



The Torch

SYC Weekly Digest

July 27, 2021

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Fall Powerlifting is now OPEN for coed players in grades 5 through 12. Options for once a week and twice a week are available. Once a week is a perfect option for athletes who are currently playing another sport and looking to maintain strength and reduce injury risk. Twice a week sessions are great for off-season athletes looking to increase performance and reduce injury risk, people interested in getting stronger and more powerful, and aspiring powerlifters!

Space is limited. REGISTER TODAY!

[Read More and Registration Here](#)

OPEN REGISTRATIONS

ANNUAL SPORTS

[Travel Soccer 2021-2022 TRYOUTS](#)
[FREE Developmental Academy Sessions](#)

SUMMER SPORTS

[Summer MLS NEXT Soccer Skills Clinic - JUST ADDED!](#)
[Summer Soccer Camps](#)
[Summer Track One Day Clinics](#)

FALL SPORTS

[Fall Cheer](#)
[Fall Field Hockey](#)

Fall Flag Football
Fall Tackle Football
Fall Tackle Football Pre-Season Camp
Fall Powerlifting - JUST ADDED!
Fall Rec Soccer MNT & GK Training
Fall Rec Soccer
Fall Pee Wee Kickers
Fall U5 Cubs Soccer
Fall UP Soccer
Fall Softball
Fall Volleyball

FEATURED SPORT

**FALL SPORTS
ON-TIME
REGISTRATION ENDS
THIS WEEK!**



Volunteers will start working hard throughout the month of August forming teams and assigning coaches. Ensure that your child gets placed and register today! Late fees start August 1st.

- Fall Cheer
- Fall Field Hockey
- Fall Flag Football
- Fall Tackle Football
- Fall Rec Soccer
- Fall Softball
- Fall Volleyball

[Read More and Register Here](#)

NEWS AND SPECIAL EVENTS

**SOCCER
SKILLS
CLINIC**

WITH SYC'S MLS NEXT COACHING STAFF!

July 28, July 30, July 31



Come train with our MLS Next Coaching staff and see what it is like to train at the highest level! The clinic is for boys and girls (Birth Years 2006- and will focus on skills building and the technical aspects of the game. The 3 day clinic will also include agility, speed, and

fitness sessions.

**Registration is just \$80.
All proceeds will go to SYC's Travel Soccer Financial Aid Program.**

**Read More and Registration
Here**



The SYC Travel Soccer Coaching Staff is inviting girls with birth years 2013/2014 to join our summer soccer training sessions at [Hooes Road Park](#) to meet our players and coaches. The U9 Girls age group is looking for a few more players to join us this coming season. Come on out and see if travel soccer is a good fit for your player!

Sessions at [Hooes Road Park](#):

- Tuesday, July 27th @ 5:30 pm - 6:45 pm
- Thursday, July 29th @ 5:30 pm - 6:45 pm

Can't make the sessions next week and/or have questions? Contact Age Group Head Coach ChrisFenner@sycva.com and Technical Director EsteMaldonado@sycva.com



Field Hockey is seeking adult volunteer coaches for the fall 2021 season! We have some awesome high school field hockey athletes ready to volunteer and share their talents with our middle school athletes, but we need more adults on the field. Help us make space for our waitlisted middle school players, and volunteer to help today!

Questions? Contact fieldhockey@sycva.com.

Volunteer Here

TACKLE FOOTBALL EQUIPMENT DISTRIBUTION DATES

JULY 28, 31



Next Tackle Football Equipment Distribution coming up Wednesday, July 28th! Upcoming Tackle Football Equipment Distribution Dates:

- Wednesday, July 28, 6PM-7:30PM
- Saturday, July 31, 9AM-12PM

Players must be there to be fitted properly. An undated check payable to SYC for \$200.00 will be required to take equipment. Checks will be held/not deposited until all issued football equipment has been returned.

FAMILY AND COMMUNITY



Splash pads and ice cream are a perfect summer outing...

Here's a surefire combination for cooling down kids during these sunny, sweltering days: Take them to one of these free splash pads to frolic in jets of water, then get a frozen treat at a nearby shop.

[Read more](#)

www.washingtonpost.com



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

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