



The Torch

SYC Weekly Digest

November 16, 2021

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Fall 2021 Wrap Up!



Season by season we get stronger, better, bigger! SYC is amazed at our players, families, coaches, and volunteers who moved to make this fall a little closer to normal. Thank you!

Check out our current registrations!

OPEN REGISTRATIONS

[Select Volleyball Tryouts](#) - **NEW DATE ADDED!**

FALL SPORTS

[Fall Disc Golf Clinic](#) - **THIS SATURDAY!**

[Fall Rugby](#)

WINTER SPORTS

Winter Basketball
Winter UP Basketball
Winter Cheer - ON-TIME ENDING!
Winter Flag Football
Winter Powerlifting
Winter Rec Soccer Pick-Up
Winter ES Volleyball Clinics - JUST ADDED!

SPRING SPORTS

Spring Lacrosse (Boys) - JUST ADDED!
Spring Lacrosse (Girls) - JUST ADDED!

FEATURED SPORT

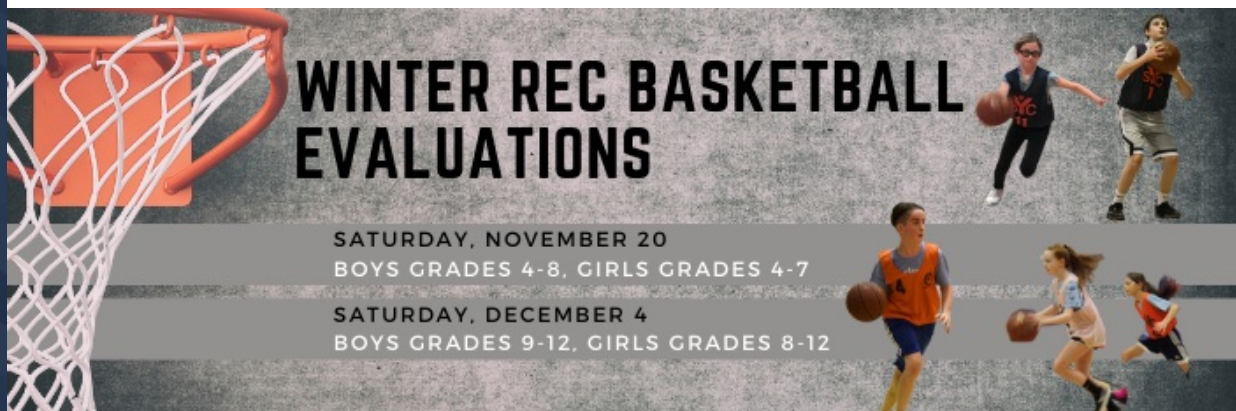


Spring 2022 Lacrosse registration is now open! Sign up today for the best pricing of the season. Payment plan option available through December 15th.

Boys
Lacrosse

Girls
Lacrosse

NEWS AND SPECIAL EVENTS



Hey Winter Basketball Players! Evaluations are coming up. If you haven't yet, be sure to sign up for your evaluation time slot.

Sign up for
Evaluations!

A banner for a soccer equipment turn-in event. It features a soccer ball on a green field with a goal net in the background.

REC SOCCER EQUIPMENT TURN-IN

WEDNESDAY, 12/1/21 4PM-7PM
SYC WAREHOUSE: 7201A LOCKPORT PLACE

Hey Rec Soccer League Directors! Mark your calendars. Rec Soccer Equipment Returns are scheduled for Wednesday, December 1st at the [new SYC location](#) - 7201A Lockport Place, Lorton. Plan to return portable goals, flags, painters, paint, etc. Thank you for all of your work to make Fall 2021 Rec Soccer a success!

A banner for a disc golf introductory clinic. It features a disc golf disc and the SYC logo.

**THIS
SATURDAY!**



DISC GOLF

**ONE-DAY INTRODUCTORY CLINIC
NOVEMBER 20**

There's still time to join us for an **Introductory Clinic on Saturday, November 20th at 10AM with Matt Hammersten**, currently ranked in the top 100 disc golfers in the world. **Clinic is open to players in grades 6 - 12 and is just \$10 to try it out.** Space is limited. Register today!

[Register Here](#)

A banner for fall volleyball clinics. It features a young girl in a grey shirt and black mask hitting a volleyball.

FALL VOLLEYBALL CLINICS

GRADES 5-6

Fall Volleyball Clinics are now open for our 5th and 6th grade players. Take advantage of this opportunity to keep working on your volleyball skills in the off-season. Each clinic session is just \$25 and is limited to 30 player per session. All clinics will be held at [West Springfield Elementary School](#), 6802 Deland Dr, Springfield, VA 22152. Clinic Dates:

- Monday, November 22 | 6:30PM-8PM
- Monday, November 29 | 6:30PM-8PM
- Monday, December 6 | 6:30PM-8PM

[Read More and Register Here](#)



GIVING
TUESDAY

Together
we give.

Every single person has the power to change the world



November 30, 2021

Thank you for considering SYC for your donation.

[Donate Here](#)

FAMILY AND COMMUNITY

Mark Vincent Basketball Academy Camp



Take advantage of our early bird registration and save \$50. PLUS - All SYC members will

receive a \$25 discount! Enter **SYC25** as the promotional code.

- Camp Hours: 9AM to 3PM Dates: December 27th-30th
- Location: District Sports Center, 6064 Farrington Avenue, Alexandria

For more details: [2021 Winter Camp Registration](#)



Youth Physical Activity Guidelines | Physical Activity | ...

The Physical Activity Guidelines for Americans, 2nd edition, issued by the US Department of Health and Human Services, recommend that children and adolescents ages 6 through 17 years do 60 minutes (1 hour) or more of moderate-to-vigorous physical...

[Read more](#)
www.cdc.gov



NEVER MISS AN EDITION OF THE TORCH!
The latest edition is always available at sycva.com.

Springfield/South County Youth Club | 7201A Lockport Pl, Lorton, VA 22079

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