



JP STEVENS SOCCER

SCHEDULE

2023





Welcome John P. Stevens Soccer Players,

Welcome to the fall of 2023 soccer season at John P. Stevens High School. It will take your dedication and determination to achieve the highest level of soccer for you and our program to create a successful season.

Website

Our Hawks Soccer website can be found at @ www.jpsaos.com/jpsoccer , “Google” JP Stevens Soccer or use qr code. It contains information and all forms needed for the upcoming season. Join our team google classroom with code: for additional information.



Physicals

Each athlete is responsible to be medically cleared by a physician to play. You must go to your own doctor with the appropriate school **physical forms** and return them completed by **June 30th 2023** to the main office at John P. Stevens High School. Failure to return the forms by this date will seriously jeopardize your chances to contribute to our team. Forms and important information can be found at the district website @ <https://sites.google.com/edison.k12.nj.us/jps-athletics/home>

Conditioning Workouts and Summer Team Work

You need to get your body, mind and soul ready for the rigors of the season. A series of conditioning workouts are scheduled to help you reduce early season fatigue and injury. See our Preseason Summer Calendar for dates and times.

Summer League and Tournaments

Each summer JPS enters teams into a 8v8 summer league and to 11 v11 weekend tournaments. If you are interested in playing please see a coach.

Summer Camps

We encourage all players to attend a challenging summer camp of their choice. This time and effort will aid you as an individual player and help us as a team.

Preseason Practice

Preseason practice schedule:

<u>Date</u>	<u>Times</u>	
Monday Aug. 21 st	8:00 a.m. – 11:00 a.m.	Official Starting Day
Tuesday Aug. 22 nd	9:00 a.m. – 12:00 p.m.	
Wednesday Aug. 23 rd	10:00 a.m. – 12:00 p.m.	
Thursday Aug. 24 th	9:00 a.m. – 12:00 p.m.	
Friday Aug. 25 th	9:00 a.m. – 12:00 p.m.	Team Selection
Saturday Aug. 26 th	9:00 a.m. – 1:00 p.m.	“Car Wash” Varsity: Practice 9 am - 10:30 am Car Wash 11:00 am – 1:00 pm Junior Varsity: Meeting 9 am Car Wash -9:30 am – 10:30 a.m.; Freshmen: Meeting 10 am Car Wash 10:30 a.m. – 11:30 a.m.
Sunday Aug. 27 th	OFF	
Monday Aug. 28 th	8:00 a.m. – 11:00 a.m.	2:00 p.m. - 4:00 p.m.
Tuesday Aug. 29 th	Scrimmage: Ridge	@JPS 10:00 a.m.
Wednesday Aug. 30 th	8:00 a.m. – 11:00 a.m.	2:00 p.m. - 4:00 p.m.
Thursday Aug. 31 st	Scrimmage: North Brunswick	@NBHS 10:00 a.m.
Friday Sept. 1 st	3:30 p.m. – 5:30 p.m.	
Saturday Sept. 2 nd	Scrimmage: Rahway/Spotswood	@JPS 10:00 a.m.
Sunday Sept. 3 rd	OFF	
Monday Sept. 4 th	9:00 a.m. – 11:00 a.m.	
Tuesday Sept. 5 th	Scrimmage: Linden	@Linden 4:00 p.m.
Wednesday Sept. 6 th	3:00 p.m. – 5:30 p.m.	
Thursday Sept. 7 th	Opening Match: Middletown North	@MN 4:00 p.m.





Hawks Soccer Players:

Summer Independent Workout:

It's time that you take an active independent role in your attempt to become ready for the fall campaign. It is expected that you come into preseason try-outs on August 21st with a basic core cardio level. To that end you should follow these benchmarks each month to get your body ready for the vigor of a long season. Keep track and record your progress throughout the summer.

Stretching:

It is important that you stretch before and after working out. Read and follow the helpful tips found on the Sports Fitness Advisory website:

<http://www.sport-fitness-advisor.com/soccer-stretching.html>



Cardiovascular and Strength Program:

June: Perform a minimum of 300 sit-ups and 200 push-ups each week. You can do them in sets of 10 throughout the day. Jog total of 14 miles for each week of the month of June, a couple of miles each day

July: Increase to 400 sit-ups and 250 push-ups each week. Jog total of 16 miles for weeks in July

August: Complete 500 sit-ups and 300 push-ups each week for the two weeks before we start the season on August 21st. Jog total of 18 miles each week.

Twice a week try one of these Training Challenges:

Training Challenge 1: 5-minute run at 80% of your max HR. Rest 4 minutes.

Repeat for 5 sets.

Training Challenge 2: 2-minute intervals running at 95% of your max heart rate.

Rest 1-minute between sets. Repeat for 8 sets

Training Challenge 3: Run a 20-second sprint as fast as you can.

(Think running for your life.) Rest 1-minute. Repeat 30 times. (Yes, 30 times.)

Training Challenge 4: Run 60 yards and return back 60 (120 yards total).

Complete each set within 20 seconds. Rest 100 seconds and complete for 10 sets.

Training Challenge 5: Sprint 60 yards. Rest 10 seconds. Repeat for 8 sets.

Training Challenge 6: Break the parameter of a field into 6 parts (mid to corner, corner to corner, corner to mid, mid to corner....) Start with a jogging 5 sections and sprinting one. Add a section to the sprint (ie. sprint 2 sections jog 4) each time until the final time around you are sprinting all six sections.



June 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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STEVENS SOCCER



					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		



JP Stevens
Graduation

Team
Practice
6 pm

Team
Practice
6 pm

Rahway
8v8 League

Rahway
8v8 League





July 2023



Sun Mon Tue Wed Thu Fri Sat



						1
2	3	4  July 4th	5 Rahway 8v8 League	6	7	8
9	10 Strength & Agility Training 6 pm	11 Team Practice 6 pm	12 Fitness Workout 9 am	13 Team Practice 6 pm	14	15
16	17 Strength & Agility Training 6 pm	18 Team Practice 6 pm	19 Fitness Workout 9 am Rahway 8v8 League	20 Team Practice 6 pm	21	22
23	24 Strength & Agility Training 6 pm	25 Team Practice 6 pm	26 Fitness Workout 9 am Rahway 8v8 League	27 Team Practice 6 pm	28	29 Mount Olive 11 v 11 Tournament
30 Mount Olive 11 v 11 Tournament	31 Strength & Agility Training 6 pm					



August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Team Practice 6 pm	2 Fitness Workout 9 am Rahway 8v8 League	3 Team Practice 6 pm	4 	5
6	7 Strength & Agility Training 6 pm	8 Team Practice 6 pm	9 Fitness Workout 9 am	10 Team Practice 6 pm	11	12 Capelli 11 v 11 Tournament
13 Capelli 11 v 11 Tournament	14 Strength & Agility Training 6 pm	15 Team Practice 6 pm	16 Fitness Workout 9 am	17 Team Practice 6 pm	18	19
20	21 Official Start of Season 8:00 - 11:00am	22 Training 9:00am - 12:00pm	23 Training 10:00am - 12:00pm	24 Training 9:00am - 12:00pm	25 Training 9:00am - 12:00pm	26 Car Wash and Training 9:00am - 1:00pm
27	28 Training 9:00 - 11:00am 2:00 - 4:00 pm	29 Scrimmage Ridge / Bayonne Home 10:00 am	30 Training 9:00 - 11:00am 2:00 - 4:00 pm	31 Scrimmage North Brunswick Away 10:00 am		



September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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John P. Stevens Hawks



SOCCER

						1 Training 3:30 - 5:30 pm	2 <i>Scrimmage</i> Spotswood & Rahway HOME 9:00 am
3 Training 9:00 - 11:00 am	4 Training 9:00 - 11:00 am	5 <i>Scrimmage</i> Linden Away 4:00 pm	6 Training 3:00 - 5:30 pm	7 Match Middletown North Away 4:00 pm	8 Training 3:00 - 5:30 pm	9 Match Edison HOME 10:00 am	
10 Training 3:00 - 5:30 pm	11 Training 3:00 - 5:30 pm	12 Match Piscataway HOME 6:00 pm	13 Training 3:00 - 5:30 pm	14 Match Colonia Away 4:00 pm	15 Training 3:00 - 5:30 pm	16 Training 9:00 - 11:00 am	
17 Match Woodbridge HOME 6:00 pm	18 Match Woodbridge HOME 6:00 pm	19 Match Sayreville Away 4:00 pm	20 Training 3:00 - 5:30 pm	21 Match Perth Amboy HOME 6:00 pm	22 Training 3:00 - 5:30 pm	23 Training 9:00 - 11:00 am	
24 Training 9:00 - 11:00 am	25 Training 9:00 - 11:00 am	26 Match Edison Away 6:00 pm	27 Training 3:00 - 5:30 pm	28 Match Piscataway Away 6:00 pm	29 Training 3:00 - 5:30 pm	30 Match Colonia HOME 10:00 am	



October 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Training 3:00 - 5:30 pm	3 Match Woodbridge Away 4:00 pm	4 Training 3:00 - 5:30 pm	5 Match Sayreville HOME 6:00 pm	6 Training 3:00 - 5:30 pm	7 Match Perth Amboy Away 2:00 pm
8	9 Training 3:00 - 5:30 pm	10 Match Timothy Christian HOME 6:00 pm	11 Training 3:00 - 5:30 pm	12 Match South River HOME 6:00 pm	13 Training 3:00 - 5:30 pm	14 GMC First Round
15	16 Training 3:00 - 5:00 pm	17 Training 3:00 - 5:00 pm	18 GMC Quarter Finals	19 Match Union HOME 6:00 pm	20 Training 3:00 - 5:00 pm	21 GMC Semi Finals
22	23 Match Saint John Vianney HOME 6:00 pm	24 GMC Finals	25 NJSIAA Tournament	26 Training 3:00 - 5:00 pm	27 Training 3:00 - 5:00 pm	28 Training 9:00 - 11:00 am
29	30 NJSIAA Tournament	31 Training 3:00 - 5:00 pm				



J. P. Stevens Soccer



Match Schedule 2023

<u>Date</u>	<u>Opponent</u>	<u>Location & Time</u>
<u>Scrimmages:</u>		
Tuesday	August 29 th	Ridge Home 10:00 a.m.
Thursday	August 31 st	North Brunswick Away 10:00 a.m.
Saturday	September 2 nd	Spotswood/Rahway Home 10:00 a.m.
Tuesday	September 5 th	Linden Away 4:00 p.m.
<u>Regular Season:</u>		
Thursday	September 7 th	Middletown North Away 4:00 p.m.
Saturday	September 9 th	Edison Home 10:00 a.m.
Tuesday	September 12 th	Piscataway Home 6:00 p.m.
Thursday	September 14 th	Colonia Away 4:00 p.m.
Monday	September 18 th	Woodbridge Home 6:00 p.m.
Tuesday	September 19 th	Sayreville Away 4:00 p.m.
Thursday	September 21 st	Perth Amboy Home 6:00 p.m.
Tuesday	September 26 th	Edison Away 4:00 p.m.
Thursday	September 28 th	Piscataway Away 4:00 p.m.
Saturday	September 30 th	Colonia Home 10:00 a.m.
Tuesday	October 3 rd	Woodbridge Away 4:00 p.m.
Thursday	October 5 th	Sayreville Home 6:00 p.m.
Saturday	October 7 th	Perth Amboy Away 2:00 p.m.
Tuesday	October 10 th	Timothy Christian Home 6:00 p.m.
Thursday	October 12 th	South River Home 6:00 p.m.
Saturday	October 14 th	GMC 1 st Round TBA
Tuesday	October 17 th	GMC Quarter Finals TBA
Thursday	October 19 th	Union Home 6:00 p.m.
Saturday	October 21 st	GMC Semi-Finals TBA
Monday	October 23 rd	St. John Vianney Home 6:00 p.m.
Tuesday	October 24 th	GMC Finals TBA
Thursday	October 26 th	NJSIAA State Tournament TBA

Divisional Matches: **Bold**