

# PRESIDENT'S CORNER

## CHRIS SPERA



The Torch  
May 2017 Issue

Springfield/South County Youth Club  
7075 Newington Road, Unit G  
Lorton, VA 22079  
www.sycva.com



As I shared through this newsletter several months ago, SYC suffered a tremendous loss with the death of my friend and fellow board member George Angulo. At our annual meeting several weeks ago, SYC did its best to honor George's memory and memorialize George's commitment to service of the youth of our community as a permanent part of our club.

When George died, we all struggled with the terrible loss. I wanted to try and come up with something that reminded us of George, his passion for youth sports, his generosity and spirit of community service. My idea was to fund a scholarship in George's name. The scholarship was to go to a young man or woman who was a senior in high school, had played SYC sports, had been accepted to a college or university and who had a demonstrated record of academic achievement and community service. Thanks to the generous support and input from George's family and the rest of our board, the idea became a reality and we moved forward, with the idea being to award the scholarship in May at the annual meeting.

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Thank you  
Board of Directors  
for helping move our  
mission forward!

## SYC | George Angulo Scholarship Award



*Pictured from left to right, George Angulo's sons with winners, Jake Herzog, Stephen Liechty, and Adriana Berrios. Jake will be attending Christopher Newport University, Stephen will be attending University of Virginia School of Architecture, and Adriana will be attending Virginia Tech this fall. Congratulations and good luck to our winners!*

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### MARK YOUR CALENDARS

- ◆ Memorial Day—Office Closed.
- ◆ June 3—Football Family Fun Night
- ◆ June 19—Five Guys , Burke Va—Force 03' Girls White - Fundraiser
- ◆ June—Check back for Fall Softball and Fall Volleyball Registration Opening!

## FEATURED VOLUNTEER— EMERALD GALLIGAN

### VOLLEYBALL COMMISSIONER

#### ***What do you like best about the sport of Volleyball?***

To be honest I've never had any interest in sports at all. However, my daughter decided in 2nd grade that volleyball was her sport. Over the years I have enjoyed learning the ins and outs of the game, I learn something new each season! I truly enjoy watching the players grow throughout the seasons. Watching them go from not being able to serve over the net to being on the all-star or travel teams. It is so much fun to watch the players learn new skills and fall more and more in love with the sport.

#### ***What are your biggest challenges coordinating the Volleyball program from a Commissioner's point of view?***

I would have to say the biggest challenge is finding enough volunteers. This includes both coaches and parent volunteers at games. While we have a good group of coaches who consistently come back, who we are very grateful for, as the leagues continue to grow the number of coaches needed grows also. As for the game day volunteers, we only ask for two volunteers per team per week. These are the easiest jobs possible and they



truly give you the best 'seat' in the house!

#### ***Tell us an encouraging story, something you have witnessed related to youth volleyball.***

I find it very encouraging every time a player finally serves over the net and the entire gym cheers (no matter what team they are with) as if they just won gold in the Olympics. It is so nice to see everyone being so encouraging for a player who has just met a huge milestone in volleyball.

#### *President's Corner Continued from 1*

As I should have expected, when we announced the scholarship plans, the outpouring of support and contributions was tremendous and based upon the generosity of the SYC community and George's friends and family, we were able to commit to funding two scholarships instead of only one, one for a young woman and one for a young man. Everyone was very excited that we could honor George by rewarding deserving both male and female SYC alumni as they move forward to college.

When you do something for the first time, I guess you should expect some issues to arise. Our selection committee was in agreement on the prevailing female applicant, but could not break a tie between the top two young men selected from all who had applied. As club president, it fell to me to figure out how to solve this dilemma. At first, I struggled with the decision, but then I asked myself "What would George have done?" The answer then became easy – George would have found a way to reward both deserving candidates. So with a few extra contributions and the cooperation of my wonderful colleagues on the board, we made it happen and three very deserving SYC alumni received \$1000 scholarships. The outpouring of goodwill for our friend George made all of this possible and I believe in my heart that somewhere he was watching, enjoying both the problem with which we were faced and the solution to it. Moreover, the process of awarding the scholarships every year will both remind us of George and of the reasons that each of us volunteers to serve the young people of our community through SYC. I am incredibly grateful to the Angulo family for working with us to do this and to everyone who supported the scholarship campaign in any way. We are looking forward to doing it again next year.

## REGISTRATION AND WEBSITE

SYC has changed the way you register for sports with a new login procedure! All registrations now begin with logging into your family account. The REGISTER HERE button on our homepage will take you directly to the Family Account LOGIN page. You will need to use your primary email and password to log in. Once you are in your Family Account, you'll choose either the Player or Volunteer registration buttons located at the top of the Family Account page to register.

In addition to our database changes, SYC has also updated its website to be a mobile-friendly site. Now families will have an easier time navigating our website via their phones and tablets! On phones and tablets, you will see three horizontal bars on the top, left of the page. Click that to view the menu and to navigate to pages on our website. Keep in mind that we are still doing a lot of work behind the scenes to re-organize and re-style the site to work with the mobile layout. Stay tuned!

### REMINDER!

**NO DOGS ARE PERMITTED ON SCHOOL PROPERTY**

## NUTRITION

### Nutritionist Sharon Staier Shares Tips to Creating Healthy Family Meals on Busy Weeknights!

In a rush on a weeknight, I look for the basics to include in a meal: a protein, vegetables, and some kind of carbohydrate in the form of a whole grain or starchy vegetable like potatoes or lentils.

Leftovers of a rotisserie chicken and cooked pasta added together in a skillet heated with olive oil and garlic is a good start. I can use pre-cooked frozen shrimp also which thaws and heats quickly as another option. Add steamed vegetables or baby spinach to the skillet and a combination of raw vegetables or salad to balance out the meal. Top with fresh grated parmesan cheese or feta for added flavor.

Angel hair pasta only boils for 4 minutes so it's the quickest to add a carbohydrate to meals-make it whole grain for added fiber. Make your vegetable serving size twice that of your pasta.

A quick grocery store stop can be better than "fast" food to pick up pre-cooked protein like rotisserie chicken or fish, a bag of frozen brown rice (in the freezer section) and frozen and fresh vegetables. Many stores even have a great salad bar to choose a variety of foods for dinner. Dinner can be prepared in less than 10 minutes.



Another quickly prepared and cooked nutrient rich meal includes fish, baby potatoes and vegetables. Thinner pieces of fish like salmon or cod cook in less than 15 minutes, baby potatoes are easy to boil in a pot or roast, and asparagus cooks in less than 4 minutes in a skillet. Or add any other favorite microwavable vegetable and finish with a nice bowl of mixed fruit like a bowl of raspberries, blueberries and strawberries.

Other quick favorites include Pancakes, Omelets or Wraps. A quick quesadilla can be made with tortillas, black beans and cheddar. Add a salad with mixed greens, carrots, cucumber, and avocado.

Having a few key ingredients can make throwing together a nutrient rich dinner less stressful and quick for busy nights.

Sharon Coleman Staier, MS, RD, CSSD  
Family and Sports Dietitian  
playonnutriton@gmail.com

# 2017 SYC AWARD WINNERS

## SPIRIT AWARDS

	<u>ATHLETE AWARD</u>	<u>ADULT AWARD</u>
<b>Basketball</b>	<b>Ryan Stead</b>	
<b>Cheerleading</b>	<b>Audrey Herod</b>	<b>House/Cordova Family</b>
<b>Field Hockey</b>	<b>Rebecca Connor</b>	
<b>Football</b>	<b>Hero Slye</b>	
<b>Lacrosse</b>	<b>Mike Ricci</b>	<b>Curt Donnel</b>
<b>Rugby</b>	<b>Joseph Adase</b> <b>Joseph Brody</b> <b>Kyle Gorham</b> <b>Abigail Tobias</b> <b>Elizabeth Wilson</b> <b>Logan Emery</b>	
<b>Soccer</b>	<b>Marina Rivera-Hernandez</b>	<b>McGhan Family</b>
<b>Softball</b>	<b>Lauren Gramp</b>	<b>Zach Williams</b>
<b>Track</b>	<b>Katie Dyer</b>	<b>Will Ward</b>
<b>Volleyball</b>	<b>Sarah Dickson</b>	<b>Jenna Richardson</b>

## MERRILL AWARD

**SEAN KILCARR**

## PAUL WESTLEIN AWARD

**GEORGE ANGULO**

### OPEN REGISTRATIONS

- ◆ Summer Basketball
- ◆ Summer Soccer Camps
- ◆ Summer Tag Rugby
- ◆ Summer Tackle Rugby
- ◆ Fall Cheer
- ◆ Fall Rec Soccer
- ◆ Fall Pre-Season Football Camp
- ◆ Fall Tackle Football

**REGISTER TODAY!**

**SEND US  
YOUR PHOTOS!**

**See your Shining Stars  
on our Facebook/  
Twitter pages!**

We love your action shots,  
team photos, crazy pics,  
coaches, kids, you name it!  
Send them all to us at  
admin@sycva.com!



# 2017 SPIRIT AWARD WINNERS!





Plumbing • Electrical • Heating & AC • Remodeling

Get **10%** off

(Up to \$100)

**Any Service**

\* Restrictions apply. Not valid with any other offer.

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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.