



**JP BOYS
SOCCER
TRAINING
AND MATCH
SCHEDULE
2025**





J.P. STEVENS SOCCER



Welcome John P. Stevens Soccer Players,

Welcome to the fall of 2025 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.jpsoos.com/jpsoccer , or use qr code. It contains information and all forms needed for the upcoming season. Join our team Google classroom with code: **hpc2aie** 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 **Monday June 9th 2025** 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://jps.edison.k12.nj.us/o/jpshs/page/athlete-paperworkforms>

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 independent conditioning workouts are presented to help you reduce early season fatigue and injury. Team work occurs during the summer evenings at JP. See our Preseason Program for dates and times.

Summer League and Tournaments

Each summer JPS enters teams into an 8v8 summer league during June through August. Full sided 11v11 weekend long tournaments are organized for Late July and early August. If you are interested in playing please contact 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. If you are looking to play at the next level College ID camps are offered throughout the area. Specifics can be found online.



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John P. Stevens 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 19th 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 19th. 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 (i.e. sprint 2 sections jog 4) each time until the final time around you are sprinting all six sections.



June 2025






Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	Sophomore Freshmen Practice 6:00 pm	Senior Junior Practice 6:00 pm	18	19 Twilight 8v8 Match	20
22	23	Sophomore Freshmen Practice 6:00 pm	24	25 JP Stevens Graduation	26 Twilight 8v8 Match	27
29	30					



July 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2 Twilight 8v8 Match	3	4 	5	
							
6	Senior Junior Practice 6:00 pm	7 Sophomore Freshmen Practice 6:00 pm	8 Twilight 8v8 Match	9 Twilight 8v8 Match	10	11	12
13	Senior Junior Practice 6:00 pm	14 Sophomore Freshmen Practice 6:00 pm	15 Twilight 8v8 Match	16 Senior Junior Practice 6:00 pm	17	18	19
20	Senior Junior Practice 6:00 pm	21 Sophomore Freshmen Practice 6:00 pm	22 Twilight 8v8 Match	23 Senior Junior Practice 6:00 pm	24	25	26 Mount Olive 11 v 11 Tournament
27 Mount Olive 11 v 11 Tournament	28 Sophomore Freshmen Practice 6:00 pm	29 Senior Junior Practice 6:00 pm	30 Sophomore Freshmen Practice 6:00 pm	31 Senior Junior Practice 6:00 pm			



August 2025



Sun Mon Tue Wed Thu Fri Sat



	3	4	5	6	7	8	9
	Sophomore Freshmen Practice 6:00 pm	Senior Junior Practice 6:00 pm	Sophomore Freshmen Practice 6:00 pm	Senior Junior Practice 6:00 pm			Capelli 11 v 11 Tournament
10	11	12	13	14	15	16	
Capelli 11 v 11 Tournament	Sophomore Freshmen Practice 6:30 pm	Senior Junior Practice 6:30 pm	Sophomore Freshmen Practice 6:30 pm	Senior Junior Practice 6:30 pm			
17	18	19	20	21	22	23	
Official Start of Season 9:00 - 11:30am	Training 8:00 am - 11:00 am	Training 8:00 am - 11:00 am	Training 8:00 am - 11:00 am	Training 8:00 am - 11:00 am	Training 8:00 am - 11:00 am	Training 9:00 am - 11:00 am (Car Wash)	
24	25	26	27	28	29	30	
	Training 8:00- 11:00am 2:00 - 4:00pm	Scrimmage Ridge Home 10:00 am	Training 8:00- 11:00am 2:00 - 4:00pm	Scrimmage South Plainfield Home 10:00 am	Training 8:00 am - 11:00 am	Scrimmage Rahway/ Spotswood HOME 10:00 am	
31	<p>John P. Stevens Hawks</p> <p>SOCCER</p>						



September 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Training 9:00 - 11:00 am	2 Scrimmage Roselle Park HOME 4:00 pm	3 Training 3:00 - 5:30 pm	4 Match St Thomas Away 4:00 pm	5 Training 3:00 - 5:30 pm	6 Match Edison HOME 10:00 am
7 Training 3:00 - 5:30 pm	8 Match Woodbridge Away 4:00 pm	9 Training 3:00 - 5:30 pm	10 Match Sayreville Away 4:00 pm	11 Training 3:00 - 5:30 pm	12 Match Perth Amboy Home 2:00 pm	13
14 Training 3:00 - 5:30 pm	15 Match Piscataway HOME 6:00 pm	16 Training 3:00 - 5:30 pm	17 Match Colonia Home 6:00 pm	18 Training 3:00 - 5:30 pm	19 Match Bayonne Aaway 10:00 am	20
21 Training 3:00 - 5:30 pm	22 Training 3:00 - 5:30 pm	23 Training 3:00 - 5:30 pm	24 Training 3:00 - 5:30 pm	25 Match Edison Away 6:00 pm	26 Training 3:00 - 5:30 pm	27 Match Bloomfield Home 10:00 am
28 Training 3:00 - 5:30 pm	29 Match World Cup Group Play TBA	30				



October 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Training 3:00 - 5:00 pm	2 Match Union Catholic Home 6:00 pm	3 Training 3:00 - 5:00 pm	4 Training 3:00 - 5:00 pm
			5 Training 3:00 - 5:00 pm	6 Training 3:00 - 5:00 pm	7 Match World Cup Group Play TBA	8 Training 3:00 - 5:00 pm
12 Training 3:00 - 5:00 pm	13 Training 3:00 - 5:00 pm	14 Match World Cup Group Play TBA	15 Training 3:00 - 5:00 pm	16 Match World Cup Group Play TBA	17 Training 3:00 - 5:00 pm	18 GMC Tournament 1st Round
19 Training 3:00 - 5:00 pm	20 Training 3:00 - 5:00 pm	21 GMC Tournament Quarter Finals	22 Training 3:00 - 5:00 pm	23 Training 3:00 - 5:00 pm	24 Training 3:00 - 5:00 pm	25 GMC Tournament Semi- Finals
26 Match Middlesex Away 4:00 pm	27 Training 3:00 - 5:00 pm	28 Training 3:00 - 5:00 pm	29 GMC Tournament Finals	30 Match Neptune Away 4:00 pm	31 Training 3:00 - 5:00 pm	



J.P. STEVENS SOCCER

MATCH SCHEDULE 2025



<u>Date</u>	<u>Opponent</u>	<u>Location & Time</u>
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Scrimmages:

Tuesday	August 26 th	Ridge <i>(all levels)</i>	Home 10:00 a.m.
Thursday	August 28 th	South Plainfield <i>(all levels)</i>	Home 10:00 a.m.
Saturday	August 30 th	Spotswood/Rahway <i>(V&JV)</i>	Home 10:00 a.m.
Tuesday	September 2 nd	Roselle Park <i>(V&JV)</i>	Home 4:00 p.m.

Regular Season:

Thursday	September 4 th	St. Thomas Aquinas <i>(V&JV)</i>	Away 4:00 p.m.
Saturday	September 6 th	Edison <i>(all levels)</i>	Home 10:00 a.m.
Tuesday	September 9 th	Woodbridge <i>(all levels)</i>	Away 4:00 p.m.
Thursday	September 11 th	Sayreville <i>(all levels)</i>	Away 6:00 p.m.
Saturday	September 13 th	Perth Amboy <i>(V&JV)</i>	Home 2:00 p.m. <i>(SAT)</i>
Tuesday	September 16 th	Piscataway <i>(all levels)</i>	Home 6:00 p.m.
Thursday	September 18 th	Colonia <i>(V&JV)</i>	Home 6:00 p.m.
Saturday	September 20 th	<i>Bayonne</i> <i>(all levels)</i>	Away 10:00 a.m.
Thursday	September 25 th	Edison <i>(all levels)</i>	Away 4:00 p.m.
Saturday	September 27 th	Bloomfield <i>(all levels)</i>	Home 10:00 a.m.
Tuesday	September 30 th	<i>World Cup Group Play</i>	TBA
Thursday	October 2 nd	<i>Union Catholic</i> <i>(V&JV)</i>	Home 6:00 p.m.
Saturday	October 4 th	<i>(SAT Date)</i>	
Tuesday	October 7 th	<i>World Cup Group Play</i>	TBA
Thursday	October 9 th	<i>World Cup Group Play</i>	TBA
Saturday	October 11 th	Hightstown <i>(all levels)</i>	Away 10:00 a.m.
Tuesday	October 14 th	<i>World Cup Group Play</i>	TBA
Thursday	October 16 th	<i>World Cup Group Play</i>	TBA
Saturday	October 18 th	GMC 1 st Round	TBA
Tuesday	October 21 st	GMC Quarter Finals	TBA
Saturday	October 25 th	GMC Semi-Finals	TBA <i>(ACT Test)</i>
Monday	October 27 th	Middlesex <i>(V&JV)</i>	Away 4:00 p.m.
Tuesday	October 28 th	GMC Finals	TBA
Thursday	October 30 th	Neptune <i>(all levels)</i>	Away 4:00 p.m.
Tuesday	November 4 th	NJSIAA State Tournament	TBA

*Divisional Matches: **Bold***