



The Torch

SYC Weekly Digest

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HAPPY VALENTINE'S DAY!



You're a **SLAM DUNK!**
You're a **GREAT CATCH!**
You're a **HOME RUN!**
We get a **KICK** out of you!
We **DIG** you!
We'd **RUN LAPS** for you!
Three **CHEERS** for you!

HAPPY VALENTINE'S DAY
to our favorite sports families!

OPEN REGISTRATIONS

[Spring 2020 George Angulo College Scholarship Application](#)

WINTER SPORTS

[Soccer Clinics](#) - **Starts Sunday!**

SPRING SPORTS

[Field Hockey](#)

Flag Football
Girls Lacrosse
Boys Lacrosse
Rugby (Tag and Tackle)
Rec Soccer
Rec Soccer Monday Night Training (MNT)
Goal Keeper Training
Pee Wee Soccer
Softball
Track
UP - NEW!
Volleyball

SUMMER SPORTS

Basketball Camps

ANNUAL SPORTS

All-Star Cheer Tryouts

FEATURED SPORT

SPRING REC SOCCER

ACT NOW!
SAVE \$20.00 - REGISTER NOW!



We're approaching the end of on-time registration. If you haven't registered for Spring Soccer yet, you're running out of time! Age groups will begin to waitlist very soon. Register today and see 😊 and not 😞 on your child's face.

Option to buy shorts with registration LIMITED TIME ONLY this month. Don't miss out on the option to buy a pair of SYC Soccer shorts for this season.

[READ MORE](#)

[REGISTER HERE](#)

NEWS AND SPECIAL EVENTS

SYC Softball Hitting Clinic



**SYC SOFTBALL
IN PARTNERSHIP
WITH**

**REDLINE™
ATHLETICS**

FREE to currently Registered Spring Players

SYC Softball Hitting Clinic will be held on March 21st at RedLine Athletics. Currently registered spring softball players are eligible to participate, and it's **FREE!**

[Read More...](#)



MARK YOUR CALENDARS MARCH 2ND

- Last day to change your Rec Soccer uniform size.
- Try it on at Springfield Soccer, 7261 Commerce St.
- If changes needed, call SYC at (703) 339-3796.



REMEMBER!

There are no refunds or exchanges.

Track Indoor Meet



On Sunday evening Winter Track athletes participated in an indoor meet in Alexandria. Our 4x200m runners did amazing, with one of our relays securing the win. We had great performances in all events, including a another first place finish by one of our distance runners in the 3,000m.



Do you need a new home for gently worn and clean cleats and other sports equipment? Bring them by the SYC office during office hours. We're open from 9AM - 4PM on MTThF and from 9AM- 7PM on Wednesdays. **In particular, with the upcoming spring season, we are looking for gently use navy/white Adidas rec soccer uniforms.**

We also accept gently used:

- Cleats - any size
- Balls - soccer, football, rugby, basketball & volleyball
- Lacrosse sticks & goggles
- Field hockey sticks & goggles
- Navy/white Adidas rec soccer uniforms
- Soccer shin guards

[Read](#)

SHOP NOW! FLAG FOOTBALL SPIRIT WEAR STORE



Hey Spring Flag Football Families!

Gear up for the spring season with cool spirit wear items in our Spring Flag Football store! Lots of items available - t-shirts, hoodies, hats, duffle bags, fleece blankets and more. Items will be distributed at evaluations.

ORDER HERE!

IN THE COMMUNITY

GRAND
OPENING
EVENT!



Planet Fitness is donating \$2,500 to SYC!

Join us for the presentation and ribbon cutting and enjoy complimentary food, giveaways and raffle prizes! Meet Jakub Vrana, a member of the Washington Capitals who will make a guest appearance to sign autographs and take pictures with fans!

Grand opening event from 4 p.m. to 7 p.m. on Tuesday, February 18 at the new PlanetFitness located at Concord Centre, 6123 Backlick Road.



MACHINE AAU basketball will be holding a number of events throughout the spring including team tryouts, training, open gyms, and camps. The MACHINE organization has both boys and girls teams from 4th grade through high school.

TRAINING: The Machine.Pro also offers numerous individual training opportunities.

For more information, contact info@themachine.pro, visit themachine.pro, or call 703-867-8085.



UPCOMING BLOOD DRIVE
St. Bernadette Catholic Church

Saturday, March 7, 2020
9 a.m. – 2 p.m.

Support Childhood Cancer, Alaina, and Lucas by donating the gift of life.

Blood donations will help local childhood cancer patients fight their battle to heal.

7600 Old Keene Mill Road, Springfield, VA
Inova Blood Donor Services will be in the School Cafeteria.

Make an appointment to donate!

Alaina has played with SYC/West End Rugby for many years, starting as a coed tag player. She more recently became a key player on our SYC/West End High School Girls team in the last 2 state championships. Alaina was diagnosed with leukemia in December. Please help support Alaina by donating at the blood drive on March 7th.

Sign up here!

Read More and Sign Up Here!



Brickyard 5K Race Series
Occoquan Regional Park

Super Hero 5K
March 29th 9AM - 11AM

Put on your cape, mask and channel your superpowers for the first race in the 2020 Occoquan Regional Park Brickyard 5k race series...THE SUPERHERO 5k. Our beautiful paved 5k course winds its way along the Occoquan River throughout the park's natural terrain. This event is the largest in our race series history and we expect record numbers again this year. Our course is family, stroller, and pet-friendly. Put on your favorite costume and accept the superhero challenge!

TWO OF THE TOP MEN'S LACROSSE TEAMS IN THE COUNTRY



VS



SATURDAY, FEBRUARY 29TH

Be part of the SYC crowd cheering on SYC alumni and Pre-season All American Honorable Mention [Roman Puglise](#) as his 4th ranked Terps host the Fighting Irish of Notre Dame.

WHEN: Saturday, 29 February. Tailgate starts at 10:30 AM; Face-off at 1PM.

WHERE: University of MD; MD Stadium – tailgate will be in an adjacent parking lot.

WHY: See Roman Puglise & two of the top men's lacrosse teams in the country compete

HOW: Purchase tickets through the SYC unique link: <https://go.umd.edu/SYC20>
Tickets are \$9 a piece (normally \$15 for general admission). Disregard the line stating 15 or more tickets are required. That is for general group tickets. Tickets will be delivered directly to you via email.

Tailgate: Sign up through this [Sign Up Genius link](#) for a pre-game tailgate.

For game/ticket questions – [Doug Goodwin](#)

For tailgate questions – [Courtney Nugent](#)



SAVE the DATE!
FEBRUARY 15th
EXCLUSIVE SHOP EVENT
20% off your Entire Purchase at the Springfield store
(Click here for 20% off single-day coupon)

THIS COMING SATURDAY!!!! Show [this 20% off coupon](#) on your phone your Entire Purchase at the Springfield store for the SYC LACROSSE EXCLUSIVE SHOP EVENT on February 15th.

If you can't make it on the 15th, use any of these [OTHER OFFERS](#) anytime throughout the end of the year. Anytime offers cannot be combined with the 20% off entire purchase coupon.

Add some winter cheer to your gear



ORDER HERE TODAY!

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

703-339-3796 | www.sycva.com

