



The Torch

SYC Weekly Digest

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West End/SYC Rugby welcomed Rugby Virginia teams from Great Falls, Vienna, Fort Hunt, and Richmond for FIT Touch Rugby at [Loisdale Park](#) on Saturday, 10 Oct. Teams were composed of girls and boys from 7th thru 12th grade. FIT Touch Rugby is a co-ed game popular with children and adults around the world but this was the first-ever Rugby Virginia-organized FIT Touch event.

Social distancing was observed with discrete areas for players waiting to play, for players warming up, for supporters and parents watching, and for players and coaches playing the matches. Hand sanitizer was available on the sidelines and balls were disinfected regularly. It was an amazing day of Rugby playing! You can learn more about the game of rugby at <https://www.sycva.com/rugby>.

OPEN REGISTRATIONS

ANNUAL SPORTS

FALL SPORTS

SYC Play & Fitness - **Hurry, starting soon!**
Girls Lax NOVICE Clinics

WINTER SPORTS

Soccer - REC Pickup

Featured Sport



Join SYC for our off-season pickup scrimmages! We'll be hosting weekend scrimmages starting November 14th through the weekend of December 19th on area turf fields. We plan to host 5 to 6 scrimmages as weather and time permits. Sessions include warm-ups and drills, followed by small sided scrimmages.

Registration is just \$50 and is great for kids who really just want to play!

[Read More and Register Here!](#)

NEWS AND SPECIAL EVENTS



**SEND US A
PHOTO OF
YOUR COACH!**

Hey Fall Sports Families! Help us thank our coaches for all of their efforts in providing a safe sports season this fall. Send us a picture(s) of your coaches at practice. Please provide the sport and name of the coach.

Pictures go to admin@sycva.com.



SYC FOOD DRIVE

MONDAY, NOV 9 - DROP OFF AT SYC FROM 9AM-1PM

Help us accept donations & drive items to LCAC!
If you can **HELP** with a **TRUCK**,
contact Lauravaughn@sycva.com.



 **Lorton Community
Action Center**

IN THE COMMUNITY



Frying Pan Farm Park

Frying Pan Farm Park recreates a time of great transition in rural America, from the 1920s to the 1940s, which included the advent of the tractor, the milking machine, mechanical bailers among many advances. The farm features chickens, peacocks,...

[Read more](#)
www.fxva.com

SQUAD LOCKER

NEW! NOW YOU CAN ORDER FROM MULTIPLE SPORT STORES AND PAY ONE SHIPPING FEE!

FALL SPIRIT WEAR GET IT NOW!

The advertisement features a collection of sportswear: a navy blue hoodie with 'SYC SOCCER' in orange, a navy blue beanie, a navy blue and orange beanie, navy blue pants with 'SYC TRACK & FIELD' on the leg, and an orange long-sleeved shirt with 'SYC VOLLEYBALL' on the chest. The background is a collage of autumn leaves and a person in a soccer uniform.

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

703-339-3796 | www.sycva.com

