



# The Torch

SYC Weekly Digest

April 26, 2022

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

Join our Board of Directors

**SYC ANNUAL MEETING  
JUNE 2, 2022**



SYC seeks committed volunteers willing to contribute their time, energy, and expertise to develop policy and promote SYC's mission. This is an exceptional opportunity to foster the growth and development of a local nonprofit organization devoted to youth sports and the community at large. Interested candidates must submit an application by May 19th in order to have your name placed on the ballot for the June 2nd General Annual membership meeting.

[Read More and Apply Here](#)

## OPEN REGISTRATIONS

### SPECIAL EVENT

[Legacy Run](#)  
[BOD Candidate Applications](#)

### ANNUAL SPORTS

[2022/2023 Travel Soccer Tryouts](#) - SCHEDULED POSTED!

### SUMMER SPORTS

[Summer Basketball](#)  
[Summer Rugby 7s](#) - JUST ADDED!  
[Summer Powerlifting](#)  
[Summer Soccer Camps](#)

## FALL SPORTS

[Fall Cheer](#)

[Fall Tackle Football](#)

[Fall Tackle Football Preseason Camp](#)

## FEATURED SPORT



West End/SYC will offer Rugby 7s again this summer. This is 7 versus 7 rugby that prioritizes speed and space, while also requiring the courage, contact, and fitness that we love about 15 versus 15 rugby. No worries if you have vacation or camp planned with another sport, we're happy to work around those commitments.

[Read More and Register Here!](#)

## NEWS AND SPECIAL EVENTS

### Tackle Football: A Conversation



Please join us at 7pm on May 17 for a Tackle Football information session. Meet members of the executive committee, coaches, & football parents. Learn about our program, the expectations, and the experience. Come with questions; leave with answers.

Location: Barker Hall, [Irving Middle School](#), 8100 Old Keene Mill Rd, Springfield.

[Early Bird Registration](#) for the Fall 2022 season is in effect through May 31!

[Follow SYC Tackle Football on Facebook!](#)

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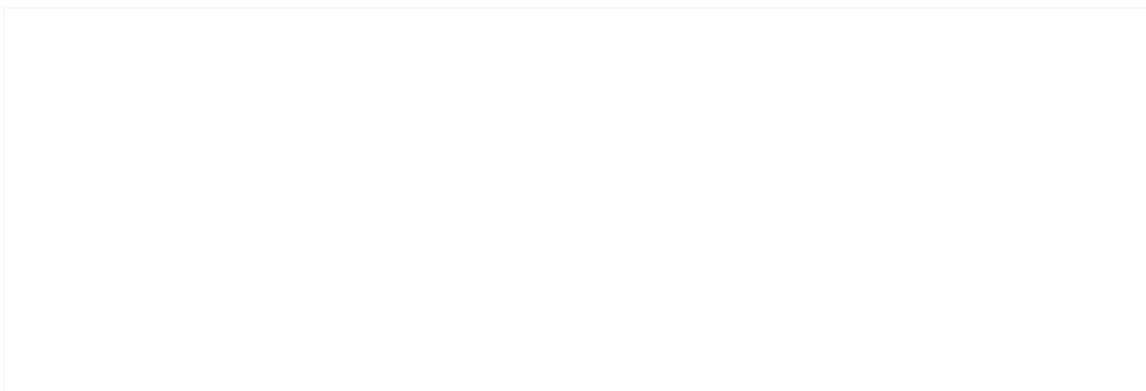
See Schedule and Register  
HERE!

## SYC Croc Jibbitz for Sale!



Please support the 2009 SYC MLSNEXT Boys Soccer Team by purchasing a SYC Logo Jibbitz. The cost is \$8 each and are available for single and multiple purchases while supplies last! All proceeds will fund the boys' trip to the MLSNEXT Showcase this summer in Frisco, TX. To get yours, **contact Tiffany Aliaga (571-201-4475) or Susan Ryan-Stumpf (845-492-7984)** Thanks for your support!

## FAMILY AND COMMUNITY





SPORTSENGINE & TRUESPORT PRESENT:

★ **ATHLETE OF THE MONTH** ★

R I L E Y   T H A M E S

### Basketball Trailblazer: Riley Thames

This article is the fourth interview from our Athlete of the Month (AOTM) series in partnership with To nominate an athlete or learn more, check out our AOTM headquarters . When 7-year-old Riley Thames picked up a basketball and started dribbling ...

[Read more](#)

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

Speaking of basketball, be sure to sign up for  
**SYC SUMMER BASKETBALL!**

See more about SYC Summer  
Basketball



### 3 Healthy Recipes for Dairy, Soy, & Gluten Restrictions

It can be hard to make meals that are healthy and satisfying for athletes with certain food restrictions. But with a bit of prep and pre-planning, you can easily have snacks and meals on hand that are soy, dairy, and gluten-free.

[Read more](#)  
[truesport.org](http://truesport.org)

We'd love your feedback! Send questions or comments to [admin@sycva.com](mailto:admin@sycva.com).



NEVER MISS AN EDITION OF THE TORCH!  
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