



The Torch

SYC Weekly Digest

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SPRING BREAK

Soccer Camp



March 29 - April 2
Hooes Road Park



Join us this Spring Break for a technical and ball mastery camp for players to develop core soccer skills. Our camp is designed for players of all skill levels who want to learn and improve their fundamental skills in a fun and encouraging environment! Players will be given the unique opportunity to receive individual instruction from SYC coaching staff. The day will be filled with a variety of activities to promote correct soccer technique including:

- small-sided games to encourage personal involvement while developing an understanding of team concepts,
- technical and ball mastery skills sessions,
- shooting drills,
- and much more!

In addition, we will hold our famous World Cup each morning where players can put their skills to the test!

[Read More and Register Here!](#)

OPEN REGISTRATIONS

ANNUAL SPORTS

[Travel Soccer Tryouts](#)

WINTER SPORTS

[Basketball Clinics](#) - **LAST CHANCE!**

[Softball Clinics](#)

SPRING SPORTS

Field Hockey
Boys Lacrosse
Girls Lacrosse
Powerlifting - JUST ADDED!
Rec Soccer
Rec Soccer MNT
Rec Soccer GK Training
Rugby
U5 Cubs Soccer
Pee Wee Kickers Soccer
Spring Break Soccer Camp - JUST ADDED!
Softball
Track
Volleyball

FEATURED SPORT



SQUAT BENCH DEAD

SPRING POWERLIFTING 2021

Coed Grades 7 - 12

Spring Powerlifting is now OPEN! We have options that are suitable for all of our athletes (grades 7-12).

- 1x/week program is designed for in-season athletes.
- 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



jeffersoncup 2021



GIRLS

BOYS

2011

2012

2010

2010

2009

2009

2008

2007

2007

2006

2006

2005

2005

2004

2003

Congratulations to our teams who were accepted into the **Jefferson Cup Soccer Showcase!** This is one of the top tournament in the nation, and we are excited to see so many of our teams compete against great competition. A special shout-out to the 2010 Girls, 2009 Boys and 2003 Boys who were placed in the top bracket of the Showcase. **#WeAreSpringfield**

IN THE COMMUNITY

Even Seniors Powerlift!



A Powerful Life

NOVEC procurement manager is also weightlifting champ

NOVEC Materials and Facilities Manager Kent Cassell, center, holds five state records, one national record and two world records in powerlifting.

Did you know that Powerlifting could be a lifetime sport? Get your kids **SIGNED UP** now at SYC, and it could very well be a lifelong passion. Meet Kent Cassell, who figuratively moves mountains during the day and then literally pumps iron in his off time.

The materials and facilities manager of Northern Virginia Electric Cooperative has been competitively weightlifting since 1982 when he was in the U.S. Air Force and stationed in Minot, N.D.

[Read more](#)
www.co-opliving.com



Why Didn't We Know Sarah Fuller's Name Before She Became ...

Sarah Fuller showed little girls around the world that they could do anything they set their mind to as she made history on November 28, 2020, by becoming the first woman ever to play in a "Power 5" football game.

[Read more](#)
www.sportsengine.com



Order from multiple sport stores. Pay ONE shipping fee!

WINTER SPIRIT WEAR



NEVER MISS AN EDITION OF THE TORCH!
The latest edition is always available at sycva.com.

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703-339-3796 | www.sycva.com

