JP Stevens Boys Soccer Training and Match Schedule 2026

J.P. STEVENS SOCCER

Welcome John P. Stevens Soccer Players,

Welcome to the fall of 2026 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* , or use qr code. It contains information and all forms needed for the upcoming season. Join our team Google classroom with code: **p5x4vdyq** 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 1st 2026** 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 and to prepare you for the long term condition the fall season demands. 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 July. Full sided 11v11 weekend long tournaments are organized for 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.

J.P. STEVENS SOCCER

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 17th 2026 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 17th 2026. 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 heart rate. 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 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Sophomore Freshmen Practice 6:00 pm	16 Senior Junior Practice 6:00 pm	17 JP Stevens Graduation	18 Senior Junior Practice 6:00 pm	19	20
21	22 Sophomore Freshmen Practice 6:00 pm	23 Senior Junior Practice 6:00 pm	24 Sophomore Freshmen Practice 6:00 pm	25 Senior Junior Practice 6:00 pm	26	27
28	29 OFF Happy Fourth of July	30 OFF Happy Fourth of July				

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFF Happy Fourth of July	2 OFF Happy Fourth of July	3 OFF Happy Fourth of July	4
5	6 Sophomore Freshmen Practice 6:00 pm	7 Senior Junior Practice 6:00 pm	8 Sophomore Freshmen Practice 6:00 pm	9 Senior Junior Practice 6:00 pm	10	11
12	13 Sophomore Freshmen Practice 6:00 pm	14 Senior Junior Practice 6:00 pm	15 Sophomore Freshmen Practice 6:00 pm	16 Senior Junior Practice 6:00 pm	17	18
19	20 Sophomore Freshmen Practice 6:00 pm	21 Senior Junior Practice 6:00 pm	22 Sophomore Freshmen Practice 6:00 pm	23 Senior Junior Practice 6:00 pm	24	25
26	27 Sophomore Freshmen Practice 6:00 pm	28 Senior Junior Practice 6:00 pm	29 Sophomore Freshmen Practice 6:00 pm	30 Senior Junior Practice 6:00 pm	31	

August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Mount Olive 11 v 11 Tournament
2 Mount Olive 11 v 11 Tournament	3 Sophomore Freshmen Practice 6:00 pm	4 Senior Junior Practice 6:30 pm	5 Sophomore Freshmen Practice 6:00 pm	6 Senior Junior Practice 6:30 pm	7	8 Capelli 11 v 11 Tournament
9 Capelli 11 v 11 Tournament	10 Sophomore Freshmen Practice 6:00 pm	11 Senior Junior Practice 6:30 pm	12 Sophomore Freshmen Practice 6:00 pm	13 Senior Junior Practice 6:30 pm	14	15
16	17 Training 8:00 am - 11:00 am	18 Training 8:00 am - 11:00 am Freshmen Training 3:00 -5:00 pm	19 Training 8:00 am - 11:00 am Freshmen Training 3:00 -5:00 pm	20 Training 8:00 am - 11:00 am Freshmen Training 3:00 -5:00 pm	21 Training 8:00 am - 11:00 am Freshmen Training 3:00 -5:00 pm	22 Team Meetings (Car Wash)
23	24 Training 8:00 am - 11:00 am and 2:00 pm - 4:00 pm	25 ***Scrimmage*** Ridge Away 10:00 am	26 Training 8:00 am - 11:00 am and 2:00 pm - 4:00 pm	27 ***Scrimmage*** Bloomfield Home 10:00 am	28 Training 8:00 am - 11:00 am	29 ***Scrimmage*** Rahway Home 10:00 am
30	31 Training 9:00 am - 11:00 am					

September 2026

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

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 ***Match*** World Cup Perth Amboy Home	2 Training 3:00 - 5:00 pm	3 ***Match*** Union Catholic Away 10:00 am
4	5 Training 3:00 - 5:00 pm	6 ***Match*** World Cup New Brunswick Away	7 Training 3:00 - 5:00 pm	8 ***Match*** World Cup Spotswood Home	9 Training 3:00 - 5:00 pm	10 Training 8:00 - 10:00 am
11	12 Training 3:00 - 5:00 pm	13 ***Match*** World Cup Monroe Away	14 Training 3:00 - 5:00 pm	15 ***Match*** World Cup Group Play TBA	16 Training 3:00 - 5:00 pm	17 ***Match*** Hightstown Home 11:00 am
18	19 Training 3:00 - 5:00 pm	20 ***GMC Tournament*** 1st Round	21 Training 3:00 - 5:00 pm	22 ***GMC Tournament*** Quarter-Finals	23 Training 3:00 - 5:00 pm	24 ***Match*** Edison Away 10:00 am
25 NJSIAA State Tournament Cut-off Date	26 Training 3:00 - 5:00 pm	27 ***GMC Tournament*** Semi-Finals	28 Training 3:00 - 5:00 pm	29 ***GMC Tournament*** Finals	30 Training 3:00 - 5:00 pm	31 ***Match*** Neptune Home 10:00 am

J.P. STEVENS SOCCER
MATCH SCHEDULE 2026

Date		Opponent		Location & Time
		Scrimmages:		
Tuesday	August 25th	*Ridge*	*(all levels)*	Away 10:00 a.m.
Thursday	August 27th	*Bloomfield*	*(all levels)*	Home 10:00 a.m.
Saturday	August 29th	*Rahway*	*(V&JV)*	Home 10:00 a.m.
Tuesday	September 1st	*Roselle Park*	*(V&JV)*	Home 4:00 p.m.
		Regular Season:		
Thursday	September 3rd	**Sayreville**	*(all levels)*	Away 6:00 p.m.
Tuesday	September 8th	**Piscataway**	*(all levels)*	Away 6:00 p.m.
Thursday	September 10th	Highland Park	*(V&JV)*	Away 4:00 p.m.
		Metuchen	*(Freshmen)*	Away 4:00 p.m.
Tuesday	September 15th	**Edison**	*(all levels)*	Home 6:00 p.m.
Thursday	September 17th	**St Thomas Aquinas**	*(V&JV)*	Home 6:00 p.m.
		South River	*(Freshmen)*	Away 4:00 p.m.
Saturday	September 19th	Bayonne	*(all levels)*	Home 10:00 a.m.
Tuesday	September 22nd	**Colonia**	*(V&JV)*	Home 6:00 p.m.
		Cranford	*(Freshmen)*	Home 4:00 p.m.
Thursday	September 24th	**Woodbridge**	*(V&JV)*	Away 4:00 p.m.
		South River	*(Freshmen)*	Home 4:00 p.m.
Saturday	September 26th	Sayreville	*(all levels)*	Home 10:00 a.m.
Thursday	October 1st	*World Cup Group Play*		
		Perth Amboy	*(V&JV)*	Home 6:00 p.m.
		Metuchen	*(Freshmen)*	Home 4:00 p.m.
Saturday	October 3rd	Union Catholic	*(V&JV)*	Away 11:00 a.m.
Tuesday	October 6th	*World Cup Group Play*		
		New Brunswick	*(all levels)*	Away 4:00 p.m.
Thursday	October 8th	*World Cup Group Play*		
		Spotswood	*(V&JV)*	Home 6:00 p.m.
		Cranford	*(Freshmen)*	Away 4:00 p.m.
Tuesday	October 13th	*World Cup Group Play*		
		Monroe	*(all levels)*	Away 4:00 p.m.
Thursday	October 15th	*World Cup Group Play*		
		TBA		Away 4:00 p.m.
Saturday	October 17th	Hightstown	*(all levels)*	Home 11:00 a.m.
Tuesday	October 20th	Varsity GMC 1st Round		TBA
Thursday	October 22nd	Varsity GMC Quarter Finals		TBA
Saturday	October 24th	Edison	*(all levels)*	Away 10:00 a.m.
Tuesday	October 27th	Varsity GMC Semi-Finals		TBA
Thursday	October 29th	Varsity GMC Finals		TBA
Saturday	October 31st	Neptune	*(Varsity Only)*	Home 10:00 a.m.
Tuesday	November 3rd	NJSIAA State Tournament		TBA

Divisional Matches: ***Bold***

J.P. STEVENS SOCCER
FRESHMEN MATCH SCHEDULE
2026

Date		Opponent	Location & Time
		Freshmen Schedule	
		Scrimmages:	
Tuesday	August 25th	Ridge	Away 10:00 a.m.
Thursday	August 27th	Bloomfield	Home 10:00 a.m.
.			
		Regular Season:	
Thursday	September 3rd	Sayreville	Away 4:00 p.m.
Tuesday	September 8th	Piscataway	Away 4:00 p.m.
Thursday	September 10th	Metuchen	Away 4:00 p.m.
Tuesday	September 15th	Edison	Home 4:00 p.m.
Thursday	September 17th	South River	Away 4:00 p.m.
Saturday	September 19th	Bayonne	Home 10:00 a.m.
Tuesday	September 22nd	Cranford	Home 4:00 p.m.
Thursday	September 24th	South River	Home 4:00 p.m.
Saturday	September 26th	Sayreville	Home 10:00 a.m.
Thursday	October 1st	Metuchen	Home 4:00 p.m.
Tuesday	October 6th	New Brunswick	Away 4:00 p.m.
Thursday	October 8th	Cranford	Away 4:00 p.m.
Tuesday	October 13th	Monroe	Away 4:00 p.m.
Saturday	October 17th	Hightstown	Home 11:00 a.m.
Tuesday	October 20th	Freshmen GMC 1st Round	TBA
Thursday	October 22nd	Freshmen GMC Quarters	TBA
Saturday	October 24th	Edison or Freshmen GMC Semi-Finals	TBA.
Tuesday	October 27th	Freshmen GMC Finals	TBA