

PRESIDENT'S CORNER

CHRIS SPERA



The Torch
January 2017 Issue

Springfield/South County Youth Club
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As we start a new year, you should each be aware that SYC will turn 55 in 2017. The changes that have happened during that span are extensive, and we find ourselves as a youth sports organization in a very different world than we did when we started over 5 decades ago. Back then, a color TV with a 21-inch screen was a big deal. People listened to AM radio. Music came on 45 rpm singles and 33 1/3 rpm albums that were played on turntables. Phones had wires and rotary dials. No one knew what an iPhone was, or a personal computer, or the Internet, or a smart TV. Obviously, all that has changed, and technology has advanced our lives in many ways. It has never been easier to stay in contact with family and friends and to do almost anything that we need to do from virtually anywhere, all thanks to the fantastic advances in technology; in fact, those advances allow me to write this to you while waiting for a plane at National Airport and send to our great staff for inclusion in the newsletter with the push of a button.

All that being said, there are some things that technology cannot replace. With all due respect to the brilliant people that create the tech that makes our lives easier, there are some things that just can't be replicated through technology. I don't think you learn teamwork from Instagram. I don't think you learn leadership while playing on X-Box. I don't think you see how hard work and practice turn into team and

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"EVERYONE HAS THE POTENTIAL TO GIVE SOMETHING BACK"

- Diana, Princess of Wales

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SYC IS ON SOCIAL MEDIA!

YOU CAN FIND SYC ON ALL THESE SOCIAL MEDIA OUTLETS!



FOLLOW US AND SHARE YOUR STUFF!



Attention High School Seniors!

SYC plans to make a big announcement in February that you will want to hear!

Join us on social media next month to find out what it is.

MARK YOUR CALENDARS

- ◆ 2/20—Presidents Day—Office Closed
- ◆ 3/3—[Last Day to Change Rec Soccer Uniform Size](#)
- ◆ 3/18—[Winter Cheer Pep Rally](#)
- ◆ 5/11 SYC Annual Meeting at [Embassy Suites](#)

FEATURED VOLUNTEER—JACQIE BRYANT-THOMPSON

SYC: Tell us about yourself and your family. What activities are they involved in?

My family consists of my husband David, four children Jervan (21), Jada (18) Josie (14) and JonHenri (10), and myself. My children's activities are many, to include: flag football, tackle football, cheerleading (high school/all-star competitive), volleyball, softball and rugby as well as involvement with the church youth group.

SYC: As a newcomer, tell us what drew you to volunteer with us.

While I am new in this position, I wouldn't consider myself to be "new" to the organization. We started back in 2002 when my oldest son started his football career with SYC. My husband and I make every effort to support each of our children in their recognized activities. With that said, it seems only right to volunteer with an organization where my entire family is heavily involved. My husband and my son are Head and Assistant coaches in the organization.

SYC: As one of two new directors for our spring flag football program, what do you hope to accomplish, improve, or enhance?

I will strive to bring greater attention to the flag football program. The sport of football draws people from all over because of the sport alone and because it is physical in nature. The flag football program may not draw quite as many spectators as football, but we hope to change that.

SYC: Any thoughts about the sport of flag football in general?

Flag football is a great foundation for those



boys/girls who want to learn the fundamentals of the sport without being involved in the physical aspect of the game and helps them to develop good sportsmanship and how to work together as a part of one cohesive team. Additionally, for those that wish to one day participate in the tackle football program it still allows them to learn the fundamentals of the game, techniques, while grasping the idea of the commitment that is involved as it relates to team sports.



OPEN REGISTRATIONS

- ◆ Spring Field Hockey
- ◆ Spring Flag Football
- ◆ Spring Lacrosse
- ◆ Spring Rugby
- ◆ Spring Soccer
- ◆ Spring Track & Field
- ◆ Spring Volleyball

REGISTER TODAY!

VOLUNTEERS

SYC has volunteer opportunities throughout the year that can be completed by students. SYC assigns and verifies volunteer credit for school, scouts, church, court, and other civic organizations. Contact [Nancy Cannon](#) for current opportunities to volunteer.

SYC now posts individual team/league/sport fundraisers on our website calendar.
Please support these restaurant events, car washes, bake sales, etc., when you see them listed.
It makes a BIG difference!



NUTRITION FOR TOURNAMENT PLAY

Performance Nutrition is all about making foods and fluids work to help athletes have their best game. It can be made easier with a little planning.

1. **Set up a team meal.** If you get to choose the hotel for your team, find out if there is a room you can reserve for team meals.
2. **Search for nearby restaurants.** Look for ones that provide pick-up or delivery services. Olive Garden, Carabas, and Panera are options that are common in many cities and likely familiar to our athletes. Some may deliver foods directly to the field.
3. **Stick to familiar foods.** Tournaments are not the best time to try something completely new and unfamiliar. Search for selections to meet the variety of players' preferences, while being health minded. For instance, a dinner could include grilled lean meats or lentils, bread, pasta or rice, and vegetables, allowing your athletes to refuel from a full day of play.
4. **Keep your favorite foods available.** Have enough fluid and snack options for between games and night snacks. Either bring them from home or purchase what's needed at a local grocery store. On the shopping list could be waters, chocolate milks, sports drinks, fruits, peanut butter, hummus, bagels, and yogurts.
5. **Take note of the time breakfast is served at the hotel.** Be certain it fits into your pre-game meal plan. Some hotels will extend their hours to accommodate an early game. If not, choose to get breakfast items for the team the day before or stop at a nearby shop and get breakfast foods a couple of hours before playing.
6. **Prepare for game-time.** Before heading to the field, stop by the hotel ice machines so players can fill up their water bottles. Add sports drinks and their half- and post- game-time snacks in their bags and they will be fully prepared to play their best.

If you have sports nutrition questions, send an email to: playonnutrition@gmail.com.

Sharon Coleman Staier, MS, RD, CSSD
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NEW FOOTBALL COMMISSIONER—JOHN HESS



SYC welcomes John Hess as our new Football Commissioner. We look forward to working with you and watching you implement the organizational and innovation ideas you bring to the football program!

Learn more about our new Football Commissioner in the September issue of The Torch!

LAMONT ATKINS—GATORADE PLAYER OF THE YEAR GIVES BACK TO SYC



LAMONT ATKINS

Lamont Atkins, football player and senior at Lake Braddock High School, was selected as Gatorade Virginia Football Player of the Year. As Gatorade Player of the Year, Lamont was given the opportunity to select a national or local youth sports organization to receive a grant as part of the “Gatorade Play It Forward” program. SYC is honored that Lamont has chosen our club to receive the \$1,000 organization donation! Thank you, Lamont Atkins, for thinking of SYC!

[Read more about Lamont Atkins](#)

Congratulations and Thank You Lamont!

CONGRATULATIONS TO NOVA FOOTBALL HALL OF FAME WINNERS

Congratulations to SYC’s Coach Vince Morris and player Jakob Foss! Coach Vince Morris was selected as a coach of the year in the National division as an 80 lb. National coach who led his team to a championship. Jakob Foss was nominated by the 130 lb. Head Coach and was selected as the SYC FCYFL player of the year for 2016. Coach Morris and Jakob, along with Lamont Atkins, featured in the above article, will be among the recipients recognized at the Northern Virginia Hall of Fame on March 5, 2017.



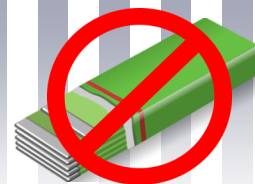
VINCE MORRIS

**Youth Coach of the Year
National Division**

Youth Player of the Year



JAKOB FOSS



**PLEASE NO GUM
IN SCHOOL GYMS
IT'S A STICKY SITUATION!**



Lacrosse: The Fastest Game on Two Feet

In the most basic terms, lacrosse is a sport played between two teams using a small rubber ball and a long-handled stick called a crosse (or lacrosse stick). It is one of the few sports that while both boys and girls play it across the nation, the genders use very different rules. The boy's version is considered a contact sport, using the crosse to "check" or "slash" the opponent's stick and body is allowed. This is not true for the girl's rules.

The simple objective: score by shooting the ball into an opponent's goal past the goalie, using the lacrosse stick to catch, cradle, and pass the ball to do so. The positions have names similar to soccer or basketball. Attack, midfielder (or "middie"), defense and goalie. If you think there is a lot of running in soccer or basketball, then you haven't watched a lacrosse game. Conditioning, communication with your teammates, good passing and catching and hand-eye coordination is essential for a successful lacrosse team.

Most lacrosse is played in the Spring, but SYC, through a dedicated group of volunteers, run various types of lacrosse programs year-round from clinics, fall tournaments and an in-house winter league where the game is played with modified rules and 3v3.

Registration is still open for the Spring. New participants are always welcome; there are many teams throughout the NVYLL (Northern Virginia Youth Lacrosse League) made up of "rookies" and SYC's rookie teams play against other new teams. More experienced players take on similarly skilled opponents.

Come give lacrosse a try this Spring. More information can be found: <http://www.sycva.com/page/show/729515-syc-lacrosse>

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individual success by sharing posts on Facebook. Just as was the case 55 years ago, you can learn those things on sports fields and in gyms, with great coaches and teammates, with whom you work, sweat, practice and play. Through the course of that, you can develop a sense of self as both an individual and as part of a bigger organization, and come to appreciate the benefits of team. You can have success and failure, both of which you can learn from, and you can pick up a teammate who does not do as well as he or she would have liked, and be picked up by a teammate when you are the one that did not accomplish what you wanted.

So as much as things have changed, our core purpose at SYC remains very much the same - providing a safe, secure, and positive environment for the young people in our community to participate in sports. We are honored and proud to do this, and look forward to continuing to do so for another great 55 years.



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MISSION STATEMENT: Springfield/South County Youth Club provides athletic programs for boys and girls ages 4 to 19 that promote character development, good sportsmanship, and exemplary behavior. We strive to establish a nurturing and supportive environment which reflects, respects, and celebrates our differences, while embracing the richness of diversity within our membership.