

# PRESIDENT'S CORNER

CHRIS SPERA



The Torch  
January 2018 Issue

Springfield/South County Youth Club  
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www.sycva.com



January is the time for New Year's resolutions, often related to getting more exercise and becoming healthier. It seems as if during the first few weeks of the year, half of the TV commercials and website advertisements are for exercise equipment, gym memberships, or diet and weight loss products. If the changing of the numbers at the top of the calendar serves as impetus for people to make healthy changes in their lives, then I guess that should be viewed as a positive thing.

I suppose my concern with New Year's resolutions is that often people don't keep them. And that makes sense to me, as it seems as if you would be more likely to make a positive change because of an honest and sincere belief that a change is necessary, not because of the seemingly artificial stimulus of "New Year, new you."

Accordingly, I hope that SYC serves as sort of the "anti-resolution" for our member families. I want our club to be a healthy, empowering environment where the children of our community can develop a life-long love of sports, get quality instruction, stay active, meet new friends and teammates and build healthy habits that will last a lifetime. We hope that young people who have come through SYC won't need to make New Year's resolutions, as least as they relate to staying active and having a healthy life style, because those habits will already be ingrained in them, at least in part because of their experiences with SYC.

On a further note, many of you are aware through the last newsletter and the club's social media accounts that our long-time office manager Carolyn Brennan retired last month. Carolyn's many contributions to the club were celebrated at our December board meeting. So many of you took the time to wish Carolyn good luck and thank her for her work. The outpouring of well wishes was amazing and was a true reflection of the tremendous value Carolyn added to SYC for over 20 years.

As much as we will miss Carolyn, we are thrilled that Laura Vaughn has joined the club as our Operations Manager. Laura

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**MY COACH SAID  
I RUN LIKE A GIRL.  
AND I SAID IF HE RAN  
A LITTLE FASTER  
HE COULD TOO.**

**- MIA HAMM**

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## MARK YOUR CALENDARS

- ◆ 2/3- [Basketball Picture Day](#)
- ◆ 2/6- [CollegeWise Seminar](#)
- ◆ 2/8- [Wizards SYC Night](#)
- ◆ 2/17- ["Kick Cancer's Butt" Event](#)
- ◆ 2/19- Presidents' Day—Office closed.
- ◆ 2/20—[Rec Soccer Town Hall](#)

## SYC Welcomes Laura Vaughn as the New Operations Manager!

### **SYC: Tell us about yourself.**

My husband and I have lived in the area since 1988 and raised our four children here; all of them have participated in SYC sports over the years beginning in 1995! In my free time, I enjoy the outdoors, especially biking, hiking, and gardening. In addition to being very active, I also love watching tennis and going to NATS games. Tending to my 14 chickens (yes, they all have names!), and playing Clarinet in the Main Street Community Band in Fairfax is a lot of fun and keeps me busy. To relax, I enjoy binge watching my favorite Netflix shows!



### **SYC: Where did you go on your last vacation?**

My last vacation was a biking trip last September with my sister for her 50<sup>th</sup> birthday to France where we biked through wine country in Bordeaux for 6 days. The vineyards were amazing and I'm hoping to train again for another trip, with maybe not so many hills!

### **SYC: What is your background, and why did you accept this job as SYC's new Operations Manager?**

Besides SYC, I've worked for other non-profits and found this to be my passion. My love of sports makes SYC a great opportunity for me to make a difference. I enjoy working in an environment that allows me to develop relationships with our members and wonderful volunteers to provide programs that serve the community.

### **SYC: What are the biggest challenges facing SYC right now?**

I think the biggest challenge right now for SYC is finding space to play our sports, i.e. fields & gym space. We need to find ways to support all the programs we provide for our members and have the flexibility to make it work for everyone.

### **SYC: What is your vision for the future of SYC?**

I want to be able to offer the best training and support possible to our volunteers who serve our families. My hope for SYC in the future is to plan and execute a new facility that can accommodate actual sports play in addition to our warehouse and office space. My vision is to expand the scope of SYC to be an organization that provides our families with educational and community information and events that support our many sports programs. Eventually, I hope to grow SYC by adding additional sports based on feedback from our membership.



Hey SYC Soccer Families!

You're invited to our Rec Soccer Town Hall meeting! Join us on February 20th and get your questions answered! Topics on the agenda include:

- ▶ How is SYC Organized? A Top-Down Look!
- ▶ How does REC Soccer differ from Travel Soccer?
- ▶ How are teams formed in REC and Travel Soccer?
- ▶ What is this new Age Group Mandate?
- ▶ Why don't we all practice on turf fields?
- ▶ "Play Up" and why that is no longer an option
- ▶ Where does all my money go?
- ▶ Why don't we all practice on turf fields?
- ▶ "Play Up" and why that is no longer an option
- ▶ Where does all my money go?
- ▶ Search for new Rec Soccer Commissioner
- ▶ "Play Up" and why that is no longer an option
- ▶ Where does all my money go?
- ▶ Concussion Education & Training Program
- ▶ Suburban Friendship League (SFL)
- ▶ What's new?
- ▶ U5 Pee-Wee League
- ▶ Is there a new SYC facility on the horizon?

**What are your questions?....Bring them to the Town Hall Meeting!**

**Coming Soon....Travel Soccer Town Hall Meeting!**

*Continued from Page 1, President's Corner*

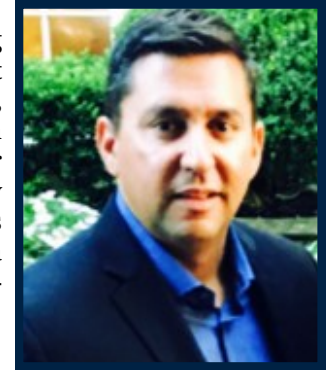
previously served as our data base administrator, and after a few years away from SYC, was selected from a group of very qualified candidates to take over the responsibilities of this position. Laura brings extensive technical knowledge, great organizational skills and a practical business sense to SYC. While Carolyn Brennan leaves big shoes to fill, I have every confidence that Laura is the right person to take over as we move forward. Please take a minute if you are by the office to welcome Laura back. We have a great office staff and we look forward to them continuing to provide top-level service under Laura's leadership.

All of us at SYC look forward to serving our member families throughout the coming new year.

## FEATURED VOLUNTEER— CESAR TORRES

### How did you first get involved with SYC soccer?

My story is remarkably like that of many other parent volunteers. After registering my 5-year-old daughter to the SYC recreational soccer program, I learned that there was a need for parent coaches. Although I wasn't entirely sure of what, when, and how, I raised my hand and haven't looked back. It has been almost ten years since I raised my hand for the first time, and I have continued to volunteer and have been able to help my children and community. I truly believe that my volunteering has helped to strengthen our club and our community as well as providing a great example for my children to follow. I have volunteered to be a recreational coach, league director, travel coach, academy manager, board member, and the list of roles keeps growing.



### Tell us why you think SYC soccer is easily the best soccer program in the area?

The difference between the SYC soccer program and others is the individualized touch and the heavy community feel. As soon as you walk onto one of our many fields, you can feel the energy of the children, the parent volunteers, as well as the paid staff. It is evident that we are all a community of soccer with one focus, to ensure our children develop into the best soccer player they choose to be. Whether they want to be a pro player, play in college, or just play for fun, there is a level that will help foster that growth with friendly competition. Another difference is game day. While other clubs in the area just place cones and share fields with many other teams, age groups, etc., at SYC you get an individual field where you meet your opponent. There's no confusion, no parents walking through your fields, and not the tournament feel most clubs provide.

### What would you say to anyone who is considering volunteering for our club?

I was recently reading an article about why people should volunteer and here is what I learned. Many studies have shown that helping others brings happiness. When researchers at the London School of Economics examined the relationship between volunteering and measure of happiness, they found that the more people volunteered to help others, the happier they were. I would imagine those results would be magnified when those who you are helping are your children and their friends. Volunteering will also give you time to spend in your community being part of the solution, it will give you a sense of belonging and pride.

## Summer Soccer Camps!

Be on the look out for our Summer Soccer Camps registration opening March 1st for players ages 7 and up! We'll have lots of week-long camps throughout the summer with half-day and full-day options. We're also offering a new week-long "Future Stars" clinic for our very youngest players (Ages 4-6) in the evenings.

**BEST PRICES START MARCH 1st**

**Be sure to register then!**



## SPRING SPORTS

[Field Hockey](#)

[Flag Football](#)

[Lacrosse](#)

[Rugby](#)

[Rec Soccer](#)

[Pee Wee/Mini Kickers](#)

[Rec Softball](#)

[Track & Field](#)

[Rec Volleyball](#)

**[REGISTER TODAY!](#)**

## HOW TO CHECK YOUR CONCUSSION TRAINING STATUS

Did you know that you can check the status of your concussion training via your Family Account? Just go to [www.sycva.com](http://www.sycva.com). Click “Family Login” and log into your family’s account. Scroll down to the “Concussion Training Information” section.

Any person whose name is listed in blue is required to complete the training. For example, in the image below, the player, John Doe, has not yet completed the concussion training video.

The second list shows any family members who have already satisfied the training requirement with their completion date. In the picture below, the parent, Jane Doe, has completed the training on 11/2/2017.

All members are required to re-watch the training videos each year with the start of summer sports registrations.

Still unsure? You can always contact us at [concussion@sycva.com](mailto:concussion@sycva.com)!

### Concussion Training Information

The following participant(s) need to watch the concussion training video. Please click on the name to start to watch video.

Data Type	Name
Player	<a href="#">John Doe</a>

The following participant(s) already watched the concussion training video.

Data Type	Name	Date Completed
Parent	Jane Doe	11-02-2017



### Hey High School Seniors!

Opportunity to apply to the SYC George Angulo Scholarship Fund coming in February. Check <http://www.sycva.com/gascholarship> for details.

## OUT WITH THE OLD, IN WITH THE NEW!

SYC staff and volunteers are working diligently to clear out an offsite storage locker and reorganized our file room! It’s interesting to see how record keeping, sports structure, and organizational information were created and distributed BEFORE the computer age! We will share some of our “discoveries” on social media so be sure to follow us on [Facebook Springfield South County Youth Club](#) and [Twitter @sycva](#).



# FREE SEMINAR STRATEGIES AND 'SECRETS' TO IMPROVE COLLEGE ADMISSIONS FOR ANY STUDENT



**SEMINAR WILL COVER** • How to plan and get ahead of your peers • The selective admissions process • Finding the right school fit • Improving admission chances • much more! •

## **WHEN:**

**TUESDAY, FEBRUARY 6TH  
7PM-9PM**

## **WHERE:**

**WASHINGTON IRVING  
MIDDLE SCHOOL  
BARKER HALL**

## **WHO SHOULD ATTEND:**

**Parents, Athletes,  
Coaches, Anyone with an  
interest in learning more  
about college admissions**

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**[http://www.sycva.com/  
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*Little Stars FOREVER shining brightly*

## **HELP US “KICK CANCER’S BUTT” AT OUR SOCCER FUN DAY!**

Amber Amparo, a junior at South County High School, along with her team, “Las Estrellitas” (Little Stars), is participating in the 2018 Students of the Year campaign, raising awareness for LLS and their mission to cure blood cancers. Amber’s campaign is in honor of her grandmothers, both of whom passed away but are still seen by her as “little stars forever shining brightly”.

**Saturday, February 17**

**Hayfield Secondary School soccer fields**

7630 Telegraph Rd, Alexandria, VA 22315

Ages U6 - U12 as of Fall 2017

Session 1 from 9AM -12PM

Session 2 from 1PM - 4PM

### **Participants will:**

- ◆ Learn various soccer techniques in rotating stations.
- ◆ Participate in fun challenges for prizes.
- ◆ Play exciting scrimmages!
- ◆ Enjoy a light lunch that will be provided to all participants in between sessions.

**Sign up for 1 session for \$30 or sign up for both for only \$50**

ALL PROCEEDS WILL BE DONATED TO THE LEUKEMIA & LYMPHOMA SOCIETY

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George Angulo  
Scholarship Award



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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.