



# The Torch

SYC Weekly Digest

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## ACTIVE Kids HAPPY Kids



Helping our children stay active is harder now than ever before. As we move toward "Return to Play" in youth sports, we all need to make the extra effort to start gearing up at home!

Take our poll...

Have your kids been physically activity while at home?

YES

Select

SOMEWHAT

Select

NO

Select

Learn more about suggested physical activity levels for all age groups [HERE](#).

\*\*\*Join our [#SYCRunsFree Virtual Race](#) and continue working toward your goals, or get a jump start on some new healthy habits!

## OPEN REGISTRATIONS

### SUMMER SPORTS

Register Now - Pay Later!

[Soccer Camps](#)

[Saturday Soccer Clinics](#)

[Softball Clinics](#)

# FALL SPORTS

Register Now - Pay Later!

Cheer

Cross Country

Field Hockey

Flag Football

Tackle Football

Track

Rec Soccer

Rec Soccer - U5 Cubs

Pee Wee Kickers

Softball

Volleyball

UP

## Featured Sport



We have opened registration for Fall Cross Country and Fall Track. Space for each of these programs are **extremely limited**. If you are interested in participating, we recommend that you register right away. **PAY NOTHING NOW** when registering. Registration fee will be tentatively due July 15th. If we are unable to host these program, you will not owe any fees.

Registrants and volunteers who opted to have their spring registrations transferred to the fall, do not need to re-register.

[Read More/Register for Track](#)

[Read More/Register for Cross Country](#)

## NEWS AND SPECIAL EVENTS



SYC Travel Soccer is now accepting NEW players for the 2020-2021 season! If you have a soccer player born in 2012, and he/she loves the game of soccer, it's time to check out SYC TRAVEL SOCCER! We are offering LIVE team placements starting this week. As the safety of our players during these times is our number one priority, our tryout sessions will be socially distanced and all safety guidelines will be followed.

Tryouts are FREE, but players must **REGISTER** for tryouts. Options for submitting virtual tryout videos are also available.

Questions? Contact [EsteMaldonado@sycva.com](mailto:EsteMaldonado@sycva.com)

**GO SYC!**

**Read More and Register for  
Tryouts!**



Got ideas? Want to dig deeper into serving your community? WE NEED YOU! Share your time and talents by serving on our SYC Board!

**Find Out More  
Here**



It's ON! Entries are starting to come for the #SYCRunsFree virtual race! Take part in the fun and win some great prizes for 1st, 2nd, and 3rd place in all categories!

- Free Nutrition counseling session from NOVA Sports Nutrition
- Gift Cards from Mighty Meals, chef prepared healthy meals
- Free training session/V0 2 chart from Destination Sport Domination
- Fun theme gift baskets
- Gift Cards from Potomac River Running
- Handmade cookies from Bites by Sam
- Gift Cards for Chipotle, DSG, Dunkin, Starbucks, and Nike
- T-shirts
- Lanyards
- Raffle to win a SYC sports registration (1K)
- Medals and More!

[Read More/Submit your Entry](#)

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## 3 Killer "Speed Training Drills" To "Run Faster"

Hey Tackle Football Players! You want to be faster? Try these 3 killer speed training drills to get you there! See more virtual training videos [HERE!](#)





# REMINDER SYC OFFICE IS CLOSED

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

## IN THE COMMUNITY



### Meadowlark Botanical Gardens

Explore 95 acres of ornamental display gardens and unique native plant collections at Meadowlark Botanical Gardens in Vienna, Virginia. Discover local flora and fauna among lakes, forests and meandering walking trails. Take in majestic views of...

[Read more](#)

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

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3-PLY SUBLIMATED FLAG MASK



Face Guard



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

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