



The Torch

SYC Weekly Digest

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OPEN REGISTRATIONS

WINTER SPORTS

[Mini Kickers - NEW!](#)
[Travel Soccer Goalkeeper Training](#)
[Travel Total Futboler](#)
[Travel Soccer Shooting & Finishing](#)

SPRING SPORTS

[Boys Lacrosse](#)
[Girls Lacrosse](#)
[Field Hockey](#)
[Flag Football - Age 3-4 year old added!](#)
[Rec Soccer](#)
[Rec Soccer MNT](#)
[Tackle Rugby](#)
[Track](#)
[Pee Wee Kickers](#)
[Rec Softball](#)
[Rec Volleyball](#)

Winter Travel Soccer Training



Lots of Winter Training options for you, Travel Soccer Players!

Winter Travel Futboler Training will focus on developing the complete player to include individual attacking and defending and shooting & finishing.

Winter Travel Soccer Finishing & Shooting

Training will include receiving the cross over passes, taking the shots, making the goal in game-like situations, and more.

Winter Travel Goalkeeper Training

Training with Coach Chris Fenner with the option of small group or individual training sessions.

REGISTER TODAY!

NEWS AND SPECIAL EVENTS

Updated Weather Guidelines

“It’s cold outside” and before long, we’ll be saying; “It’s hot outside!”

Weather changes, and extreme weather is inevitable. That’s why SYC has developed a brand new comprehensive weather policy. SYC is committed to implementing safe standards and practices for our club as well as sharing some common sense tips and advice. You can view the new weather guidelines [HERE](#).



We also plan to distribute a printed “quick reference chart” that will make understanding and implementing the new guidelines even easier! Coaches, parents, players, staff, and volunteers alike, please take a moment to familiarize yourself with these new guidelines. A big thank you to Woody Weir, SYC board of directors, vice president of operations, for putting it all together.

Spring Lacrosse - [Register Now](#) Evaluations this month!



LACROSSE

**OUTPLAY
OUTWORK
OUTLAST**

Spring Lacrosse Evaluations are this month. [Register for Spring Lacrosse](#) now to be a part of evaluations happening this month. Players should strive to attend all scheduled evaluation sessions to enable Age Group Coordinators, Coaches, Directors, and

Commissioners to determine appropriate team assignments! What are you waiting for?
[Sign up!](#)

[Read about Spring Boys Lacrosse](#)

[Read about Spring Girls Lacrosse](#)

Flag Football now has 3-4 year old program!



SYC's spring flag football program is quickly becoming one of our most popular sports! This spring, we are offering an expanded age group to allow 3 and 4 years old players to join the fun. Experienced coaches with individualized training for younger players will be guiding them through shorter playing time and frequent breaks.

Registration is open, so if you have a little one who enjoys sports, flag football is a great place to experience league play and prepare for greater sports goals. You can read more about flag football [HERE](#).

Softball Clinics

Starting this Thursday through February 14th, coach Suzy Willemssen will be running weekly Thursday clinics for SYC players at the **St. James facility** from 6:30PM-7:30PM.

COST: \$16.25 per session, payable at the front desk. Report to the front desk at the hitting house, downstairs with payment and one-time signed **WAIVER**.

ELIGIBLE PARTICIPANTS: 8 - 13 years old current or former SYC player can participate.

Players must bring a softball glove, bat, and helmet.
Contact softball@sycva.com for a loaner bat/helmet, if needed.



Gearing up for the 2019 Virginian Tournament!



Now in its 44th year, the annual Virginian Elite Soccer tournament kicks off on Memorial Day weekend 2019! This competitive SYC sponsored event hosts over 600 boys' and girls' soccer teams from the eastern seaboard and beyond. It is played on high quality fields throughout Fairfax and Loudoun counties. We are proud of The Virginian's continued success and look forward to this exciting weekend of soccer!

For more information go to www.soccertournament.com.
#thevirginian

In the Community

Kid Friendly New Year's Resolutions for a Healthy 2019!

Challenge #1: Do ONE more physical activity a day

1 in 3 children fail to get half the recommended amount of daily exercise. The goal for all young people is one hour of physical activity every single day, at a minimum.

It is easier than you think to add physical activity to a daily routine. This January, kids should be helped to find ONE new way to move every day. It could be walking home from school, cycling to the corner shop, kicking a football at the park, or just dancing in the living room.



Challenge #2: Create ONE device free zone per house



As useful as laptops, mobile phones, and tablets can be, they also have the potential to be a distraction. Too much screen time encourages sedentary behaviors. At the wrong times - like just before bed - mobile devices disrupt healthy routines and can even affect mental health. With ONE 'mobile free' zone, there's no judgement, just a simple decision - screen or family time. It only works if everybody adheres to the rule - even the grownups!

Challenge #3: Eat ONE more meal at the table per week

Family meals - at the table, with no TV or phones - benefit kids in lots of different ways. Studies show regular family meals reduce the likelihood of childhood obesity. They're also linked to improved mental health, better academic performance, and even an increased vocabulary. For all these reasons and more, families should try to eat together every day.



Get your SYC Spirit Wear today!

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

703-339-3796 | www.sycva.com

