



The Torch

SYC Weekly Digest

[Calendar](#) | [Register](#) | [Website](#) | [Volunteer](#) | [Donate](#) | [SYC Store](#)

Together We Can Overcome



SYC is collecting non-perishable food for ECHO via F.A.S.T "DRIVE 'N DROP"

Friday, April 17th, 12:00-4:00

SYC Office/Warehouse

7075 Newington Rd, Unit G, Lorton



PLEASE HELP BY DROPPING OFF THESE CRITICALLY LOW PANTRY ITEMS:

*Sliced Bread*Canned Meat*Box Pasta*Bag Beans*Can Tomatoes*
Pancake Syrup*Flour*Instant Potatoes*Spaghetti Sauce*
Pancake Mix*Pudding/Jello mix*Juice (Box or Cans)*Coffee/Tea

Fairfax Athletes Stand Together



SYC has teamed up with F.A.S.T (Fairfax Athletes Stand Together) in support of ECHO to help feed our community. We are providing a "Drive 'N Drop" opportunity for our members who wish to support families in need by taking non-perishable food items to the SYC office on Friday, April 17th anytime between noon and 4:00 pm. No getting out of the car—simply drop the bagged items in the truck. We will make sure it gets delivered to ECHO and into the kitchens of those needing nutrition assistance at this difficult time. We hope to see you there and PLEASE - stay safe and healthy!

Drive 'N Drop location: 7075 Newington Rd. Unit G, Lorton

To learn more about ECHO go to: <https://www.echo-inc.org/>

OPEN REGISTRATIONS

SUMMER SPORTS


Register Now - Pay Later!

[Basketball](#)

NEWS AND SPECIAL EVENTS

Spring 2020 Sport Registrations

Thank you to all of the families who have already responded with their selection on how to handle their spring 2020 sports registrations. We are still waiting to hear from many families. If you haven't yet responded, please select an option below. We look forward to getting the kids back on the fields and courts soon!



TRANSFER
Transferir

[CLICK HERE](#)

Contact us by May 1st



REFUND
Reembolsar

[CLICK HERE](#)

Contact us by May 1st



DONATE
Donar

[CLICK HERE](#)

Contact us by May 1st

Virtual Basketball Training

with *Dominic Phillips*



Mondays & Wednesdays at 5PM

LET'S PLAY!



Join SYC for some virtual basketball training with Dominic Phillips! The **FREE** sessions will be held every **Monday and Wednesday at 5PM on ZOOM**. Players will have the opportunity to work on their ball handling and shooting techniques, in addition to participating in strength and agility training. Be ready with a ball, some water, and lots of energy! See you on-line!

Join ZOOM
Session



SYC Pride 2010 Orange want your
SNEAKERS/CLEATS
NEW/USED, in any condition!

gotsneakers?
A Sneaker Recycling Organization
Email **PJ Donnelly**
for pick-up!



REMINDER SYC OFFICE IS CLOSED

Emails/Calls will be answered.
No walk-in service until further notice.

IN THE COMMUNITY

TRAIN



Video yourself
doing the skill

POST



Tag us @washingtonspirit



Tag your club, team &
a friend



Add #SpiritSkillsChallenge

WIN



A one-on-one Zoom
with Jordan DiBiasi
and your team!

Time to see what you've got! Every other week, one Washington Spirit player will be setting up a skills challenge to be completed and submitted on Instagram for the chance to win a one-on-one Zoom chat with that player!

Jordan DiBiasi has set up the **FIRST CHALLENGE**. A winner will be named on Friday and will have the chance to invite his/her whole team for a one on one Zoom with Jordan.

Good luck!

Springfield/South County Youth Club | 7075 Newington Road Unit G, Lorton, VA 22079

703-339-3796 | www.sycva.com

