



The Torch

SYC Weekly Digest

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Join us!

SATURDAY, APRIL 18TH
OCCOQUAN REGIONAL PARK
WWW.SYCVA.COM

Benefitting:  **George Angulo
Scholarship Fund**

Bring the whole family. Fun for everyone!

5K Awards

Prize for top male and top female for 18 and older.
Prize for top 3 runners in 12 - 17 year old age group.
Prize for top 3 runners in 11 and under age group.

1K RUN

1K Fun Run event for runners ages 17 and under. One parent FREE with paid child runner for the 1K Fun Run.

[COURSE MAP](#)

**Read More and Register
Here**

OPEN REGISTRATIONS

**[Spring 2020 George Angulo College Scholarship Application](#)
[George Angulo 5K Legacy Run](#)**

SPRING SPORTS

[Field Hockey](#)
[Flag Football](#)
[Girls Lacrosse](#)
[Boys Lacrosse - \(8U Open\)](#)
[Rugby \(Tag and Tackle\)](#)
[Rec Soccer](#)
[Rec Soccer Monday Night Training \(MNT\)](#)
[Goal Keeper Training](#)
[Pee Wee Soccer](#)
[Softball](#)
[UP - NEW!](#)
[Volleyball](#)

SUMMER SPORTS

[Basketball Camps](#)
[Soccer Camps - JUST ADDED!](#)
[Saturday Soccer Clinics - NEW!](#)

ANNUAL SPORTS

[All-Star Cheer Tryouts](#)

FEATURED SPORT

**HUSTLE
HIT
NEVER QUIT**



**FIELD
HOCKEY**

Register Today!

Develop your hand-eye coordination on the field, improve your balance, and boost your agility with SPRING FIELD HOCKEY!

[READ MORE](#) and [REGISTER HERE](#)

NEWS AND SPECIAL EVENTS

ADVANCE YOUR GAME



TRAIN WITH SYC & REDLINE!

SYCVA.COM

2 FREE INTRODUCTORY SESSIONS

MARCH 14 & MARCH 28

Read more and Register Here!



Spring Break Soccer Camp
Monday April 6 - April 10

Teacher Work Day Camp
Monday, April 13

Join us this SPRING BREAK for a full week of soccer activities, specifically designed to help your player develop and get the most out of their time with our pro coaches. There will be technical work, tactical work, fitness, soccer education, game play, and a lot of fun to be had during this week!

Join us during Teacher Work Day for this one-day camp designed for players of all levels! Players will receive individual instruction from SYC pro coaching staff. The day will be filled with a variety of activities to promote correct soccer techniques!

[Read More and Register Here](#)

[Read More and Register Here](#)



Summer Soccer Camp registrations are NOW OPEN!

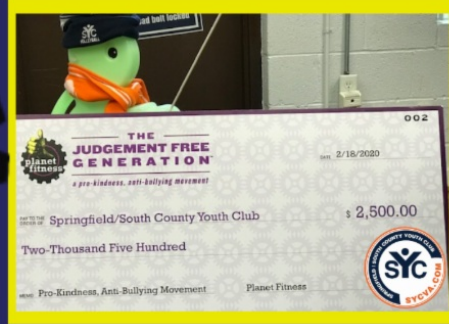
Recreational and Travel Soccer Camps available with full and half options at [Hooes Road Park](#). Players will develop soccer skills, develop a love and passion for the game and have FUN! In addition to engaging skill building games, campers will have the opportunity to compete in our very own camp-wide World Cup Tournament and small sided games on a daily basis. Two camp weeks:

June 22 - 26
July 6 - 10

[Read More and Register Here](#)



THANK YOU



Thank you Planet Fitness for your generous donation of \$2500 to Springfield/South County Youth Club. We plan to put the money to good use through our [George Angulo Scholarship Fund!](#)

[Read More](#)

IN THE COMMUNITY



[MoveYourWay | health.gov](#)

Everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine. The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. And small changes ...

[Read more](#)
health.gov

Add some winter cheer to your gear



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March 21, 2020**

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Valid through 12/20/20

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

703-339-3796 | www.sycva.com

