



## 2022 GCA WAR EAGLE SOCCER – WINTER WORKOUTS

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GCA Soccer Player:

Make certain that you stay on top of your academics this semester. You are responsible to make sure you are in sound academic shape for this First Semester which establishes your Spring athletic eligibility.

We will begin Winter Workouts the Monday after Thanksgiving Break (November 29<sup>th</sup>).

Howard Park – 200 Cougar Dr / West Columbia 29169 – Fitness Runs

- November 29-December 2
- Boys - 3:00-4:15 pm
- Girls – 4:15-5:15 pm

December (8) @ West Columbia Soccer Complex – 760 Old Barnwell Rd / West Columbia 29170 – Training

- 6-9 (4)
- 13-6 (4)

January (12) @ West Columbia Soccer Complex – 760 Old Barnwell Rd / West Columbia 29170 – Training

- 4-6 (3)
- 10-13 (4)
- 17-18 (2) MLK Day - 1/18 WCSC Work Day
- 24-26 (3)

### Notes

- Student-Athletes are responsible for their own transportation to and from Howard Park & WCSC
- Players are expected to be on time and dressed appropriately – shinguards are mandatory
- Gray Soccer/Athletic/Nike gear is to be worn to training sessions – a team
  - For those new to GCA Soccer and those returning – we will have a Team Store set up via Lloyd's Soccer in the very near future ... Makes a great Holiday present option!
- Players should bring their own water

### Contacts

- Coach Kevin Heise – [kheise@grayca.com](mailto:kheise@grayca.com) / 803-447-6496
- Coach Emily Heise – [ehoise@grayca.com](mailto:ehoise@grayca.com) / 803-331-0474

