



# The Torch

SYC Weekly Digest

August 10, 2021

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## House of Speed



## AAU Junior Olympics!



Last week, SYC House of Speed (HoS) attended their first AAU Junior Olympics event held in Humble, Texas. Eleven SYC HoS athletes attended the event - a first for almost all of our athletes! There were over 15,000 athletes at the event.

Here are the stats from the event:

- 9 total Personal Records (PRs)
- 6 of 11 athletes had PRs (some had 2)
- Tyler House PR'd (Beat his personal record) by 16 feet! and made All-American Status in the 8U mini Javelin.
- Caleb James PR'd in both the 1500 and 3000. He is ranked 11th in the country in the boys 11U 3000!
- Dillon House PR'd by 10 feet in the Turbo Javelin and is ranked 19th in the country!
- Elizabeth Porter PR'd in both 800 and 1500! In the 800 by almost 13 seconds! She PR'd in the 1500 by 30 seconds! She is ranked 30th in the country.
- Joshua Kim PR'd in both the 800 and 1500!
- Alexa Charecky PR'd in the 100 Hurdles!

All athletes competed extremely well! This was the first for HoS, but we expect many more to come. Coaches Heather, Damon, and Tanya are so proud of the grit and courage our

athletes displayed in over 90 degree heat everyday!

Congratulations athletes and coaches!

**WTOP Reports House of Speed goes to Nationals!**

## OPEN REGISTRATIONS

### ANNUAL SPORTS

[Travel Soccer 2021-2022 TRYOUTS](#)  
[U6-U8 Soccer Developmental Academy](#)

### FALL SPORTS

[Fall Cheer](#)  
[Fall Field Hockey](#)  
[Fall Flag Football](#)  
[Fall Tackle Football](#)  
[Fall Powerlifting](#)  
[Fall Rec Soccer MNT & GK Training](#)  
[Fall Rec Soccer](#)  
[Fall Pee Wee Kickers](#)  
[Fall U5 Cubs Soccer](#)  
[Fall UP Soccer](#)  
[Fall Softball](#)  
[Fall Volleyball](#)

## FEATURED SPORT



Fall will be here before you know it. Register today and get your player out on the field this fall for our very first season of UP Soccer! Know someone who might like to play? Be sure to let them know!

**Read More and Register  
Here**

## NEWS AND SPECIAL EVENTS



Summer basketball made it back this season! Although gym space was limited, SYC Basketball made it work! For the first time, high school boys played outdoors at Hooes Road Park. Our 7th/8th grade boys pictured above and our girls league played indoors, while our 5th and 6th grade boys enjoyed a clinic style season. Thank you to all of the volunteers and players for being flexible. It was awesome getting basketball back on track!

Uniforms are required for rec soccer games.

***Reminder***  
**Don't have a uniform?**  
**Order it today!**



Does your soccer player has his/her uniform sets for Fall Recreational Soccer? If your player doesn't have a uniform, or it doesn't fit, order a uniform set NOW! **Uniforms are required for games.**

\*Please note if you ordered an SFL jersey, it won't be available for pickup until after Labor Day and before the first game on 9/11.

**Order Uniform  
 HERE!**

FAMILY AND COMMUNITY

BOYS AND GIRLS

# WORKOUT

*with Bryant Assistant Christian Cole*

AUGUST  
15<sup>TH</sup>

\$30



@ DISTRICT SPORTS CENTER  
6064 FARMINGTON AVE ALEXANDRIA, VA 22304

**BRING YOUR OWN BALL**

RISING 2ND & 3RD GRADERS- 9 AM    RISING 4TH & 5TH GRADERS- 10 AM    RISING 6TH & 7TH GRADERS- 11 AM

**ANY QUESTIONS?**

**CALL 915-740-3996 OR EMAIL [CATTLEGACIES@GMAIL.COM](mailto:CATTLEGACIES@GMAIL.COM)**

Bryant University Assistant Basketball Coach, Christian Cole, invites SYC participants to attend a workout on Aug 15th @ District Sports Center. Coach Bryant worked with SYC in the past under his training company CATTLegacies (Committed Aspirations Through Teaching) when he was Head Basketball Coach at Clinton Christian turned Rock Creek Christian Academy. They were top 5 in the Washington Post 4 out of 5 years and ranked top 25 in the country 2 years.

ALL of the proceeds will benefit the Ji Li Project a non profit commissioned to advancing the next generation of minority business leaders and entrepreneurs.

Register Here

## SYC SOCCER

GEAR UP FOR THE SEASON AT DICK'S SPORTING GOODS



Take 20% off your Entire Purchase at the Springfield store August 20 – 23  
([CLICK HERE FOR 20% OFF IN-STORE COUPON](#))

And if you need something before or after 8/20 – 8/23, [CLICK HERE](#) for other coupons good in-store all season long -- (20% off and season-long coupons cannot be combined\*)



NEVER MISS AN EDITION OF THE TORCH!  
The latest edition is always available at [sycva.com](http://sycva.com).

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

