

JP STEVENS SOCCER



Preseason Scedule
2021



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Welcome John P. Stevens Soccer Players,

It is now time to begin our preparations for the 2021 soccer season at John P. Stevens High School. With Covid still an issue, it will take your dedication and determination to achieve the highest level of soccer for you and our program to create a successful fall season.

Website

Our Hawks Soccer website can be found at <http://www.jpsaos.com/jpsoccer/> it contains information and all forms needed for the upcoming season. Also, join our Google Classroom code: nfgwolr

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 **July 1st 2021** to the main office at John P. Stevens High School. Failure to complete and return the forms by this date will seriously jeopardize your chances to contribute to our team. Forms can be found on the district website <https://sites.google.com/edison.k12.nj.us/jps-athletics/medical-coaches-packets>

Conditioning Workouts and Summer Team Work

You need to get your body 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 Tournaments

JP Stevens will enter 11 v11 summer weekend tournaments. If you are interested in playing, please contact a coach for more information.

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.

Official Preseason Practice

Official Preseason Practice Schedule: All prospective players must report ready to play on August 16th.

Date	Times
Monday Aug. 16 th	8:00 a.m. – 11:00 a.m. Fitness Measure
Tuesday Aug. 17 th	8:00 a.m. – 11:00 a.m. Skills Measure
Wednesday Aug. 18 th	8:00 a.m. – 11:00 a.m.
Thursday Aug. 19 th	8:00 a.m. – 11:00 a.m.
Friday Aug. 20 th	8:00 a.m. – 11:00 a.m. Team Selection
Saturday Aug. 21 st	9:00 a.m. – 1:00 p.m. “Car Wash” Varsity: Practice 9:00 a.m. - 10:30 a.m. Car Wash 11:00 a.m. – 1:00 p.m. Junior Varsity: Meeting: 9:00 am Car Wash: 9:30 a.m. – 10:30 a.m. Freshmen: Meeting: 10:00 a.m. Car Wash 10:30 a.m. – 11:30 a.m.
Sunday Aug. 22 nd	OFF
Monday Aug. 23 rd	8:00 a.m. - 11:00 a.m. 2:00 p.m. - 4:00 p.m.
Tuesday Aug. 24 th	Scrimmage: Rahway @JPS 10:00 a.m.
Wednesday Aug. 25 th	8:00 a.m. – 11:00 a.m. 2:00 p.m. - 4:00 p.m.
Thursday Aug. 26 th	Scrimmage: North Brunswick @NBHS 10:00 a.m.
Friday Aug. 27 th	8:00 a.m. – 11:00 a.m. 2:00 p.m. - 4:00 p.m.
Saturday Aug. 28 th	9:00 a.m. – 11:00 a.m.
Sunday Aug. 29 th	OFF
Monday Aug. 30 th	8:00 a.m. – 11:00 a.m. 2:00 p.m. - 4:00 p.m.
Tuesday Aug. 31 st	Scrimmage: Ridge @JPS 10:00 a.m.
Wednesday Sept. 1 st	3:00 p.m. - 5:30 p.m.
Thursday Sept. 2 nd	Scrimmage: Woodbridge @WHS 4:00 p.m.
Friday Sept. 3 rd	3:00 p.m. - 5:30 p.m.
Saturday Sept. 4 th	Scrimmage: Sayreville/Spotswood @JPS 10:00 a.m.
Sunday Sept. 5 th	OFF
Monday Sept. 6 th	9:00 – 11:00 a.m. (Labor Day)





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 16th 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 16th. Jog total of 18 miles each week.

Training Challenges:

Try these Training Challenges at least twice a week:

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 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 
					11	12
13	14	15	16	17		19
20	21	22 JP Stevens Graduation	23 Strength & Agility Training 6 pm	24 Team Practice 6 pm	25 Individual Training Challenge	26
27	28 Individual Training Challenge	29 Individual Training Challenge	30 Individual Training Challenge			



July 2021





Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Individual Training Challenge	2 Individual Training Challenge	3
4 July 4th	5 Individual Training Challenge	6 Team Practice 6 pm	7 Strength & Agility Training 6 pm	8 Team Practice 6 pm	9 Individual Training Challenge	10
11	12 Individual Training Challenge	13 Team Practice 6 pm	14 Strength & Agility Training 6 pm	15 Team Practice 6 pm	16 Individual Training Challenge	17
18	19 Individual Training Challenge	20 Team Practice 6 pm	21 Strength & Agility Training 6 pm	22 Team Practice 6 pm	23 Individual Training Challenge	24 Mount Olive 11 v 11 Tournament
25 Mount Olive 11 v 11 Tournament	26 Individual Training Challenge	27 Team Practice 6 pm	28 Strength & Agility Training 6 pm	29 Team Practice 6 pm	30 Individual Training Challenge	31



August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Individual Training Challenge	3 Team Practice 6 pm	4 Strength & Agility Training 6 pm	5 Team Practice 6 pm	6 Individual Training Challenge	7
8	9 Individual Training Challenge	10 Team Practice 6 pm	11 Strength & Agility Training 6 pm	12 Team Practice 6 pm	13 Individual Training Challenge	14
15	16 End of the Summer Fitness Measure 8 - 11 am	17 End of the Summer Skills Measure 8 - 11 am	18 Training 8:00 - 11:00am	19 Training 8:00 - 11:00am	20 Training 8:00 - 11:00am	21 Training 9:00 - 11:00am
22	23 Training 8:00 - 11:00am 2:00 - 4:00 pm	24 Scrimmage Rahway Home 10:00 am	25 Training 8:00 - 11:00am 2:00 - 4:00 pm	26 Scrimmage North Brunswick Away 10:00 am	27 Training 8:00 - 11:00am 2:00 - 4:00 pm	28 Training 9:00 - 11:00am
29	30 Training 8:00 - 11:00am 2:00 - 4:00 pm	31 Scrimmage Ridge Home 10:00 am				



Match Schedule 2021



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

Tuesday	August 24 th	Rahway	Home 10:00 a.m.
Thursday	August 26 th	North Brunswick	Away 10:00 a.m.
Tuesday	August 31 st	Ridge	Home 10:00 a.m.
Thursday	September 2 nd	Woodbridge	Away 4:00 p.m.
Saturday	September 4 th	Sayreville/Spotswood	Home 10:00 a.m.

Regular Season:

Thursday	September 9 th	Old Bridge	Away 4:00 p.m.
Saturday	September 11 th	East Brunswick	Home 10:00 p.m.
Tuesday	September 14 th	New Brunswick	Away 4:00 p.m.
Saturday	September 18 th	Perth Amboy	Home 10:00 a.m.
Tuesday	September 21 st	Piscataway	Away 4:00 p.m.
Thursday	September 23 rd	South Brunswick	Away 4:00 p.m.
Saturday	September 25 th	Old Bridge	Home 10:00 a.m.
Tuesday	September 28 th	East Brunswick	Away 4:00 p.m.
Thursday	September 30 th	New Brunswick	Home 6:00 p.m.
Saturday	October 2 nd	Monroe	Home 2:00 p.m.
Tuesday	October 5 th	Perth Amboy	Away 4:00 p.m.
Thursday	October 7 th	Piscataway	Home 6:00 p.m.
Saturday	October 9 th	Bayonne (V&JV)	Away 10:00 a.m.
Monday	October 11 th	Monroe	Away 4:00 p.m.
Tuesday	October 12 th	St. Thomas Aquinas (V)	Away 4:00 p.m.
Thursday	October 14 th	South Brunswick	Home 6:00 p.m.
Saturday	October 16 th	GMC Tourn Play-in	TBA
Tuesday	October 19 th	GMC Prelim	TBA
Thursday	October 21 st	GMC 1 st Round	TBA
Saturday	October 23 rd	GMC Quarter Finals	TBA
Tuesday	October 26 th	GMC Semi-Finals	TBA
		or Linden	Home 4:00 p.m.
Thursday	October 28 th	GMC Finals	TBA
		or Franklin	Home 4:00 p.m.
Monday	November 1 st	NJSIAA State Tournament	TBA