



# AUGUST

Updates | Upcoming Events | Player Spotlight

## GAWSA

Congratulations to FFC Panthers Reserves, Clash, and Phoenix for taking first place in their divisions for the spring 2022 season!

Top goal scorers for the season were Alexandra Collighan (10) and Trayton Carson-Tanner (9) from D1/D2, and Kimber Wolff (11), Sofia Garuba (11), and Stacey Frazer (10) from D3.

Clash, Hot Shots, and United FC I all tied for the most shut-out wins in the D1/D2 division, while Blur secured the most shut-out matches in D3.

## USWNT

The US Women's National Team has officially qualified for the 2023 Women's World Cup!

They're now scheduled for a friendly against England on October 7th. Tickets for the match sold out within 24 hours, making this the fastest sellout for a women's soccer match in history.

The countdown is on for the World Cup matches which are slated to begin next summer.



## Quicksilver takes 3rd place at Soccer Fest!

This amazing group of ladies represented GAWSA in Chattanooga for Soccer Fest where they advanced to the semi-final match, ultimately losing a hard-fought battle to a team with several former national team players. Thanks for making our league proud!



## Fall Season Set: First weekend of matches will be played on Sunday, September 11th

### Player registration is now open!

Registration for the first weekend of play will be closed on Wednesday, September 7th.

If you're already established with a team, please contact your captain for steps on how to register correctly.

If you or someone you know is looking for a team to play on, visit [www.gawsa.org](http://www.gawsa.org) or email Michelle at [president.gawsa@gmail.com](mailto:president.gawsa@gmail.com).



## The World Stage

England won the 2022 Women's Euro title on July 31. The Lionesses took the match into extra time where they secured a 2-1 victory over Germany. The match featured record-breaking attendance both in person and through at home viewers.



## NWSL & MLS games to watch this week

Wed 8/10 @ 7:30 PM,  
Washington Spirit vs Portland Thorns

Fri 8/12 @ 8:30 PM, Houston Dash vs Racing Louisville

Sat 8/13 @ 7:30 PM, Atlanta United vs Cincinnati FC

## Follow GAWSA on social media!

Help us grow our social media presence this year!

**Instagram:** [@gawsa22](https://www.instagram.com/gawsa22)

**Facebook:** [Georgia Amateur Women's Soccer Association](https://www.facebook.com/GeorgiaAmateurWomen'sSoccerAssociation)

**Website:** [www.gawsa.org](http://www.gawsa.org)



## Player Spotlight: Kathy-Anne Nixon



Kathy-Anne has been playing soccer with GAWSA for over 15 years and counting! Her current team is the Fire Ants in Division II.

Before her time with our league, she played at the international level with Trinidad and Tobago. This is something that she says she's treasured throughout her entire career as a player.

Kathy-Anne says that her favorite position is center midfield because "I have the freedom to roam the field and I love the fact that I could prevent or score goals."

When she's not playing in her own game, she enjoys taking her kids to the Atlanta United games because they share the same love of soccer.

Fun fast facts:

Favorite team: FC Barcelona

Favorite player: Lionel Messi

Dream team: Ronaldo & Messi playing together

**Want to nominate someone for next month's Player Spotlight?**

**Tag her in a post on social media using the hashtag [#gawsaspotlight](https://www.instagram.com/gawsaspotlight) or email [secretary.gawsa@gmail.com](mailto:secretary.gawsa@gmail.com)!**

## GAWSA's Picks of the Month



Try a quick and easy summer salad incorporating fresh and healthy ingredients, like this [honey garlic shrimp, corn, and avocado salad](#)!

A weeknight favorite submitted by Hayley Morton from United FC I.

Check out this [Mobot](#) foam roller and water bottle all in one!

Submitted by Emily Guillory from United FC I who enjoys the practicality of hydration and stretching combined!



Take a peek at some amazing stretches, mobilization exercises, weightlifting tips, and fitness challenges on the [AIM Chiropractic & Fitness](#) instagram, owned and operated by GAWSA's very own Dr. Stephanie Smith!

**Submit your favorite soccer, fitness, or health-related "Pick" to [secretary.gawsa@gmail.com](mailto:secretary.gawsa@gmail.com) to be featured in the September newsletter!**