weber Dr.

South Weber, UT 84405

[www.larocafc.com](http://www.larocafc.com)

Connect with us

