



The Torch

SYC Weekly Digest

[Calendar](#) | [Register](#) | [Website](#) | [Volunteer](#) | [Donate](#) | [SYC Store](#)

SPRING 2021

BOYS & GIRLS
AGES 3-15



FLAG FOOTBALL

REGISTER TODAY



The wait is over! Spring 2021 Flag Football registration is NOW OPEN! SYC's Flag Football Program is designed to provide fundamental instruction for players with a wide variety of skill levels. The program provides for the physical, mental, and emotional development of each child who participates with the emphasis on good sportsmanship, team play, self-discipline, maximum effort, integrity, and maximum participation. SYC Flag Football is registered with and plays under the NFL Flag Football League.

[Read More and Register Here!](#)

OPEN REGISTRATIONS

ANNUAL SPORTS

[Travel Soccer Tryouts](#)

WINTER SPORTS

[Powerlifting](#)

[Track Clinics](#)

[Track](#)

SPRING SPORTS

[Field Hockey](#) - Just Opened

[Flag Football](#) - Just Opened

[Boys Lacrosse](#)

[Girls Lacrosse](#)

[Rec Soccer](#)

[U5 Cubs Soccer](#)

[Pee Wee Kickers Soccer](#)

FEATURED SPORT



SPRINGFIELD/SOUTH COUNTY YOUTH CLUB

FIELD HOCKEY

REGISTER TODAY!

Register today for spring field hockey for the best pricing of the season. It's only a 2 week window before prices go up! So don't put it off....register today!

INTERESTED IN COACHING? WE NEED YOU! PLEASE VOLUNTEER WHEN REGISTERING! You do not need to have experience with field hockey or coaching to volunteer. It is a great way to be a part of your child's field hockey experience! Questions? Contact Lindsay Leahy at fieldhockey@sycva.com.

[Register Here](#)

NEWS AND SPECIAL EVENTS



FIELD HOCKEY COMMISSIONER POSITION IS OPEN!

*You can make the difference.
Volunteer Today!*

springfield/south county youth club



SYC is seeking a new Field Hockey Commissioner! Our current commissioner has been doing an awesome job running the Field Hockey program FOR 9 YEARS. Lindsay has graciously offered to assist with the new commissioner's onboarding and will be available to help during the season. She can also continue to help organize for on the field training and exclusively coach one of the teams. The field hockey commissioner responsibilities include:

- Monitor registrations, form teams.
- Recruit adult volunteers, high school volunteers, coaching staff as needed.
- Communicate with families & volunteers - KEY for SUCCESS!
- Coordinate scrimmages against other area youth clubs. SYC hosts one.
- Work with office staff on fiscal year budget.

- Keep inventory of equipment, jerseys, spirit wear. Order/restock with assistance from office staff.
- Create practice plans.
- Attend commissioner meetings & SYC awards as required.

Want to make a difference? Say, "YES! I'll do it!" Contact Lindsay Leahy at fieldhockey@sycva.com for more information.

SYC HOLIDAY STORE *REBOOT*



YOU'RE IN LUCK!

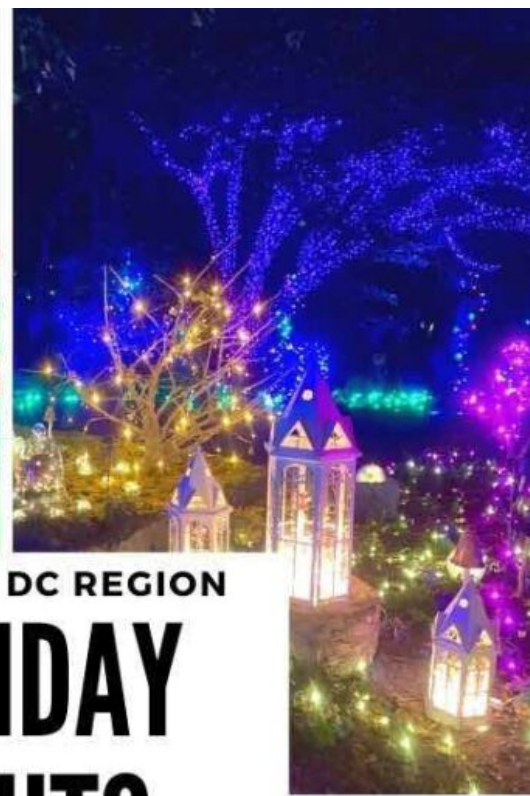
WE ORDERED A LIMITED QUANTITY OF THESE ITEMS AVAILABLE FOR IN-PERSON PURCHASE BEGINNING 12/18 DURING SYC OFFICE HOURS! JUST STOP IN!



It's time for End of Year Giving
Please consider SYC

Thank you

IN THE COMMUNITY



VIRGINIA / DC REGION

HOLIDAY LIGHTS GUIDE



FunInFairfaxVA.com

Holiday Lights in the Northern Virginia and Washington...

'Tis the season to overdecorate with sparkly holiday lights. Luckily, the Northern Virginia and Washington DC region offer dazzling professional holiday light displays, plus several neighborhood extravaganzas to maximize your holiday spirit. The...

[Read more](#)

www.funinfairfaxva.com

#QTIPS | Coping with
Quarantine Life

with
Dr. Deborah
Gilboa

 TrueSport®



Staying Positive: Coping with Quarantine Life

Elite athletes are trained to deal with the unknown. TrueSport Expert Deborah Gilboa, MD, explains how to maintain a lens of positivity when things seem out of control. About TrueSport TrueSport®, a movement powered by the experience and values...

[Read more](#)

www.sportsengine.com

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