



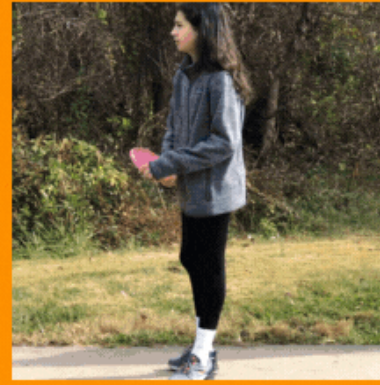
The Torch

SYC Weekly Digest
2022

HAPPY NEW YEAR!

January 4, 2022

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



Happy New Year! With the start of the new year, we'd like to welcome you to our latest sports addition - SYC Disc Golf! Many members tried out disc golf at our introductory clinic held in November. Players had a great time learning and testing out their new skills with our instructor, Matt Hammersten, who is currently ranked in the top 100 disc golfers in the world! Matt will be running our spring season of disc golf. The spring season will be a league with practice sessions and disc golf course play. Give it a try this spring and register today!

[Read More and Register Here](#)

OPEN REGISTRATIONS

TRYOUTS

[Select Volleyball Tryouts](#)

WINTER SPORTS

[Winter UP Basketball](#)

[Winter Backyard Pickup - Flag Football](#)

[Winter Soccer Clinics](#)

SPRING SPORTS

[Spring Disc Golf - JUST ADDED!](#)

[Spring Flag Football](#)

[Spring Lacrosse \(Boys\)](#)

Few spots in Lacrosse Boys 10U. Other boys groups waitlisting.

Spring Lacrosse (Girls)
Boys Spring Rugby
Girls Spring Rugby
Spring Rec Soccer
Spring Soccer - Pee Wee
Spring Soccer - U5 Cubs
Spring UPSL Men's Soccer Team Tryouts - JUST ADDED!
Spring Softball
Spring Volleyball

FEATURED SPORT



Winter Flag Football start date has been pushed back a week to January 16th, so you still have time to register and get your athlete outside and on the field.

BE SURE TO VOLUNTEER to help these kiddos out this season. They need you!

[Read More and Register Here](#)

NEWS AND SPECIAL EVENTS

SYC supports Fairfax County Police Department



Marina Rivera-Hernandez is a graduate of the Police Academy session 79, winning an award for Control Tactics during her training with 38 other graduates. The award will come as no surprise to her teammates and opponents during her playing years with SYC, as Marina definitely used control tactics on the playing field during her play from 2012 through 2017. In addition to displaying tactical playing skills, Marina was an SYC Spirit Award winner in 2016, and a Fairfax County Champions of Character Award Winner in 2017 for her strength of mental and physical abilities. SYC congratulates and welcomes Marina and the other graduates to the Fairfax County Police Department and other local jurisdictions, knowing the outstanding

abilities shown on athletic fields of play, as one example, will serve them well in service to the public.



BASKETBALL PICTURE DAY JANUARY 22ND

Save the Date: January 22nd for Winter Basketball Pictures. Location/Time is TBD.

FAMILY AND COMMUNITY



How to Make New Year's Resolutions for Kids

New Year's Day is the traditional time to celebrate a new beginning, and kids ages 7-12 are at the ideal stage to learn to make resolutions, experts say. "They're still young enough that their habits are not firm," says Christine Carter, Ph.D.,...

[Read more](#)

www.parents.com



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