



***STEVENS***

***SOCCKER***

***2024***





**Welcome John P. Stevens Soccer Players,**

Welcome to the fall of 2024 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](http://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: oujrkqj 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 3<sup>rd</sup> 2024** 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 an 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. 19 <sup>th</sup>	9:00 a.m. – 11:30 a.m.	Official Starting Day
Tuesday Aug. 20 <sup>th</sup>	8:00 a.m. – 11:00 a.m.	
Wednesday Aug. 21 <sup>st</sup>	8:00 a.m. – 11:00 a.m.	Team Selection
Thursday Aug. 22 <sup>nd</sup>	8:00 a.m. – 11:00 a.m.	
Friday Aug. 23 <sup>rd</sup>	8:00 a.m. – 11:00 a.m.	
Saturday Aug. 24 <sup>th</sup>	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 <u>Junior Varsity</u> : Meeting 9 am Car Wash -9:30 am – 10:30 a.m.; <u>Freshmen</u> : Meeting 10 am Car Wash 10:30 a.m. – 11:30 a.m.
Sunday Aug. 25 <sup>th</sup>	OFF	
Monday Aug. 26 <sup>th</sup>	8:00 a.m. – 11:00 a.m.	2:00 p.m. - 4:00 p.m.
Tuesday Aug. 27 <sup>th</sup>	Scrimmage: Ridge	Away 10:00 a.m.
Wednesday Aug. 28 <sup>th</sup>	8:00 a.m. – 11:00 a.m.	2:00 p.m. - 4:00 p.m.
Thursday Aug. 29 <sup>th</sup>	Scrimmage: South Plainfield	Away 11:00 a.m.
Friday Aug. 20 <sup>th</sup>	8:00 a.m. – 11:00 a.m.	
Saturday Aug. 31 <sup>st</sup>	Scrimmage: Rahway/Spotswood	@JPS 10:00 a.m.
Sunday Sept. 1 <sup>st</sup>	OFF	
Monday Sept. 2 <sup>nd</sup>	9:00 a.m. – 11:00 a.m.	
Tuesday Sept. 3 <sup>rd</sup>	Scrimmage: Roselle Park	@JPS 4:00 p.m.
Wednesday Sept. 4 <sup>th</sup>	3:00 – 5:30 p.m.	
Tuesday Sept. 5 <sup>th</sup>	Opening Match: Sayreville	Away 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 19<sup>th</sup> 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 19<sup>th</sup>. 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 2024






Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11		12	13	14
15	16	Senior Junior Practice 6 pm	17	Sophomore Freshmen Practice 6 pm	18	19
20	21	22	23	24	Senior Junior Practice 6 pm	JP Stevens Graduation
25	26	27	28	29	30	
	Senior Junior Practice 6 pm	Sophomore Freshmen Practice 6 pm *Track Workout* 9 am	Rahway 8v8 League	Rahway 8v8 League *Track Workout* 9 am		
						



# July 2024



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





# August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Senior 1 Junior Practice 6 pm Track Workout 9 am	2	3
				4	Senior 5 Junior Practice 6 pm	Sophomore 6 Freshmen Practice 6 pm *Track Workout* 9 am
11 Capelli 11 v 11 Tournament	Senior 12 Junior Practice 6 pm	Sophomore 13 Freshmen Practice 6 pm Track Workout 9 am	Senior 14 Junior Practice 6 pm	Sophomore 15 Freshmen Practice 6 pm *Track Workout* 9 am	16	17 Alumni Game and Picnic
18	Official 19 Start of Season 9:00 - 11:30am	20 Training 8:00 am - 11:00 am	21 Training 8:00 am - 11:00 am	22 Training 8:00 am - 11:00 am	23 Training 8:00 am - 11:00 am	24 Training 9:00 am - 11:00 am (Car Wash)
25	Training 26 8:00- 11:00am 2:00 - 4:00pm	Scrimmage 27 Ridge Away 10:00 am	Training 28 8:00- 11:00am 2:00 - 4:00pm	Scrimmage 29 South Plainfield Away 10:00 am	Training 30 8:00 am - 11:00 am	Scrimmage 31 Rahway/ Spotswood HOME 10:00 am



# September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Training 9:00 - 11:00 am	3 <b>Scrimmage</b> Roselle Park HOME 4:00 pm	4 Training 3:00 - 5:30 pm	5 <b>Match</b> Sayreville Away 4:00 pm	6 Training 3:00 - 5:30 pm	7 <b>Match</b> Edison HOME 10:00 am
8	9 Training 3:00 - 5:30 pm	10 <b>Match</b> Woodbridge Away 4:00 pm	11 Training 3:00 - 5:30 pm	12 <b>Match</b> Perth Amboy HOME 6:00 pm	13 Training 3:00 - 5:30 pm	14 <b>Match</b> Colonia Away 10:00 am
15	16 Training 3:00 - 5:30 pm	17 <b>Match</b> Piscataway HOME 6:00 pm	18 Training 3:00 - 5:30 pm	19 Training 3:00 - 5:30 pm	20 Training 3:00 - 5:30 pm	21 <b>Match</b> Bayonne HOME 10:00 am
22	23 Training 3:00 - 5:30 pm	24 Training 3:00 - 5:30 pm	25 Training 3:00 - 5:30 pm	26 <b>Match</b> Edison Away 6:00 pm	27 Training 3:00 - 5:30 pm	28 <b>Match</b> North Brunswick HOME 10:00 am
29	30 Training 3:00 - 5:30 pm	<p><b><i>John P. Stevens Hawks</i></b></p>  <p><b><i>SOCCER</i></b></p>				



# October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		<b>Match</b> 1 WORLD CUP TBA	2 Training 3:00 - 5:00 pm	<b>Match</b> 3 Union Catholic Away 6:00 pm	4 Training 3:00 - 5:00 pm	<b>Match</b> 5 Hightstown HOME 10:00 am
6	7 Training 3:00 - 5:00 pm	<b>Match</b> 8 WORLD CUP TBA	9 Training 3:00 - 5:00 pm	<b>Match</b> 10 WORLD CUP TBA	11 Training 3:00 - 5:00 pm	12 Training 8:00 - 10:00 am
13	14 Training 3:00 - 5:00 pm	<b>Match</b> 15 WORLD CUP TBA	16 Training 3:00 - 5:00 pm	<b>Match</b> 17 WORLD CUP TBA	18 Training 3:00 - 5:00 pm	<b>Match</b> 19 Perth Amboy Away 10:00 am
20	21 Training 3:00 - 5:00 pm	<b>GMC</b> Tournament Quarter Finals	23 Training 3:00 - 5:00 pm	<b>GMC</b> Tournament Semi- Finals	25 Training 3:00 - 5:00 pm	<b>Match</b> 26 Middlesex HOME 10:00 am
27	28 Training 3:00 - 5:00 pm	<b>GMC</b> Tournament Finals	30 <b>Match</b> Cranford Away 4:00 pm	31 Training 3:00 - 5:00 pm		





# J.P. STEVENS SOCCER

## MATCH SCHEDULE 2024



Date	Opponent	Location & Time
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Scrimmages:

Tuesday	August 27 <sup>th</sup>	Ridge	Away 10:00 a.m.
Thursday	August 29 <sup>th</sup>	South Plainfield	Away 11:00 a.m.
Saturday	August 31 <sup>st</sup>	Spotswood/Rahway	Home 10:00 a.m.
Tuesday	September 3 <sup>rd</sup>	Roselle Park	Home 4:00 p.m.

Regular Season:

Thursday	September 5 <sup>th</sup>	<b>Sayreville</b>	Away 4:00 p.m.
Saturday	September 7 <sup>th</sup>	<b>Edison</b>	Home 10:00 a.m.
Tuesday	September 10 <sup>th</sup>	<b>Woodbridge</b>	Away 4:00 p.m.
Thursday	September 12 <sup>th</sup>	<b>Perth Amboy</b>	Home 6:00 p.m.
Saturday	September 14 <sup>th</sup>	<b>Colonia</b>	Away 10:00 a.m.
Tuesday	September 17 <sup>th</sup>	<b>Piscataway</b>	Home 6:00 p.m.
Saturday	September 21 <sup>st</sup>	Bayonne	Home 10:00 a.m.
Thursday	September 26 <sup>th</sup>	Edison	Away 6:00 p.m.
Saturday	September 28 <sup>th</sup>	North Brunswick	Home 10:00 a.m.
Tuesday	October 1 <sup>st</sup>	<i>World Cup Group Play</i>	TBA
Thursday	October 3 <sup>rd</sup>	Union Catholic	Home 6:00 p.m.
Saturday	October 5 <sup>th</sup>	Hightstown	Home 2:00 p.m.
Tuesday	October 8 <sup>th</sup>	<i>World Cup Group Play</i>	TBA
Thursday	October 10 <sup>th</sup>	<i>World Cup Group Play</i>	TBA
Tuesday	October 15 <sup>th</sup>	<i>World Cup Group Play</i>	TBA
Thursday	October 17 <sup>th</sup>	<i>World Cup Group Play</i>	TBA
Saturday	October 19 <sup>th</sup>	Perth Amboy	Away 10:00 a.m.
Tuesday	October 24 <sup>th</sup>	GMC Quarter Finals	TBA
Tuesday	October 24 <sup>th</sup>	GMC Semi-Finals	TBA
Saturday	October 26 <sup>th</sup>	Middlesex	Home 10:00 a.m.
Tuesday	October 29 <sup>th</sup>	GMC Finals	TBA
Wednesday	October 30 <sup>th</sup>	Cranford	Away 4:00 p.m.
Tuesday	November 5 <sup>th</sup>	NJSIAA State Tournament	TBA

*Divisional Matches: **Bold***