



The Torch

SYC Weekly Digest

March 29, 2022

[Calendar](#) | [Register](#) | [Website](#) | [Volunteer](#) | [Donate](#) | [The Clubhouse](#)

Save the Date!

SYC ANNUAL MEETING JUNE 2, 2022



Mark your calendars! We've set the date for our 2022 Annual Meeting. We will be holding our annual meeting at the new SYC facility at 7201A Lockport Place on Thursday, June 2nd at 7:30 PM. Please bring your own collapsible chairs for seating. We know any parent who watches their kids play sports, have them! 😊

Elections will be held in person and via Facebook Live.

If you're interested in joining our Board of Directors, we'll begin accepting candidate submissions starting April 12th! Deadline for submissions is May 16, 2022.

OPEN REGISTRATIONS

SPECIAL EVENT

[Legacy Run](#)
[Adopt a Highway Clean up](#)

ANNUAL SPORTS

[Travel Soccer Tryouts](#)

SUMMER SPORTS

[Summer Soccer Camps](#)

SPRING SPORTS

[Spring Basketball Clinics](#)
[Spring Disc Golf - NEW!](#)
[Spring Field Hockey](#)

[Spring Flag Football](#)
[Spring Kickball](#)
[Boys Spring Rugby](#)
[Girls Spring Rugby](#)
[Spring Break Soccer Camp](#)
[Spring Soccer Friday Night Lights Clinic](#)
[Spring Rec Soccer - Some waitlisting/closed](#)
[Spring Rec Soccer - GK](#)
[Spring Rec Soccer Training - New - older players ADDED!](#)
[Spring Soccer - Pee Wee](#)
[Spring Soccer - U5 Cubs](#)
[Spring U6-U8 DA Soccer](#)
[Spring Softball](#)
[Spring UP Soccer](#)

FEATURED SPORT

**BUILD
CONFIDENCE
ON THE FIELD
& IN THE NET**

SYC Rec Soccer Training



SYC Rec Goalkeeper Training



Register Today! 

Are you looking for some extra training this spring to help you bring your "A" game to the field this season? We got you covered...

- U7-U12 Players - Monday Night Skills Training at Hooes Road Park
- U13-U19 Players - Wednesday Night Skills Training at South Run ReCenter
- U8-U18 Players - Saturday Goalkeeper Training

[Read More and Register Here](#)

NEWS AND SPECIAL EVENTS

Welcome our New Field Hockey Commissioner!



SYC is pleased to welcome our new Field Hockey Commissioner, Christina Lugo! Christina started playing field hockey in 1998, and has played goalie, sweeper and midfield all through middle school and high school. After graduation, she was a VHSL official for 8 seasons.

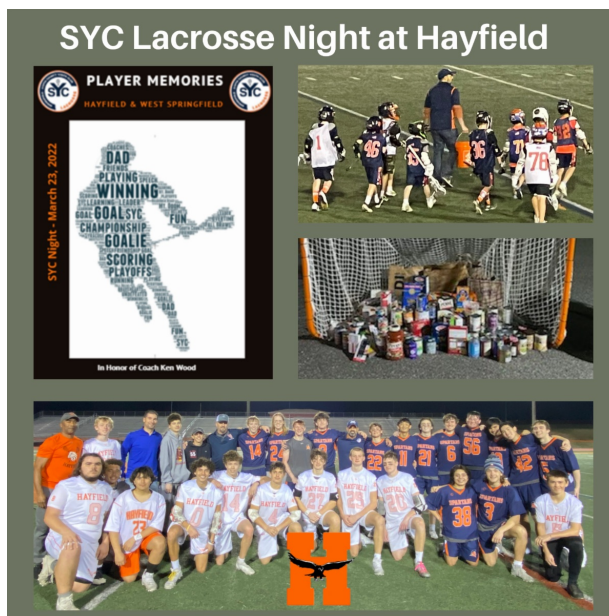
She is a graduate of Physical Education with a Coaching Minor from Old Dominion University. She is a 2000 USA Field Hockey Festival Participant and a USA Field Hockey Level I Coach. When not doing sports, she works as an Administrative Assistant to the Athletics Office at John R Lewis High School.

SYC Lacrosse Night at Hayfield

It was SYC LAX Night at Hayfield Secondary School on March 18th. They collected food for the Hawk Pantry and held an exhibition game with SYC10A boys team. Thirty-five of the players in games that night were part of SYC lacrosse and collectively spent over 125 years representing SYC! Hayfield & WSHS coaches who previously coached at SYC were recognized:

- ~Hayfield Coach Artero
- ~Hayfield Coach Holland
- ~West Springfield Coach Dalrymple
- ~West Springfield Coach Whitehouse
- ~West Springfield Coach Mast
- ~West Springfield Coach Hudson

In addition, former SYC Coach **Ken Wood** was remembered and honored.



SYC Rugby Cleanup at Accotink Creek



SYC Rugby held its annual clean up on March 27th at Accotink Creek ! It was their 7th year getting together to help the community by cleaning trash from Accotink Creek...about 400 pounds collected!

#WEMindset
@AccotinkFriends @sycva
@YoungGloryDC

Great job SYC Rugby!

UP Basketball - So FUN!...UP Soccer - Next!



UP Basketball, sports for children with special needs, was a BLAST this winter! Want to join us for some UP fun? Sign up today for the upcoming spring season of UP Soccer! We're looking for players, student helpers, and adult volunteers.

[Read More and Register Here](#)

FAMILY AND COMMUNITY



How to Choose Footwear for Youth Athletes | TrueSport

Choosing the right footwear for your athlete can be frustrating and confusing given the constant foot growth, the different shoes for different sports, and the huge variety of styles and price points. According to Dr. Michele LaBotz, TrueSport...

[Read more
truesport.org](https://truesport.org)



The intrigues of March have led to this historic Final 4 ...

This is a Final Four from Hollywood. Destiny, melodrama, even a few tears. This Final Four is a gift from the basketball gods. How do we love thee, what is about to happen in New Orleans? Let us count the plots.

[Read more
www.ncaa.com](http://www.ncaa.com)

We'd love your feedback! Send questions or comments to admin@sycva.com.



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

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