



# The Torch

SYC Weekly Digest

October 19, 2021

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## FEATURED ARTICLE



### Winter Soccer REC Pickup



### Register Today!

Join us this winter for Rec Soccer Pickup! Stay in touch with the ball, learn/try some new skills, exercise, and have fun! The program will be run outdoors on turf fields with 6 play dates that will include a warm-up period, skills period, and scrimmages. NOTE: This is NOT a winter league with designated teams. See you on the turf!

[Read More and Register Here](#)

## OPEN REGISTRATIONS

### FALL SPORTS

[Fall Lacrosse Novice Clinic](#)  
[Fall Rugby](#)

### WINTER SPORTS

[Winter Basketball](#)  
[Winter County Basketball Tryouts](#)  
[Winter Cheer](#)  
[Winter Rec Soccer Pick-Up](#) - JUST ADDED!  
[Winter Track](#) - JUST ADDED!

## FEATURED SPORT



## WINTER TRACK

- GRADES K-8
- SPRINT
- DISTANCE

REGISTER TODAY!

Join us this winter for our Winter Track Season. Track is open to runners ages K-8. Older players will have the option to focus on sprint or distance training. Winter Track will start in early January. Don't miss out! Register today!

[Read More and Register Here](#)

## NEWS AND SPECIAL EVENTS

**Up winter basketball**  
SPORTS FOR CHILDREN WITH DISABILITIES

**COACHES NEEDED!**

Registration for Winter UP Basketball will be opening soon for Players and PALs! We'll be needing coaches to help us out! If you're interested in volunteering to coach, please reach out to Carrie Moon at [up@sycva.com](mailto:up@sycva.com). Thank you!

## SYC Powerlifting on Instagram



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## FAMILY AND COMMUNITY



## 16 Healthy Halloween Treats for Kids

Aside from starting with the letter H, Halloween and health don't have much in common. The upcoming candy-filled holiday often results in your kids loading up on sugar, which isn't good for them or fun for you. While it's difficult to encourage...

[Read more](#)

[www.activekids.com](http://www.activekids.com)



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The latest edition is always available at [sycva.com](http://sycva.com).

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