



The Torch

SYC Weekly Digest

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NEW - POWERLIFTING!



SQUAT BENCH DEAD



POWERLIFTING

COED - GRADES 7 - 12

SYC is excited to announce our new pilot program - Powerlifting. Powerlifting is an individual strength sport where athletes seek to improve their one-repetition maximum (1RM) - the amount of weight one can lift in a single repetition on the squat, bench press, and deadlift. 1RM in these three lifts are tested in competitions known as powerlifting meets. Powerlifting offers your athlete an effective offseason sport or supplemental sport that can increase their performance (muscle growth, strength, and power) & reduce the risk of injury in other sports.

Questions? Contact our Powerlifting Commissioner, Matt Zielezienski at powerlifting@sycva.com.

[Read More and Register Here!](#)

OPEN REGISTRATIONS

ANNUAL SPORTS

[Travel Soccer Tryouts](#)

WINTER SPORTS

[Powerlifting - NEW](#)

[Track Clinics](#)

[Track](#)

Boys Lacrosse Clinic - JUST OPENED

Girls Lacrosse Clinic

Soccer - REC Pickup

SPRING SPORTS

Boys Lacrosse - JUST OPENED

Girls Lacrosse - JUST OPENED

Featured Sport



Spring Lacrosse is OPEN! Space is limited. Register ASAP to avoid being waitlisted.

[BOYS LAX: Read More & Register Here](#)

[GIRLS LAX: Read More & Register Here](#)

In addition, we've just opened our Winter Boys Major League Lacrosse Clinic. It's scheduled for Dec. 13 from 3PM-5PM and will be run by professional Major League Bayhawks players. Participants must be registered for Spring 2021 Lacrosse to participate in this clinic and should be experienced in playing and be able to pass and catch.

[BOYS CLINIC: Read More & Register Here](#)

NEWS AND SPECIAL EVENTS

**GIVING
TUESDAY**



YOUR GIVING CHOICES:

GIVE NOW

GIVE TUESDAY 12/1



Hey Rec Soccer LDs and Coaches - Do you have issued SYC rec soccer gear cluttering your garage - goals, nets, painters, paint, Pugg goals, corner flags? Turn them in this **Thursday, November 19th between 4PM and 7PM** at the **SYC Warehouse**, 7075G Newington Road. We need our equipment!

PLEASE REMEMBER TO WEAR YOUR MASK.

THANK YOU for all that you've done to allow the kids to play!

TRACK COACHES CONGRATULATE THEIR FALL ATHLETES!



IN THE COMMUNITY



THANKSGIVING FOOD DRIVE

WHEN: November 20th // 2:30 pm to 7:30 pm

WHERE: 7000 Newington Road // Lorton VA, 22079

WHAT TO BRING: Canned foods non-perishable items

Social distancing will be observed
Donate and enter to win great raffle items
as well as other goodies

WISA Solutions is hosting a food drive on Friday, November 20th to help stock shelves at **ECHO**. Canned goods and non-perishable items will be accepted at **WISA, 7000 Newington Road, Lorton, VA** on **November 20th from 2:30PM - 7:30PM**. Social distancing will be observed. Donate and enter to win great raffle items and as well as other goodies.



Springfield Town Center - Holiday Your Way

Shop local and enjoy extended holiday hours, special events, contact-free pick up, and more at Springfield Town Center.

Read more
preitmarketing.com

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

703-339-3796 | www.sycva.com

