



# The Torch

SYC Weekly Digest

April 12, 2022

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SQUAT BENCH DEAD

## SUMMER POWERLIFTING



Coed Grades 5 - 12



Summer Powerlifting is now open for athletes 5th - 12th grade as of Fall 2022. Options are available to fit every athlete's goals.

**Once a Week:** 90-minute training session per week that focuses on the Big 3 exercises (Squat, Bench, and Deadlift) and other accessory exercises to promote the development of strength & muscle growth and reduce injury risk. Suitable for beginners and in-season athletes

**Twice a Week:** 90-minute training sessions per week that focus on the Big 3 exercises (Squat, Bench, and Deadlift) and other accessory exercises to promote the development of strength & hypertrophy and reduce injury risk. Suitable for some beginners, high-level in-season athletes, off-season athletes, and competitive powerlifters.

**Individualized Program:** This option is for athletes seeking individualized programming and detailed guidance from one of the coaches. Athletes will have two, 90-minute training sessions w/the group per week and one, 60-minute individual session per week with one of the coaches.

[Read More and Register Here](#)

## OPEN REGISTRATIONS

### SPECIAL EVENT

[Legacy Run](#)

### ANNUAL SPORTS

## SUMMER SPORTS

Summer Basketball  
Summer Powerlifting - JUST ADDED!  
Summer Soccer Camps

## SPRING SPORTS

Spring Basketball Clinics - LAST CHANCE!  
Spring Disc Golf - STARTS NEXT WEEK!  
Spring Kickball  
Boys Spring Rugby  
Girls Spring Rugby  
Spring Softball  
Spring UP Soccer

## FEATURED SPORT



Join SYC for some

Spring Kickball

Only \$75!

Grades 4-12  
Boys & Girls

Great News! Spring Kickball start date has been moved to April 24th. You still have time to sign up and get your kiddos physically active and outside this spring. Price is just \$75! Join us for a fun game of kickball!

[Read More and Register Here](#)

## NEWS AND SPECIAL EVENTS

**SYC SOCCER CAMPS**  
**ALL...SUMMER...LONG!**

2022 Recreational **AND** Travel Camps  
Hooes Road Park



Summer will be here soon! Now's the time to sign up for camps. Lots of week-long camp options for recreational and travel players. All camps will be held at Hooes Road Park!



Please welcome our new **Cheer Commissioner**, Hope Kim. Hope was a high school varsity cheerleader in the '90s which entailed the traditional cheer camp, dance routines, tumbling, and sideline cheer for football, basketball, and wrestling sports seasons. She's very familiar with the cheer structure!

Hope is a forensic accountant and data privacy practitioner and currently works at PwC (e.g., PricewaterhouseCoopers) working on global business operations. She has BS degree from Penn State University and an MBA degree from George Washington University.

# ADOPT-A-HIGHWAY



Thank you volunteers!



## Coach Ken Wood Memorial Brick Dedication



Lake Braddock Lacrosse and former SYC Coach Ken Wood lost his battle to cancer in January 2021. The Lake Braddock community will be honoring Coach Wood with the dedication of a memorial brick in Richard M. Lewis Stadium on Tuesday, April 19, 2022 at 5:00 p.m. before the home JV lacrosse game against Fairfax.

Tuesday, April 19, 2022 - 5:00 p.m.

Coach Ken Wood Memorial Brick Dedication

Richard M. Lewis Stadium - Lake Braddock Secondary School

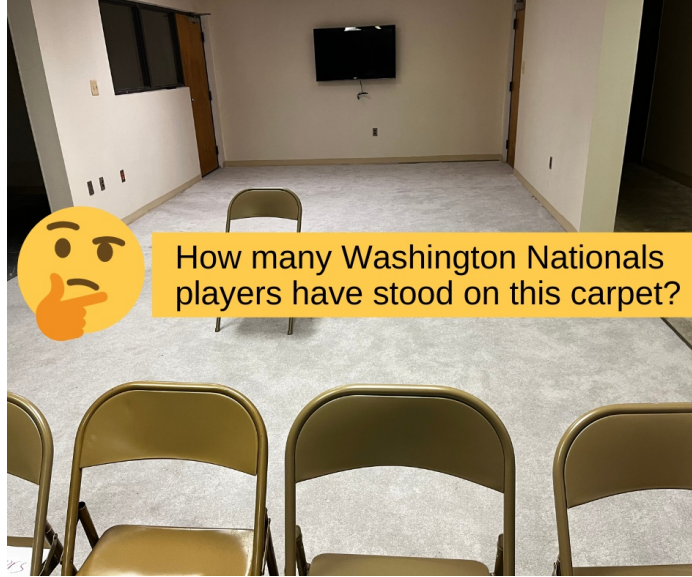
Players and families also have the opportunity to purchase their own brick and have it installed nearby. **[Please click here for next steps to obtain a brick.](#)** Questions about bricks can be e-mailed to **[Gina Duffy.](#)**

## Fun Fact of the Day!

We recently received a donation

of used carpeting that we installed in a section of our new warehouse, and it has an interesting bit of history. The house where the carpet was removed was once owned by Ryan Zimmerman. Yes, THAT Ryan Zimmerman! It is unknown if he and the rest of the team ever walked on it, but it sure is a fun bit of trivia!

Thank you to Jim Miller for installing the carpeting and tv for us! You're the best!



How many Washington Nationals players have stood on this carpet?

## FAMILY AND COMMUNITY



### Reston woman wins DC Cherry Blossom run; first local...

Sunday marked the first Credit Union Cherry Blossom Ten Mile Run since 2019, and with it, a local became champion for the first time since 1983, according to race officials. Susanna Sullivan of Reston, Virginia, won the elite women's race on Sunday.

[Read more](#)  
[wtop.com](http://wtop.com)

We'd love your feedback! Send questions or comments to [admin@sycva.com](mailto:admin@sycva.com).



NEVER MISS AN EDITION OF THE TORCH!  
The latest edition is always available at [sycva.com](http://sycva.com).

Springfield/South County Youth Club | 7201A Lockport Pl, Lorton, VA 22079

703-339-3796 | [www.sycva.com](http://www.sycva.com)

