



The Torch

SYC Weekly Digest

November 1, 2022

[Calendar](#) | [Register](#) | [Website](#) | [Volunteer](#) | [Donate](#) | [The Clubhouse](#)



Winter Powerlifting registration is now OPEN and is open to participants in grades 5 -12! Choose once or twice a week or select an individualized program!

[Read More and Register Here!](#)

OPEN REGISTRATIONS

FALL SPORTS

[Soccer Half Days Turkey Camp](#)

WINTER SPORTS

[Basketball - Referee Program](#)

[Rec Basketball](#)

[Rec UP Basketball - JUST ADDED!](#)

[Rec Cheer](#)

[Powerlifting - JUST ADDED!](#)

[Rec Soccer Pickup](#)

[Track](#)

FEATURED SPORT



This winter, the SYC UP (Unlimited Potential) program will be offering basketball for our young athletes with disabilities. The program will be an 8-week clinic-style basketball experience that will teach the fundamentals of basketball, as well as providing each player with a Pal (volunteer) for the season who will be side by side with each athlete as they learn, play games, and have fun! Each participant will receive shirts for the season to be worn to practice.

[Read More and Register Here!](#)

NEWS AND SPECIAL EVENTS

REC SOCCER UNIFORM COLLECTION



**REDUCE
REUSE
RECYCLE**

SYC CLUBHOUSE
7201A LOCKPORT PLACE
Anytime during office hours

**DONATE YOUR REC SOCCER
UNIFORMS AND EQUIPMENT**

Donate and drop off your rec soccer uniforms, cleats, and shin guards at the SYC Clubhouse during office hours. We're open from 9AM-4PM on MTThF and from 9AM-2PM and 4PM-7PM on Wednesdays. Your donation helps keep children in the game!

TRAVEL SOCCER
2013 GIRLS
2009 BOYS
SEEKING
GOALKEEPERS!



Travel Soccer is seeking 2013 Girls and 2009 Boys Goalkeepers! Interested players, contact Este Maldonado at estemaldonado@sycva.com.

VOLUNTEERS
NEEDED!

GREAT FOR TEENS!

TACKLE FOOTBALL
EQUIPMENT RETURNS



Does your teen need some volunteer hours? Help out Tackle Football at their upcoming Equipment Returns! Equipment Returns are held at the SYC Clubhouse at 7201A Lockport Place. Upcoming dates/times:

- Sun, Nov 6, 11am-1pm
- Wed, Nov 9, 6-8pm
- Mon, Nov 14, 6-8pm
- Tues, Nov 15, 6-8pm

Interested? Email football@sycva.com.

GIRLS PLAY RUGBY TOO!



SYC's West End High School Girls' rugby team is playing a 7-a-side version of the game this fall. This season has introduced a lot of new and young players to the sport and provided them with many opportunities to grow as individuals and a team. This past weekend, the team combined with the Maryland (MD) Valkyries to play a combined team

from Vienna and the MD Exiles. Not only did the players get a taste of the 15-a-side game but they also had the privilege of playing at the United States Naval Academy's Prusmack Rugby Complex, a top collegiate rugby venue in the country.

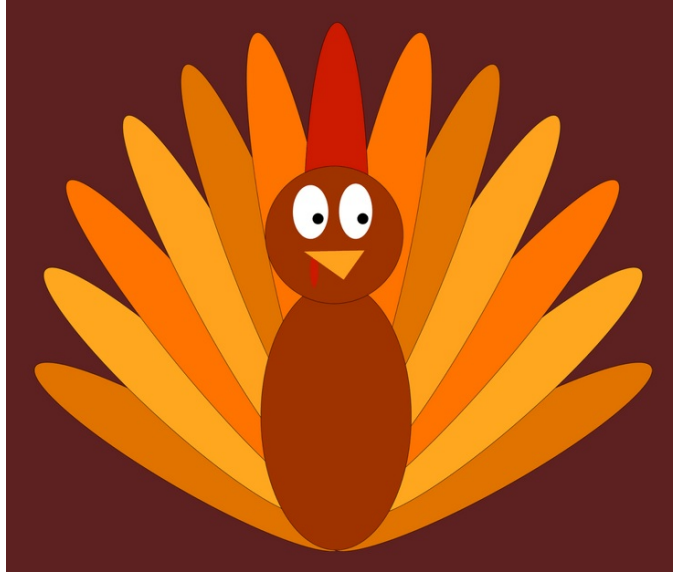
[Read More](#)

ALL-STARS CHEER AT NAVY GAME!



It was a 2022 NAVY Halftime Extravaganza on October 22nd! Our All-Star Cheerleaders headed out to the Navy vs Houston game, cheered on the players, and performed in a half-time routine with other area cheerleading squads. Way to represent, All-Stars! Let's Go Navy! ☐☐ #allstars #SYC

FAMILY AND COMMUNITY



8 Turkey Trots in the Washington DC Area

Find turkey trots in the Maryland, Virginia, and Washington, DC to help people in need. Burn off those calories with a work out for a good cause.

[Read More](#)

SYC BASKETBALL

GEAR UP FOR THE SEASON AT DICK'S SPORTING GOODS



Take 20% off your Entire Purchase at the Springfield store November 11 - 14
([CLICK HERE FOR 20% OFF IN-STORE COUPON](#))

And if you need something before or after 11/11 – 11/14, [CLICK HERE](#) for other coupons good in-store through January -- (cannot be combined with 20% off *)

We'd love your feedback! Send questions or comments to admin@sycva.com.



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



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