



The Torch

SYC Weekly Digest

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Time for Spring Clean Up!

ADOPT-A-HIGHWAY



Our spring clean up day is scheduled for Friday, April 5th at 10AM!

Friday, April 5th is a day off from school for FCPS students, so it's a good opportunity for your kids to get any required community service hours fulfilled! (Children must be accompanied by an adult.)

FREE coffee and bagels to our volunteer clean up crew.

Thank you for helping us make our community a better place. :) Sign ups are limited to 20 participants, so don't delay....

[Sign Up Today!](#)

OPEN REGISTRATIONS

SPRING SPORTS

[Field Hockey](#)
[Flag Football](#)
[Futsal - NOW OPEN!](#)
[Rec Soccer - LATE/SOME WAITLIST/SOME CLOSED](#)
[Rec Soccer MONDAY NIGHT TRAINING](#)

SUMMER SPORTS OPENING SOON!

[Basketball](#)
[Pre-Season Football Camp](#)
[Lacrosse Camps](#)
[Rugby](#)
[Soccer Rec Camp \(7/22-7/26\)](#)
[Soccer Travel Camp \(7/29-8/22\)](#)

[U7/U8 Developmental Academy](#)
[FREE ID Sessions](#)
[Tackle Rugby - LATE](#)
REGISTRATION
[Pee Wee Kickers](#)
[Rec Softball](#)

Soccer Saturday Clinics



FIELD HOCKEY
REGISTER TODAY!

On-Time Registration ends FRIDAY!!
Girls Grades 3 - 8 as of fall 2018

Season Starts March 31st

Attention busy parents: Here's a program that can easily fit into your schedule!

The SYC field hockey program is a fun, developmental program played on Sunday evenings, with the beginning of the season focusing on fundamentals. As the season progresses, the players will begin to scrimmage each other and progress to scrimmaging field hockey teams from other local clubs.

SYC Field Hockey is run by Lindsay Leahy, who has lots of experience playing and coaching field hockey. She's been a varsity coach at Lee HS, assisted Varsity at Lake Braddock, and has been head coach JV field hockey at West Springfield HS. She played at West Springfield HS from 2002-2006 and then went to play field hockey at VCU!

This is the perfect opportunity for our younger players to learn the fundamentals of field hockey and for 7th/8th graders to get ready for high school field hockey in the fall!

[REGISTER HERE](#)

NEWS AND SPECIAL EVENTS

SOCCER MONDAY NIGHT TRAINING

Only \$80! Spring players - get some extra training from our professional training staff and fall players keep your skills sharp for the fall!

Fun age-appropriate activities with an emphasis on the technical development of each player. Fundamental techniques that are easily transferred towards practical applications during games will be taught in an enjoyable, learning environment.

AGE: U7 - U12 Players (Birth Years 2007-2012)

DATES: 4/1, 4/8, 4/22, 4/29, 5/6, 5/13 (No session on 4/15 Spring Break)

SESSIONS: 6PM - 7PM.

LOCATION: Hooes Road Park



[REGISTER HERE](#)

CALLING ALL REC SOCCER GOALIES!



Develop goalie techniques and strategies to keep your opponent out of your net! **Only \$30 for professional goal keeper training!**

AGE: U8 - U17 Birth years 2002-2011

TIMES:

U8 - U12: 4PM - 5PM

U13 -U17: 5:15PM - 6:15PM

DATES: 4/13, 4/27, 5/4, 5/11 (No session on 4/20 Spring Break) One Makeup offered, if needed on May 18th.

LOCATION: [Hooes Road Park](#)

[REGISTER HERE](#)

TRAVEL SOCCER TOWN HALL NEW DATE!!!

TRAVEL SOCCER TOWN HALL

April 2nd from 7PM - 9PM
Washington Irving Middle School - Barker Hall



#sycraveltownhall

**U7/U8 DEVELOPMENTAL ACADEMY
FREE ID SESSIONS LOCATION CHANGE**

U7/U8 DEVELOPMENTAL ACADEMY

FREE ID SESSIONS

**Location Update:
LOISDALE PARK**



Tuesday, March 19 from 5:30PM - 6:30PM at [Loisdale Park](#) - NEW LOCATION!
Thursday, March 21 from 5:30PM - 6:30PM at [Loisdale Park](#) - NEW LOCATION!

REGISTER TODAY!

CONGRATULATIONS SYC-WEST END GIRLS RUGBY!



The SYC West End High School Girls won the Cape Hatteras Division of the 2019 Carolina Ruggerfest. On Saturday, March 2, the girls went 2-0 in pool play defeating two teams from South Carolina, Wando, 93-0 and Spring Hill Rugby Club, 68-0. On Sunday, the girls won a hard fought match against South Greenville/North Mech, 24-5. In all the games, they played with 14 players instead of the required 15. It was a resilient effort by a great group of young women.

Be a part of it and come out for the girls team. We'd love to have you!

Learn more and Register for SYC Spring Rugby Here!



George Angulo
Scholarship Award

**SYC's Annual George Angulo College Scholarship
Now Accepting Applications!**

Two area high school seniors will each be selected to receive a \$1,500 award in memory of George.

APPLICATION DEADLINE – March 31st

Read more about the award and apply here.

IN THE COMMUNITY

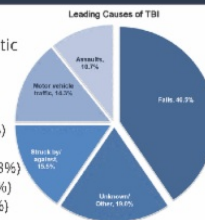
MARCH IS BRAIN INJURY AWARENESS MONTH! #changeyourmind



BRAIN INJURY FACTS & STATISTICS



- Every 9 seconds, someone in the United States sustains a brain injury
- An ABI is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma
- More than 3.5 million children and adults sustain an acquired brain injury (ABI) each year, but the total incidence is unknown
- Typical causes of ABI include:
 - Electric Shock
 - Infectious Disease
 - Lightning Strike
 - Near Drowning
 - Oxygen Deprivation (Hypoxia/Anoxia)
 - Stroke
 - Seizure Disorder
 - Substance Abuse/Overdose
 - Toxic Exposure
 - Trauma
 - Tumor
- Traumatic brain injury (TBI) is type of ABI. A TBI is caused by trauma to the brain from an external force
- The number of people who sustain TBIs and do not seek treatment is unknown
- One of every 60 people in the U.S. lives with a TBI-related disability
- The annual impact of TBI in the U.S. is significant:
 - At least 2.5 million adults & children sustain a TBI
 - 2.2 million are treated for TBI in Emergency Departments (also known as ERs) or Trauma Centers
 - 280,000 are hospitalized
 - 50,000 die
- There are many causes of traumatic brain injury:
 - Falls (40.5%)
 - Struck By or Against (15.5%)
 - Motor Vehicle Accidents (14.3%)
 - Assaults (10.7%)
 - Unknown (19%)
- Every day, 137 people die in the United States because of a TBI-related injury
- At least 5.3 million Americans live with a TBI-related disability
- When someone sustains a brain injury, many people are affected:
 - Survivors and their parents, spouses, siblings, extended families, and friends
 - Healthcare providers, including surgeons, physicians, counselors, rehab therapists, social workers, and personal care attendants
 - Insurance companies that issue auto accident, individual, and group health, disability, life and reinsurance policies
 - Attorneys of all types, including those who handle personal injury, insurance and disability claims, civil rights and discrimination, domestic actions, wills, estates, and trusts
 - Educators at every level, but especially special education teachers and those who prepare America's future healthcare workforce
 - Government agencies that administer health and social programs such as Medicare, Medicaid, State Children's Health Insurance Program (SCHIP), Supplemental Nutritional Assistance Program (SNAP), and vocational rehab
 - Employers of all types



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SYC SOCCER DAY THIS SATURDAY!

March 9, 2019

DICK'S Sporting Goods
Springfield Town Center



20% THROUGHOUT THE STORE!

[GET COUPON HERE](#)



PICK YOUR SPORT TO SUPPORT

Save 15% at MODELL'S with [LACROSSE COUPON](#)

Save 15% at MODELL'S with [SOCCER COUPON](#)



[Get your SYC Spirit Wear today!](#)

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

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