



The Torch

SYC Weekly Digest

Happy New Year!

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NEW YEAR - NEW SPORT!

Welcome to SYC POWERLIFTING



Increasing awareness around the benefits of lifting weights (and, in general, resistance training) in the youth population has been a passion of mine for the past couple of years. SYC Powerlifting was our way of addressing the need for resistance training in the youth population to:

1. create healthier, stronger, and more resilient athletes,
2. combat the rise of early sports specialization,
3. decrease injury risk, and
4. grow the sport of powerlifting.

To our surprise, there was a large amount of support for this program and, as a result, our first session (which began on Dec. 9) filled up rather quickly. The first month of this program has mainly focused on developing technical competency in the big 3 lifts (squat, bench press, and deadlift), while working on other important exercises such as low-level plyometrics, heavy sled pushes, pull ups, Copenhagen planks, etc. to create well-rounded athletes.

In the following months, we'll focus our attention more towards the development of strength and power by increasing exercise intensity, and we'll also be preparing some lifters to compete in their first powerlifting meet. Competition is not mandatory. Many of our athletes are simply participating in our program to physically prepare themselves for their other sports. We're very proud of the work ethic and attitude everyone has had during our training sessions! In terms of strength, power, and technique, a lot of progress has been made in the past month. We can't wait to see how everyone improves in the next couple months! Here are some testimonials from a couple of our athletes:

"I really like SYC Powerlifting! I do track and gymnastics, but because school is out, I haven't been able to lift in months and I've really missed it. This program has given me a great opportunity to lift, which definitely helps with my sports!" - Ashley, 12th grader

"This program is really fun! It's a fun way to see how strong you are and how you can improve and get stronger, whether it's to prepare for a different sport or to compete in powerlifting. And I really would like to compete and feel like this program will help me reach a competitive level." - Mary, 8th grader

Interested? There's still time to sign up for our session starting on January 10th!

Matt Zielezienski
Powerlifting Commissioner

Read More and Register
Here!

OPEN REGISTRATIONS

ANNUAL SPORTS

Travel Soccer Tryouts

WINTER SPORTS

Backyard Flag Football Pickup - STARTS 1/9!

Basketball Clinics - Just Opened!

Powerlifting - STARTS 1/10!

Track Clinics

SPRING SPORTS

Field Hockey

Flag Football

Boys Lacrosse

Girls Lacrosse

Rec Soccer

Rugby - JUST OPENED!

U5 Cubs Soccer

Pee Wee Kickers Soccer

Softball

FEATURED SPORT



RUGBY
SPRING 2021



Sign up for SYC Spring Rugby! We all know the kids want to get out there and play. Rugby will give them that opportunity along with great physical activity, competition, and camaraderie. Don't miss out!

[Register Here](#)

NEWS AND SPECIAL EVENTS



 **TICK TOCK...
TICK TOCK...
EVALS ARE SOON!**

JOIN SYC LACROSSE TODAY!

Calling all lacrosse players - Spring 2021 Lacrosse registration ends this month. Team evaluations are eminent, so sign up today. Limited spots are left.

[Register Here](#)

IN THE COMMUNITY



PERFECT PERFORMANCE NOVA

SHAKE SCHOOL

POWERED BY
PERFECT PERFORMANCE NOVA

5TH-12TH GRADE

NUTRITION | STRENGTH | SPEED | DODGING | FOOTWORK

📧 girlslacrosse@perfect-performancenova.com 📱 [ppnova_glx](https://www.facebook.com/ppnova_glx) 📷 [ppnova_glx](https://www.instagram.com/ppnova_glx)

To register visit the "Training Programs" page on the "Girls Lacrosse tab" at www.perfect-performancenova.com



 **PERFECT PERFORMANCE
CARDINAL LACROSSE**

CARDINAL GIRLS LACROSSE TRYOUTS

Open Tryouts For **2028-2023** Teams
Thursday, January 7th, 14th, 21st, and 28th
6:00-7:00PM

📱 [@CardinalGirlsLacrosse](https://www.instagram.com/CardinalGirlsLacrosse) 📷 [@PPCardinal_Lax](https://www.facebook.com/PPCardinal_Lax)

📍 Ken Lawrence Park 8008 Jones Branch Dr, Tysons, VA 22102



3 ON 3 LEAGUE

DNA LITTLE 3

GRADES: 2ND-4TH & 5TH-8TH

FEE: \$100/PER PLAYER

WHEN: SATURDAY & SUNDAY AFTERNOONS/EVENINGS

LOCATION: DNA SKILLS ACADEMY

WHAT'S INCLUDED:

- 8 GAMES + PLAYOFFS & CHAMPIONSHIP
- JERSEY WITH NUMBER & DNA BAG
- LIVE STATS & COMMENTATOR
- COMPETITIVE & DEVELOPMENTAL DIVISION

OTHER INFO:

- FIRST TEAM TO 25 POINTS WINS OR MOST POINTS IN 20 MINUTES
- 10 MINUTE CLEANING PERIOD IN BETWEEN GAMES

STARTS WEEK OF JANUARY 23

REGISTER AT:

OPERATIONS@DNASKILLSACADEMY.COM



Springfield/South County Youth Club | 7075 Newington Road Unit G, Lorton, VA 22079

703-339-3796 | www.sycva.com

