



The Torch

SYC Weekly Digest

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DOWNLOAD THE NEW APP!



demosphere

THE TEAM BEHIND TEAM SPORTS



Demosphere has a new APP! The new Demosphere APP is replacing TeamNet. TeamNet was the APP previously used for team communications. With the new APP, families can manage their households, view team calendars, and see team communications. Be sure to download the new Demosphere APP to your phone and enable notifications to stay on top of any news for your team during the season.

Read more about the new APP at the [Demosphere's Support Center](#).

OPEN REGISTRATIONS

ANNUAL SPORTS

[Travel Soccer Tryouts](#)

SPRING SPORTS

[Basketball Training](#)

[Field Hockey](#)

[Flag Football](#)

[Lacrosse - Boys](#) - Extended a week!

[Lacrosse Girls](#) - Extended a week!

[Powerlifting](#)

[Rec Soccer](#) - Some age groups waitlisting or closed

[Rec Soccer MNT](#)

[Rec Soccer GK Training](#)

Rugby
U5 Cubs Soccer
Pee Wee Kickers Soccer
Spring Break Soccer Camp
Soccer Clinics Friday Night Lights
Softball
Volleyball

SUMMER SPORTS

Summer Soccer Camps
Summer Soccer Clinics

FEATURED SPORT



SQUAT BENCH DEAD

SPRING POWERLIFTING 2021

Coed Grades 5 - 12

Spring Powerlifting has been **expanded to include 5th and 6th graders!** Powerlifting is now for boys and girls from 5th-12th grade. Options include:

- 1x/week program is designed for in-season athletes.
- The 2x/week program is designed for off-season athletes and novice powerlifters.
- 3x/week program is designed for more experienced off-season athletes and powerlifters.

Sessions will start the week of March 14th, and spots are limited. Sign up today!

[Read More and Register Here!](#)

NEWS AND SPECIAL EVENTS



Mark your calendars! Our Spring 2021 Road Clean Up is scheduled for Monday, April 5th. April 5th is a day off from school and provides the perfect opportunity for students to get

THANK YOU, SYC FAMILIES!



THANK YOU to everyone who took the time to bring supplies to support Bethany House of Northern Virginia. Volunteers at Bethany House were so happy and extremely grateful for the generosity of our SYC families. We'd also like to extend a special thank you to Jim Miller, our rec soccer commissioner, who graciously loaded and drove the supplies to Bethany House. THANK YOU!

FEBRUARY 28TH TRACK MEET

Winter TRACK MEET



SYC Track held a home track meet on February 28th. We have a lot of fast runners out there! Check out the results [HERE](#).

FAMILY AND COMMUNITY



3 Risky Supplements Parents Should Make Sure Athletes Avoid

To achieve excellence in their sport, many young athletes dedicate hours of work each week, put intense strain on their bodies, and hold themselves to extremely high expectations. Parents who witness this effort may understandably want to do...

[Read more](#)

www.sportsengine.com



20% Off at DICK'S Sporting Goods

[SUPPORT SOCCER COUPON](#) - VALID March 19-22

[SUPPORT SOFTBALL COUPON](#) - VALID March 26-29

[ANYTIME LACROSSE COUPONS](#)

[ANYTIME SOCCER COUPONS](#)

[ANYTIME SOFTBALL COUPONS](#)



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The latest edition is always available at sycva.com.

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