



The Torch

SYC Weekly Digest

May 17, 2022

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

2022 5K AND 1K Fun Run



SYC's annual GA5K Legacy Run benefitting the George Angulo Scholarship Fund will be held this Sunday on May 22nd! **Last chance to register on-line!** Registration will close tomorrow morning at 10AM.

In person registration will be available on race day.

5K Race

Prize for top male and top female for 18 and older.
Prize for top 3 runners in 12 - 17 year old age group.
Prize for top 3 runners in 11 and under age group.

1K RUN

1K Fun Run event for runners for all ages.
One parent FREE with paid child runner for the 1K Fun Run.

Runners will receive giveaways and a grab bag.

Location: [Occoquan Regional Park](#)

Join us for a fun time for the whole family!

[Read More and Register Here!](#)

OPEN REGISTRATIONS

SPECIAL EVENT

[Legacy Run](#) - **May 22nd!**

[BOD Candidate Applications](#)

ANNUAL SPORTS

[2022/2023 Travel Soccer Tryouts](#)

SUMMER SPORTS

[Summer Basketball](#)

[Summer Rugby 7s](#)

[Summer Powerlifting](#)

[Summer Soccer Camps](#)

[Preseason Cross Country Conditioning](#)

[Summer Track One-Day Clinics](#)

FALL SPORTS

[Fall Cheer](#)

[Fall Cross Country](#)

[Fall Flag Football](#)

[Fall Tackle Football](#)

[Fall Tackle Football Preseason Camp](#)

[Fall Rec Soccer](#)

[Fall U5 Cubs Soccer](#)

[Fall Pee Wee Soccer](#)

[Fall UP Soccer](#)

[Fall Softball](#) - JUST ADDED!

FEATURED SPORT



Fall Softball registration is OPEN! Register today for the best pricing of the season!

[Read More and Register Here!](#)

NEWS AND SPECIAL EVENTS

BIKE TO WORK DAY



Friday, May 20

2022



Our very own Running Commissioner started biking to work recently. Here's what he had to say about it:

"I have always loved biking, but I just started commuting regularly on my bike. Since I moved to Reston, commuting to work on the WO&D trail is a breeze. Not only are their tangible health benefits, but you save money on gas and there is less wear and tear on your car. If you have showers at work, just bring a change of clothes and you'll be all set! Even if you work at home, you can make biking to your home office a part of your morning routine... before starting work, get out for 30 minutes... walk, run, or bike. "

Are you a regular bike commuter like Chris or Laura? Or a casual cyclist joining in this Friday on National Bike to Work Day? Send us your "bike story" photo and we'll feature it in a future Torch! Get out there and ride! Send photos to admin@sycva.com



FAMILY FUN DAY

HOSTED BY SYC FLAG FOOTBALL

SATURDAY, JUNE 4TH
2PM - 7PM

LORTON STATION ELEMENTARY SCHOOL



Saturday, June 4th from 2pm-7pm at **Lorton Station Elementary** is **Family Fun Day** hosted by our Flag Football program! Please come out and have a good time with us!

ALL SPORTS ARE INVITED!

Everything is FREE, except for the food trucks. There will be rides, moon bounces, obstacle courses, interactive games, DJ and Fairfax County Sheriff's will be there doing free child ID's for everyone. Food trucks and sweet treats available for purchase!

Questions? Contact flagfootball@sycva.com.

SYC Cooling Towels for Sale!



Item Size: 32" H x 12" W

Please support the 2012 SYC Girls Academy Soccer Team by purchasing a SYC Logo Cooling Towel. The cooling towels cost \$10 each. A discount of \$8 per towel can be applied for orders of 10 or more.

All proceeds will help fund the girls' trip to the Premier SuperCopa Tournament this Summer in Salt Lake City, UT. To get yours, contact Kelly March (KMSST65@ICLOUD.COM).

Thanks for your support! On three, S-Y-C!



Please join us at 7pm on May 17 for a Tackle Football information session. Meet members of the executive committee, coaches, & football parents. Learn about our program, the expectations, and the experience. Come with questions; leave with answers.

Location: Barker Hall, [Irving Middle School](#), 8100 Old Keene Mill Rd, Springfield.

[Early Bird Registration](#) for the Fall 2022 season is in effect through May 31!

[Follow SYC Tackle Football on Facebook!](#)



Car wash 2011 boys academy Super Copa Fundraiser !

Shell Gas Station

8334 Old Keene Mill Road,
West Springfield 22152



Sunday May 22
11-2pm
\$ 5 per car !



FAMILY AND COMMUNITY



Don't Miss the DC Old Glory Experience

Don't miss out on the electric atmosphere at Segra Field! Come support the OGs alongside over 4,000+ Old Glory DC fans who've already saved their seat to the two remaining home matches this season. Tickets are still available for the upcoming Old Glory DC vs Houston SaberCats match on May 21 at 1 PM.

[Read More](#)



Her Heart Stopped on the Field; It Led to a Life-Saving Discovery

Sarah Taffet begrudgingly grabbed the red bag and began walking toward the field. Fordham assistant athletic trainer Bridget Ward had arrived at Branch Brook Park in Newark, N.J., ahead of the team bus and needed help carrying her equipment to the dugout.

[Read More](#)

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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