



# The Torch

SYC Weekly Digest

January 11, 2022

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## 2022 SYC SPRING TRACK

**SIGN UP TODAY!**

Spring Track registration is NOW OPEN! This is a very popular sport, and registration fills up quickly. Don't wait to register for this awesome program. Register today!

[Read More and Register Here](#)

## OPEN REGISTRATIONS

### WINTER SPORTS

[Winter Soccer Clinics](#)

### SPRING SPORTS

[Spring Disc Golf](#) - **NEW!**

[Spring Flag Football](#)

[Spring Lacrosse \(Boys\)](#) - **WAITLISTING**

[Spring Lacrosse \(Girls\)](#)

[Boys Spring Rugby](#)

[Girls Spring Rugby](#)

[Spring Rec Soccer](#)

[Spring Soccer - Pee Wee](#)

[Spring Soccer - U5 Cubs](#)

[Spring UPSL Men's Soccer Team Tryouts](#)

[Spring Softball](#)

[Spring Track](#) - **JUST ADDED!**

[Spring Volleyball](#)

## FEATURED SPORT



Spring Rec Soccer registration is moving right along. Don't miss out. Get in on spring play and register today!

[Read More and Register Here](#)

## NEWS AND SPECIAL EVENTS



**Do You Have Rugby Questions?**

**Join Rugby on a CONFERENCE CALL!**

Wednesday, January 12th  
7:30PM  
(563) 999-2319, 767992#

The conference call is open to all rugby families, but is **primarily for new families** that have questions about our registration process or about rugby, in general.

Want to register for Spring Rugby? [Register HERE!](#)

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# SYC Cold Weather Guidelines

When is it too cold to play outside?



During typical winter days, common sense requires us to look beyond a specific temperature and consider factors such as wind chill, whether the ground is frozen or the sun is shining, how well the children are prepared to play outdoors (jackets, gloves, and hats), what activity the children are participating in, and the length of time to be spent outside. SYC provides these guidelines for cold weather:

### Wind Chill with Precipitation Guidelines

- **36° F and above:** Normal Practice
- **Between 33°-35° F:** No more than 40 minutes outside per session – may return outside after 20 minutes indoors.
- **At or Below 32° F:** All outdoor activities cancelled.

### Wind Chill without Precipitation Guidelines

- **36° F and above:** Normal Practice
- **Between 33°-35° F:** No more than 1 hour outside per session – may return outside after 30 minutes indoors.
- **Between 26°-31° F:** No more than 30 minutes outside per session – may return outside after 15 minutes indoors.
- **At or Below 25° F:** All outdoor activities cancelled.

[Read More  
Here](#)



SYC office is closed Jan 17 in honor of  
**MARTIN LUTHER KING DAY**

**FAMILY AND COMMUNITY**



## 5 Ways to Celebrate Martin Luther King Jr. Day

Martin Luther King Jr. Day gives us a chance to reflect on one of history's epic leaders. Committed to ending African Americans' status as second-class citizens in their own country, Dr. Martin Luther King Jr. advanced the worldwide cause of...

[Read more](#)

[www.historynet.com](http://www.historynet.com)



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

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