



The Torch

SYC Weekly Digest

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**We ref. We cheer. We play.
The girls got it covered this winter!**



OPEN REGISTRATIONS

WINTER SPORTS

[Mini Kickers - NEW!](#)
[Travel Soccer Goalkeeper Training](#)
[Travel Total Futboler](#)
[Travel Soccer Shooting & Finishing](#)

SPRING SPORTS

[Boys Lacrosse](#)
[Girls Lacrosse](#)
[Field Hockey](#)
[Flag Football - Age 3-4 year old added!](#)
[Rec Soccer](#)
[Rec Soccer MNT](#)

[Pre-Academy Select Tryouts](#)
[Tackle Rugby](#)
[Track](#)
[Pee Wee Kickers](#)
[Rec Softball](#)
[Rec Volleyball](#)



NEWS AND SPECIAL EVENTS



Emily Fox of the Women's U.S. National Senior team made time to work with the SYC Pride O6 girls last month. Coach Harry, who has worked with Emily since she was 11 years old says "Emily had winter break from her school and team in North Carolina, and she contacted me so she could help give back what I've taught to her." The girls got her autograph and really enjoyed spending time with her. Emily said she would be more than happy to do it again after the World Cup!

SYC/West End Rugby player makes 'Stars Rugby' team!



Stars Rugby with Louisiana HS All-Stars



Andrew Fickenscher
SYC/West End Rugby

SYC/West End rugby player, Andrew Fickenscher, a senior at George Mason HS, was selected to the Stars Rugby U18 team that traveled to New Orleans on 15 Dec to battle the Louisiana HS All-Stars. According to Andrew, "It was a great trip. I learned plenty and met a lot of great players and coaches." Andrew played well and earned another selection to the Stars next tour that includes a match versus Gonzaga HS in DC on 27 Jan. This significant accomplishment reflects well on Andrew, as well as West End/SYC Rugby. Stars Rugby, founded in 2013, selects and develops elite high school players from throughout the United States and includes players from Canada, Australia, New Zealand and the UK.

Softball Clinics through February 14

Now through February 14th, coach Suzy Willemsen will be running weekly THURSDAY clinics for SYC players at the **St. James facility** from 6:30PM-7:30PM.

COST: \$16.25 per session, payable at the front desk. Report to the front desk at the hitting house, downstairs with payment and one-time signed **WAIVER**.

ELIGIBLE PARTICIPANTS: 8 - 13 years old current or former SYC player can participate.

Players must bring a softball glove, bat, and helmet.
Contact softball@sycva.com for a loaner bat/helmet, if needed.





In the Community

South County High School Gymnastics Clinic



LOCATION: [South County HS](#) - auxiliary gym (the bubble) located between the school and football field

Grades K-6th

\$40 per session or pre-register for both sessions for \$70! *(Lunch Included!)*

Options:

Session 1: January 26, 2019 - 9AM - 12PM

Session 2: February 9, 2019 - 9AM - 12PM

What to Bring: water bottle

What to Wear: Comfortable clothing, athletic shoes

[REGISTRATION FORM](#)

Questions: Contact [Julie Braden](#)



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