



# The Torch

SYC Weekly Digest

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# HAPPY BIRTHDAY TO THE TORCH!

**The Torch Digest**  
Stay informed. Open me first!  
Look for it in your email every Tuesday!

“The Torch” digest is one year old this month! We hope you are enjoying this format that arrives in your IN box just once a week. “The Torch” is the only email we send that includes current and upcoming registration information. We work hard every week to bring you all things SYC, as well as community events and information. If you have a photo or something to share, please email it to [admin@sycva.com](mailto:admin@sycva.com). Our SYC membership is what makes this club so special. Thank you for reading and enjoying “The Torch”. Happy Birthday!

## OPEN REGISTRATIONS

### SUMMER SPORTS

[Basketball Camp](#) - **TIME'S RUNNING OUT!**

[Boys Advanced Lacrosse Camps](#)  
[Girls Advanced Lacrosse Camps](#)  
[Boys or Girls Novice Lacrosse Clinics](#)  
[Soccer Rec Camps](#)  
[Soccer Travel Camps](#)  
[Rec Softball League](#)  
[Rec Softball Clinics](#)  
[Tackle Football Pre-Season Camp](#)

## FALL SPORTS

[Cheer](#)  
[Cross Country](#)  
[Field Hockey](#)  
[Tackle Football](#)  
[Rookie Football](#)  
[Rec Soccer](#)  
[Rec Soccer Monday Night Training](#)  
[Rec Soccer Goalkeeper Training](#)  
[Rec Softball](#)  
[Rec Softball Clinics](#)  
[U5 Soccer Cubs](#)  
[Pee Wee Kickers](#)  
[Volleyball](#)

## FEATURED SPORT



### Get out on the field for some softball fun!

#### **Rec Softball League**

For girls ages 12 and up. The summer team will begin practicing one weeknight per week in late-June and play weeknight double-headers one weeknight per week.

[\*\*MORE ABOUT SUMMER SOFTBALL LEAGUE\*\*](#)

#### **Rec Softball Clinics**

The softball clinics are for girls ages 6 - 12 and will be held once a week throughout the month of July. Start time no earlier than 6PM.

[\*\*MORE ABOUT SUMMER SOFTBALL CLINICS\*\*](#)

[\*\*Register Here!\*\*](#)

# NEWS AND SPECIAL EVENTS

*Happy 4th of July*

Office closes at 4pm on Wednesday, July 3rd  
Office closed Thursday, July 4th

*Enjoy the fireworks!*



SYC Cross Country is looking for dedicated parent coaches to help the cross country program operate as smoothly as possible. Cross Country practices are Tuesday and Thursday from 5:30PM to 7PM at the South Run Rec Center. Even if you can only attend one practice a week, the cross country program would love your help!

No previous running experience necessary, just a willingness to learn. For questions or to learn more about the program and its benefits for you as a coach and your athlete, email [track@sycva.com](mailto:track@sycva.com).

# FREE T-SHIRT!



Need something to do after a swim?  
Stop on by the SYC office this  
summer, tell us your favorite SYC  
sport, and get a free t-shirt!  
And while you're here, why not  
register for fall sports?

Office address: 7075 Newington Rd., Unit G Lorton

## IN THE COMMUNITY



### Independence Day Parade!

Join us July 4th at the City of Fairfax  
Independence Day celebration parade!

SYC All-Star Cheer squad is participating  
again this year.

Come cheer them on!

Read more about the parade, fireworks,  
and festivities [HERE](#).

West Springfield  
High School

**WSDT**  
WEST SPRINGFIELD DANCE TEAM



# DANCE CAMP!

July 15-19  
8am-3pm

For Girls and Boys Grades K-8th

**Hip Hop, Breakdancing, Jazz & Pom Pom**

*Registration  
and  
Information*



[wsdtfundraising@gmail.com](mailto:wsdtfundraising@gmail.com)

SAVE on Lacrosse Equipment with these [COUPONS!](#)

SAVE on Softball Equipment with these [COUPONS!](#)



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