



The Torch

SYC Weekly Digest

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Training you can do at home!

Just because you're stuck at home doesn't mean you can't stay on top of your game! Here are some on-line videos and web pages that will keep you sharp and ready for your spring sport.

Field Hockey

[Field Hockey Skills - Ball Control](#)

Flag Football

[Flag Football Drill 5 - Four Cone](#)

Lacrosse

[Boys Wall Ball](#)

[Girls Wall Ball](#)

Rugby

[Rugby Fitness, Workouts, and Nutrition](#)

Rec Soccer

[Full Soccer Training in a Tiny Box](#)

Travel Soccer

[Intro to Upcoming SYC Training Videos](#)

Track

Check emails for in-home training from the [Track Commissioner](#).

Volleyball

[Volleyball Drills at Home: Wall Traps](#)

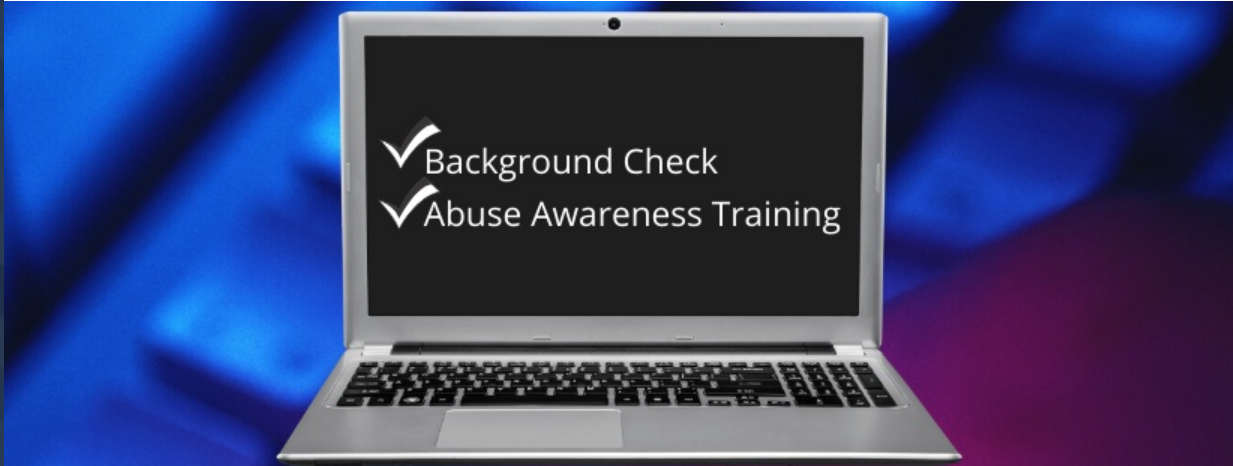
Stay tuned for more fun ideas for staying active on our social media pages, website, and future Digests.



WINTER CHEER UNIFORM & POMS RETURNS

IMPORTANT - NEW DATES!

APRIL 14, 6:30PM - 8PM
APRIL 18, 9AM - 10:30AM



As we all find ourselves with a little more time on our hands, coaches and all SYC volunteers, please commit some time to catch up and submit your background check applications and complete the sexual abuse awareness training module. Lets hit the ground running when we get the green light for spring sports! Thank you for all you do!

WE WANT YOUR OLD SNEAKERS!



The SYC Pride 2010 Orange team is collecting your used, worn out or new sneakers (or cleats) as a fundraiser. They will take any sneaker or cleat in ANY condition. Each sneaker will be recycled or reused to help those in less fortunate circumstances across the globe.

Contact [PJ Donnelly](#) for pick up service or hang onto them until we are back in full swing. We will have collection bins at various fields soon.

SENIORS - IT'S TIME TO SUBMIT YOUR APPLICATION!

\$1500



George Angulo
Scholarship Award

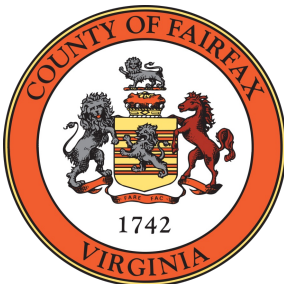
CLICK HERE!

May the luck of Irish
Lead to happiest heights
and the highway you travel be
lined with green lights!

*Have a safe and happy St. Patrick's Day!
From SYC*



IN THE COMMUNITY



March 16, 2020
Fairfax County Athletic Community –

Effective immediately, [Fairfax County Park Authority \(FCPA\)](#) fields are closed to community use through March 29. Any permits issued for use during this time are now null and void.

Additionally, last week [Fairfax County Public Schools \(FCPS\)](#) canceled community use of FCPS fields and gyms until April 12, 2020. Any permits issued for use during this time are also now null and void.

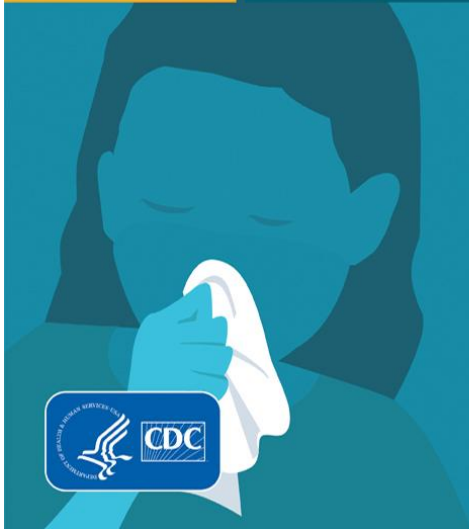
We ask that you kindly respect the county and FCPS decisions and suspend use of FCPA and FCPS fields as well as FCPS gyms immediately.

Please keep yourselves and your participants informed and healthy by following the guidance of trusted sources, such as the [Virginia Department of Health \(VDH\)](#), the [Centers for Disease Control and Prevention \(CDC\)](#) and the [county's coronavirus webpage](#) for regular updates. You can also follow the Fairfax County Health Department's [Twitter](#) and [Facebook](#) accounts as well as the Fairfax County Office of Emergency Management Facebook page, [Ready Fairfax](#), for real-time information. Also considering signing up for [Fairfax Alerts](#) to be contacted with emergency information. Additionally, you can **get the latest updates by texting FFXCOVID to 888777**.

Thank you once again for your patience and understanding as we all adjust to this ever-changing situation.

Karen Avvisato, Manager

Athletic Services and Community Use Scheduling
Fairfax County Neighborhood and Community Services
12011 Government Center Pkwy, Fairfax Va. 22035



Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

*** Symptoms may appear 2–14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

www.cdc.gov/covid19-symptoms

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**20% Off at DICK'S Sporting Goods
Will be honored on 3/21/00**

HOWEVER, DON'T WORRY THAT YOU'LL MISS OUT!

*NEW 20% off SOCCER & SOFTBALL DAYS
at DICK'S Sporting Goods will be announced VERY SOON!*

SUPPORT SOCCER COUPON
SUPPORT SOFTBALL COUPON

ANYTIME SOCCER COUPONS
ANYTIME SOFTBALL COUPONS

Valid through 12/20/20

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

703-339-3796 | www.sycva.com

