



The Torch

SYC Weekly Digest

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MARCH

BRAIN INJURY AWARENESS MONTH



March is Brain Injury Awareness month! With spring sports starting soon, now is the time to educate or re-educate yourself about concussions and steps to take when you suspect an athlete has suffered a concussion. Let's work together to protect our athletes! All coaches, parents, and athletes, do your part to stay informed and watch the training videos below. It is required that you complete the SYC Concussion Education and Training prior to participation in an SYC activity or event.

- [Staff/Coach Concussion Training](#)
- [Player Concussion Training](#)
- [Parent Concussion Training](#)

For more information, visit the [SYC Concussion Education Center](#). Thank you for working with SYC to keep our athletes safe in sports!

OPEN REGISTRATIONS

ANNUAL SPORTS

[Travel Soccer Tryouts](#)

SPRING SPORTS

[Basketball Training](#)

[Field Hockey](#)

[Flag Football](#)

[Boys Lacrosse](#) - FINAL WEEK

[Girls Lacrosse](#) - FINAL WEEK

[Powerlifting](#)

[Rec Soccer](#)

[Rec Soccer MNT](#)

[Rec Soccer GK Training](#)

Rugby
U5 Cubs Soccer
Pee Wee Kickers Soccer
Spring Break Soccer Camp
Soccer Clinics Friday Night Lights
Softball
Volleyball

SUMMER SPORTS

Summer Soccer Camps
Summer Soccer Clinics

FEATURED SPORT

SYC BASKETBALL SPRING TRAINING

Boys Grades 2-8
Girls Grades 2-8



Shake the dust off your basketball and join SYC this spring for 8 weeks of drills, light scrimmaging, and FUN! Training starts in early April with 8 sessions. Boys and girls will have separate training sessions.

This will be an in-house, volunteer run program. No spectators permitted. Per county guidelines, volunteers, participants, and anyone entering the gym will be required to wear masks. Training is open to players in grades 2 - 8. Registration is just \$80!

[Read More and Register Here!](#)

NEWS AND SPECIAL EVENTS



MARCH 8, 2021

SUPPLY DONATION TO BENEFIT:



**BETHANY
HOUSE OF
NORTHERN VIRGINIA**

SCHOOL'S OUT - MARCH 8th!

Take the kids for a drive to pick up a few items and bring them to the SYC office! ☺
DROP OFF TIMES: 10AM - 2PM

- Cleaning Supplies
- Trash Bags
- Laundry Detergent
- Body Lotion/Body Wash
- Soap
- #5 and #6 Diapers

[Bethany House of Northern Virginia](#)

Former SYC Runners Turned Top State Competitors



This past Monday, two former SYC runners ran exceptional performances at the Virginia High School Indoor Track & Field Championships in VA Beach.

Sophomore **Ella Johnson** (pictured, bib #388) helped the West Springfield High School girls secure a state championship performance in the 4x800m, beating the competition by over 20 yards. Freshman **Emma Rice** of Lake Braddock ran the 1600m in 5:20 securing 5th place in the state championships and doing so as the youngest girl in the field.

Both Ella and Emma began their running careers in middle school through SYC Track & Field/Cross Country and quickly fell in love with the sport.

FAMILY AND COMMUNITY



Are Your Kids Outside Enough?

When today's parents were kids, they were outside constantly. Whether it was horsing around on a playground, playing games in the woods or competing in a kid-organized activity of some sort, being outside was much more attractive to us than...

[Read more](#)

www.sportsengine.com



20% Off at DICK'S Sporting Goods

[SUPPORT SOCCER COUPON](#) - VALID March 19-22

[SUPPORT SOFTBALL COUPON](#) - VALID March 26-29

[ANYTIME SOCCER COUPONS](#)

[ANYTIME SOFTBALL COUPONS](#)

An advertisement for winter spirit wear featuring various items: a blue face mask, a blue long-sleeved shirt with the SYC logo, a red "SQUAD LOCKER" sign, a black and white beanie, a black and white scarf with the SYC logo, a pair of blue pants, and a pair of plaid pants. A small white bear mascot is also present. The background is light blue with snowflake icons.

Order from multiple sport stores. Pay ONE shipping fee!

WINTER SPIRIT WEAR



NEVER MISS AN EDITION OF THE TORCH!

The latest edition is always available at sycva.com.

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

703-339-3796 | www.sycva.com

