

Day	Date	U12	U14	U16	U19
Sun	March 16	N/A	Empower	N/A	Empower
Sat	March 22	N/A	N/A	Empower	N/A
Sun	March 23	N/A	Empower	N/A	Empower
Sat	March 29	N/A	N/A	N/A	N/A
Sun	March 30	N/A	N/A	N/A	N/A
Sat	April 5	N/A	JPOL	N/A	N/A
Sun	April 6	N/A	N/A	Empower	Empower
Sat	April 12	USTC		JPOL Elite JPOL	
Sun	April 13		Empower	Empower	
Fri	April 18	Shooting Star	Shooting Star	Shooting Star	Shooting Star
Sat	April 19	Shooting Star	Shooting Star	Shooting Star	Shooting Star
Sat	April 26	Shooting Star	Shooting Star	Shooting Star	N/A
Sun	April 27	Shooting Star	Empower Shooting Star	Shooting Star	N/A
Sat	May 3	USTC	U14 RCC		Empower
Sun	May 4		U14 RCC JPOL	Empower JPOL Elite	
Sat	May 10		JPOL	JPOL	U19 RCC
Sun	May 11				U19 RCC
Sat	May 17	Drexel			
Sun	May 18			JPOL Elite JPOL	
Sat	May 24				
Sun	May 25				
Sat	May 31	Drexel			
Sun	June 1				
Sat	June 7		JPOL	JPOL Elite JPOL	
Sun	June 8		JPOL		
Sat	June 14			U16 RCC	
Sun	June 15			U16 RCC	

Empower League

Sun 3/16 @ U of Delaware – U14 & U19
Sat 3/22 @ U of Delaware – U16
Sun 3/23 @ U of Delaware – U14 & U19
Sun 4/6 @ U of Delaware – U16 & U19
Sun 4/13 @ U of Delaware – U14 & U16
Sun 4/27 @ U of Delaware – U14
Sat 5/3 @ U of Delaware – U19
Sun 5/4 @ U of Delaware – U16

U16 JPOL - COMPETITION DATES

Sat 4/12 @ Capelli – U16
Sat 5/10 @ Capelli – U16
Sun 5/18 @ Monmouth – U16 only
Sat 6/7 @ Monmouth – U16 only

RCC Dates

May 3/4 U14 Monmouth University
May 10/11 U19 Monmouth University
June 14/15 U16 Monmouth University

7 v 7 Tournament Dates

April 12th – USTC
April 18/19th – DE Turf
April 26/27th – DE Turf
May 3rd – USTC
May 10th – DE Turf
May 17th – Drexel
May 31st – Drexel or Eastern University

Additional Dates may be added as tournaments are announced!

U14 JPOL - COMPETITION DATES

Sat 4/5 @ Proving Grounds
Sun 5/4 @ Garrison Forest
Sat 5/11 @ Proving Grounds
Sat 6/7 @ Bryn Mawr College OR
Sun 6/8 @ Bryn Mawr College

U16 JPOL ELITE - COMPETITION DATES

Sat 4/12 @ Proving Grounds
Sun 5/4 @ St. Joe's
Sat 5/18 @ Proving Grounds
Sat 6/7 @ St. Joe's

Shooting Star Showdown

April 18/19 U12, U14, U16, U19

Shooting Star Jamboree

April 26/27 U12, U14, U16

Training Dates

Teams playing in June/July will have additional training dates

Highlighted Sundays have no scheduled league games

Sunday	Tuesday	Thursday
N/A	March 11th	March 13th
N/A	March 18th	March 20th
March 23rd	March 25th	March 27th
March 30th	April 1st	April 3rd
April 6th	April 8th	April 10th
April 13th	April 15th	April 17th
Easter	April 22nd	April 24th
April 27th	April 29th	May 1st
May 4th	May 6th	May 8th
N/A	May 13th	May 15th
May 18th	May 20th	May 22nd
N/A	May 27th	May 29th
June 1st	June 3rd	June 5th
June 8th	June 10th	June 12th