



The Torch

SYC Weekly Digest

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FALL SOCCER

SPORTS FOR CHILDREN WITH DISABILITIES

UP (Unlimited Potential) is SYC's first program for children with disabilities! This pilot program offers an opportunity for children with special needs to learn the fundamentals of sports in a safe and fun environment. Fall Soccer is the first sport to be run under our UP program. Read about the UP program [HERE](#).

[Read More and Register Here!](#)

OPEN REGISTRATIONS

SPRING EVENT

[George Angulo 5K Legacy Run/1K Fun Run](#)

ANNUAL SPORTS

[Travel Soccer 2021-2022 TRYOUTS](#) - **DATES POSTED!**

SPRING SPORTS

[Rugby](#)

SUMMER SPORTS

[Summer Basketball](#)

[Summer 5V5 KICKFEST!](#) - **Team Registration**

[Summer Powerlifting](#)

[Summer Soccer Camps](#)

[Summer Soccer Clinics](#)

[Summer Track One Day Clinics](#)

FALL SPORTS

Fall Cheer
Fall Cross Country
Fall Flag Football
Fall Tackle Football - EARLY BIRD ENDS 5/23!
Fall Tackle Football Pre-Season Camp
Fall Rec Soccer
Fall Pee Wee Kickers
Fall U5 Cubs Soccer
Fall UP Soccer

FEATURED SPORT

SYC SUMMER BASKETBALL

BOYS GRADES 5 - 12
GIRLS GRADES 5 - 8

REGISTER TODAY!



Register today for Summer Basketball! This program is for players who have played basketball in the past. The season will start with one or two team practices. The rest of the season is for the players to have fun playing games! Registration is open to boys in grades 5-12 and for girls in grades 5-8 as of fall 2021. Registration is just \$100. Join us this summer for some fun basketball competition!

[Read More and Register Here!](#)

NEWS AND SPECIAL EVENTS

**SIGN UP
HERE!**



MAY 22, 2021

LEGACY RUN

Event Day
Registrations
Welcome!



REC SOCCER PICTURE DAY
THIS SAT., MAY 22ND @ RVES.

Check with your coach for time.



SIGN UP BY JUNE 6!

5V5 KICKFEST

June 26 & 27

JOIN SYC FOR A SUMMER SOCCER TOURNAMENT!

\$200 Per Team
U9-U18 Rec/Travel
1st/2nd Place Medals

www.sycva.com/soccertournament

Hey Coach! Is your spring soccer team not yet ready to hang up their soccer cleats when the season ends? Registration is open to recreational and travel teams! Keep the team together for one more weekend of games! Sign the team up for SYC's 5V5 tournament before their summer activities are full steam ahead!

Read More and Register Here!

FAMILY AND COMMUNITY

A Message From Laura Vaughn, SYC Operations Manager This Friday is National Bike to Work Day!

BIKE TO WORK DAY 2021 20th Anniversary
Friday, MAY 21

National Bike to Work Day is this Friday! I've enjoyed biking to the SYC office for over three years now and it's been a life changing experience. Commuting to work is not only good for you physically and mentally, but also great for the planet! I've discovered many new sites to see and have met a whole new community of local bikers. I also ride to do errands, visits to family & friends, Starbucks runs (of course!) and long weekend

rides. Morning bike rides to work have become my “coffee” as well as daily exercise and a great way to wind down at the end of a long day. I commute year-round (but draw the line on torrential rain and ice!)

I’m grateful that SYC has been so supportive of my choice to ride instead of drive to work. Want to give biking to work a try? Make sure you have lights and reflective or bright clothing to make yourself seen, and of course, wear a helmet at all times! Respect goes both ways on the road and trails between bikers, walkers and cars. If riding on the road, always use hand signals and obey all traffic rules as if you were a car and remember to thank courteous drivers – a simple wave or smile goes a long way. Don’t forget to stop and smell the flowers and most of all, enjoy and be safe!

Laura Vaughn

[Read more about National Bike to Work Day.](#)



West Springfield High School Spartan Summer Camps are open for registration!

Spartan Volleyball - July 12-16th - [SIGN UP!](#)

Spartan Basketball Camp - July 19-23rd - [SIGN UP!](#)

Lady Spartan Basketball Camp - July 26-30th - [SIGN UP!](#)



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

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