



# The Torch

SYC Weekly Digest

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## SYC TACKLE FOOTBALL - GAME ON!



**CALLING ALL FOOTBALL PLAYERS!** SYC Tackle Football is ready to go this fall and wants players registered NOW! Here's the motivation to register today - for a limited time, SYC Football is offering a **deeply discounted registration fee of \$150**. That's \$75 off the on-time registration rate. Registration fees will go up to \$225 during on-time registration. Football season practices will begin August 9th. Check out pre-season evening **CAMP** too!

**CALLING ALL FOOTBALL COACHES!** SYC Football is canvassing for volunteers to coach youth football - as a Head Coach or Assistant Coach, for the upcoming fall tackle football season.

**Requirements:** Passion, energy, enthusiasm, strive for excellence.

**Football Knowledge:** You must understand that we're not playing ball at the high school, NCAA, nor NFL level. This is YOUTH football. Master the fundamentals of blocking & tackling. This cannot be overstated. The most successful teams can tackle, block, and run the ball effectively and efficiently.

**These books are good resources:**

- [Survival Guide for Coaching Youth Football](#) / Jim Dougherty, Brandon Castel.
- [Coaching Youth Football](#) / American Sport Education Program with Joe Galat; endorsed by AYF.
- [Coaching Youth Football](#) / John T. Reed.

Interested in coaching? Complete the mandatory [Prospective Coach Questionnaire](#).

[Read More and Register Here!](#)

# OPEN REGISTRATIONS

## SPRING EVENT

George Angulo 5K Legacy Run/1K Fun Run

## ANNUAL SPORTS

Travel Soccer 2021-2022 TRYOUTS - DATES POSTED!

## SPRING SPORTS

Rugby

## SUMMER SPORTS

Summer Basketball

Summer Powerlifting

Summer Soccer Camps

Summer Soccer Clinics

Summer Track One Day Clinics - JUST ADDED!

## FALL SPORTS

Fall Cheer

Fall Cross Country - JUST ADDED!

Fall Tackle Football

Fall Tackle Football Pre-Season Camp

Fall Rec Soccer

Fall Pee Wee Kickers

Fall U5 Cubs Soccer

Fall UP Soccer

## FEATURED SPORT



Check out our **Summer Track One Day Clinics - Sprint/Speed and Fitness!** The Sprint/Speed Clinics are hour-long opportunities designed to help provide athletes with the skills necessary to improve their speed, acceleration, and overall explosivity. The Fitness Clinics are hour-long programs designed to target all major components of athleticism: strength, speed, endurance, flexibility, and coordination.

[Read More and Register Here!](#)

# FALL 2021 CROSS COUNTRY



Fall Cross Country registration is OPEN! Join us this fall for Cross Country events ranging from the 1K (< 1 mile) to the 5K (3.1 miles) where races occur on a wide variety of terrains, including mud, grass, and gravel. With Cross Country, athletes will vastly improve their training discipline and endurance. REGISTER TODAY - Registration is limited to just 45 players, and registration FILLS UP VERY QUICKLY!

[Read More and Register Here!](#)

## NEWS AND SPECIAL EVENTS



**COACH -  
BOOK YOUR  
TEAM'S  
TIME SLOT**

**MAY 22ND  
REC SOCCER  
PICTURE DAY**



Rec Soccer Coaches - Please email [admin@memorymakers.com](mailto:admin@memorymakers.com) or call (703) 671-9293 with your team name and your contact number for an appointment time on picture day scheduled for Saturday, May 22nd. Be sure to pass along the appointment information to your team families. We are offering photo times between 9:00 AM and 12:00 PM. Photos will be taken outside at [Rolling Valley Elementary School](#).

Memory Makers is committed to operating in a manner that is safe for all! Photos will be taken outdoors, and we ask players to bring their own balls (They have some that they can sanitize onsite for players that do not have one).

In addition, Memory Makers is still offering team photos. In order to maintain six feet between all players, they are only taking individual photos on site and will create a team image in their photo lab using advanced technology. This means that every individual on a

team -including coaches- will get their photo taken on site.

Read  
More



We are in need of volunteers to help us mow the fields at [Hooes Road Park](#) for the remainder of the spring season and through the summer months. We will provide training on how to operate the ride-on mower. The grass must be cut once or twice a week. If we can get lots of help, we can share the load!

Moms, dads, anyone who can drive a car, can operate the mower! If you can help us out, it would be most appreciated! Please contact [Jim Miller](#).



Spring Track held a home meet on Sunday, April 25th. We saw a lot of fast runners out on the track and a lot of good team work. It was a great day for a run! 😊



MAY 22, 2021  
**LEGACY RUN**

**SIGN UP  
HERE!**

SQUAT BENCH DEAD

## SUMMER POWERLIFTING



Coed Grades 5 - 12



Summer Powerlifting registration is OPEN! Looking for ways to keep active and fit this summer. Try some muscle building! Summer Powerlifting is a 12 week program starting the week of June 12th and ending Aug 31st.

Participants have the option of one, two, or three times a week training sessions.

- **Once a Week:** For those currently playing another sport & looking to maintain strength and reduce injury risk.
- **Twice a Week:** For off-season athletes looking to increase performance and reduce injury risk. For people interested in getting stronger and more powerful, and aspiring powerlifters.
- **Three times a Week:** For off-season athletes and powerlifters who need a higher amount of volume and variation to develop hypertrophy (muscle growth), strength, and power.

[Read More and Register Here!](#)

## FAMILY AND COMMUNITY



## Mother's Day Outings and Mom-Friendly Fun in Northern VA

These fun Mother's Day outings in Northern Virginia are a fantastic alternative to a traditional Mother's Day brunch. For each activity, we suggest two or more Mother's Day outings: one requires more walking and activity, and one is for groups...

[Read more](#)

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



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The latest edition is always available at [sycva.com](http://sycva.com).

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

703-339-3796 | [www.sycva.com](http://www.sycva.com)

