



The Torch

SYC Weekly Digest

February 1, 2022

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

SYC is hosting a **BLOOD DRIVE.**
Wed, Feb 23, 4PM - 8PM

GIFT from INOVA and FREE SYC MAGNET
for our blood donors!

Sign up today!



There is no substitute for blood. It can only come from one place and that's a volunteer blood donor! Book your appointment to donate at the new SYC site, 7201A Lockport Place. The Bloodmobile will be on site at the side entrance from 4PM - 8PM on Wednesday, February 23rd. Donate and receive a cool tie-dye t-shirt from Inova Blood Services and a FREE sports magnet from SYC!

[Book your Appointment](#)

OPEN REGISTRATIONS

WINTER SPORTS

[Winter Soccer Pre-Season Prep Clinic](#)
[Winter Softball Clinics](#)

SPRING SPORTS

[Spring Disc Golf - NEW!](#)

[Spring Flag Football](#)

[Boys Spring Rugby](#)

[Girls Spring Rugby](#)

[Spring Rec Soccer](#)

[Spring Rec Soccer - GK](#)

[Spring Rec Soccer MNT](#)

[Spring Soccer - Pee Wee](#)

[Spring Soccer - U5 Cubs](#)

Spring Softball
Spring UP Soccer - **JUST ADDED!**
Spring Track
Spring Volleyball

FEATURED SPORT



SPRING UP SOCCER
SPORTS FOR CHILDREN WITH SPECIAL NEEDS

Register Today!

UP (Unlimited Potential) will be offering soccer this spring! We're looking for players with special needs who want to get outside to have some fun! Student volunteers who want to help out this spring, register as a "Pal (Student Helper)".

We hope you can join us!

[Read More and Register Here](#)

NEWS AND SPECIAL EVENTS

Uniform/Equipment Give & Take!

**REC
SOCCER**
UNIFORM/EQUIPMENT
GIVE AND TAKE

**GAME
ON**

Wednesday
February 16th
3PM-7PM
SYC warehouse



Has your rec soccer player outgrown their uniform or cleats? Are you wishing for FREE, previously-worn uniforms or equipment? Then please **stop by SYC warehouse located at 7201A Lockport Place** to either **DONATE** or **PICKUP** rec soccer uniforms, cleats, soccer socks, and shin guards. This event is a give/take kind of thing so we can't

guarantee we'll have all sizes.

The more you donate, the better the selection will be for other SYC families. You're also welcome to drop off donations at the SYC warehouse anytime during regular business hours leading up to the event. Questions? Email nancycannon@sycva.com

TRACK HOUSE OF SPEED 2022 VIRGINIA SHOWCASE



Congratulations to the Track House of Speed athletes who competed Sunday, January 14th in the VA Showcase. It was a great opportunity for all to compete on an indoor track and get experience before the AAU National Championships. Hundreds of athletes from across the country competed at the VA Showcase. A few highlights:

- Skylar Vango: 1st in both the 60 meter dash AND the 200 meter dash;
- Alexa Charecky: 3rd in the pole jump AND 5th the triple jump;
- Lorelei Freese: 3rd overall in the 1500 meter run AND 3rd in the 3000 meter run;
- Thomas Kim: 3rd overall in the 3000 meter run, 4th overall in the 1500 meter run, 7th overall in the 800 meter run
- Dominic Delancey: 3rd in the long jump;
- Tyler House: 6th overall in the long jump;
- Dillon House: 6th overall in the long jump;
- Paulina Darmenova: 8th overall in the 1500 meter run;
- And our first-time Girls 11-12 - 4x200 meter relay team (Sydney Hergenroeder, Courtney Len, Lorelei Freese and Skylar Vango): 3rd overall!

We also had some terrific showings by many of our athletes who ran personal records in their events. Congratulations House of Speed!



George Angulo
Scholarship Award

High School Seniors - [APPLY HERE!](#)

FAMILY AND COMMUNITY



Friends of Lake Accotink Park is at Lake Accotink.

January 23 at 11:40 AM · 🌐

Congratulations to West Springfield High School for winning first place and a pizza party! 🍕🎉🍕

We had over 100 participants in this competition, so thank you to all the schools that took on the challenge! Our next Trash Off is in April, so stay tuned!



[Read more](#)

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sportengine

KIDS GUIDE TO THE 2022 OLYMPIC & PARALYMPIC WINTER GAMES



watch all of the action on the networks of
NBCUniversal



Kids Guide to the Olympics

Get involved in the Winter Games action you see on TV! We've got everything you need to follow along at home: fun facts, how to play, history of the sport, and more.

[Read more](#)

www.sportsengine.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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