



The Torch

SYC Weekly Digest

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WEST END

SYC
RUGBY
EST. 1985

Girls Play Rugby, Too!!

And we're Good!



Join our club!

Seeking girls of ALL ages; NO experience necessary!
Positions for EVERYONE!



Questions? Contact Coach Sarah: sarahlemory@yahoo.com

[Read More & Register
Here](#)

OPEN REGISTRATIONS

WINTER SPORTS

Soccer Clinics
Softball Pitching Clinics

SPRING SPORTS

Field Hockey
Flag Football
Girls Lacrosse
Boys Lacrosse

Boys Lacrosse 12U is waitlisting; however, we only need a few more players to make an additional team, so go ahead and register ASAP!

Rugby (Tag and Tackle)

Rec Soccer

Pee Wee Soccer

Softball

Track

UP - NEW!

Volleyball

FEATURED SPORT



Spring Field Hockey

Early Bird Pricing Ends January 24th!

WE NEED COACHES! PLEASE VOLUNTEER WHEN REGISTERING!

Questions? Contact [Lindsay Leahy](#), Field Hockey Commissioner.

[READ MORE](#)

NEWS AND SPECIAL EVENTS

BOYS LACROSSE

Equipment Distribution Dates



Location: [SYC Office/Warehouse](#)

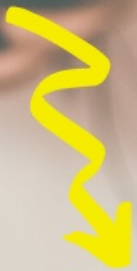
Wednesday, 15 Jan, 7PM - 8PM

Thursday, 23 Jan, 7PM - 8PM

Monday, 27 Jan, 7PM - 8PM

Questions? Contact [Kevin McDermott](#)

Save the Date



**BASKETBALL
PICTURE DAY**

FEBRUARY 1ST @ ISLAND CREEK ES

Cold Weather Guidelines

When is it too cold to play outside?



During typical winter days, common sense requires us to look beyond a specific temperature and consider factors such as wind chill, whether the ground is frozen or the sun is shining, how well the children are prepared to play outdoors (jackets, gloves, and hats), what activity the children are participating in, and the length of time to be spent outside.

Wind Chill with Precipitation Guidelines

- **36° F and above:** Normal Practice
- **Between 33°-35° F:** No more than 40 minutes outside per session – may return outside after 20 minutes indoors.
- **At or Below 32° F:** All outdoor activities cancelled.

Wind Chill without Precipitation Guidelines

- **36° F and above:** Normal Practice
- **Between 33°-35° F:** No more than 1 hour outside per session – may return outside after 30 minutes indoors.
- **Between 26°-31° F:** No more than 30 minutes outside per session – may return outside after 15 minutes indoors.
- **At or Below 25° F:** All outdoor activities cancelled.

Coaches - Keep these guidelines handy with our weather cards. Pick them up at the office during office hours.

[Read More about Weather Guidelines](#)

IN THE COMMUNITY

BOY SCOUT
EAGLE PROJECT
SUPPORTS
LACROSSE



Thank you to Sammy Price, who made SYC a beneficiary of his Boy Scout Eagle project this fall. Sammy, an SYC lacrosse goalie, is an Eagle Scout candidate at Troop 1145 in Springfield. He is also an SYC lacrosse goalie and his family is actively involved at SYC Lacrosse.

In order to earn his Eagle, the highest rank in Boy Scouts, Sammy decided to combine his love of lacrosse, with an effort to demonstrate his leadership skills in scouting. He organized an equipment drive to raise awareness for both the Washington Inner City Lacrosse Foundation (WINNERS Lax) and the SYC community as a whole. The drives were held during local lacrosse tournaments, at various locations in November.

Sammy raised both donations of money and equipment, 100% which will be used to help kids in our communities. Almost forty pairs of athletic shoes and cleats alone will be used to help SYC kids participate in our sports offerings going forward!

Thank you Sammy and good luck with your Eagle!



SAVE on Lacrosse Equipment with these [COUPONS!](#)

Stay Tuned: DICK'S Sporting Goods 20% Off Day details are coming soon - Tentatively Sat, Feb 2, 2020.

Add some winter cheer to your gear



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

703-339-3796 | www.sycva.com

