



GATEWAY FOOTBALL 2026 - JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 No Workout due to Final Exams	2	3 No Workout Due to GHS Graduation	4 No Workout	5	6
7	8 Position Clinic: D/ST 5:00-6:00pm; Weight Room open 3:30-4:45	9	10 Position Clinic: D 5:00-6:00pm; Weight Room open 3:30-4:45	11 Position Clinic: O 5:00-6:30pm; Weight Room open 3:30-4:45	12	13
14	15 Position Clinic: D/ST 5:00-6:00pm; Weight Room open 3:30-4:45	16	17 Position Clinic: O 5:00-6:00pm; Weight Room open 3:30-4:45	18 Position Clinic: D 5:00-6:30pm; Weight Room open 3:30-4:45	19	20
21	22 Position Clinic: O/ST 5:00-6:00pm; Weight Room open 3:30-4:45	23	24 Position Clinic: D 5:00-6:00pm; Weight Room open 3:30-4:45	25 Position Clinic: O 4:30-6:00pm; Weight Room open 3:00-4:15	26	27
28	29 Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	30	1 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	2 Team Workout: O 4:15 - 6:30pm; Weight Room open 3:00-4:00	3	4
5	6	NOTES				



GATEWAY FOOTBALL 2026 - JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29 Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	30	1 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	2 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	3	4  Monroeville Parade
5	6 Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	7 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	8 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	9 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	10	11
12	13 Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	14 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	15 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	16 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	17	18
19	20 Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	21 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	22 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	23 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	24	25
26	27 Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	28 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	29 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	30 Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	31	1

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NOTES

Passing Scrimmages (7-on-7's) trips TBD. Information/Itineraries will be issued separately.

No Team Activities July 31 -August 9 (except for Senior Cookout); Designed for players to rest/relax prior to start of acclimatization/official practice.



GATEWAY FOOTBALL 2026 - AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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26	27	28	29	30	31	1
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Team Workout: O/ST 4:15 - 6:30pm; Weight Room open 3:00-4:00	Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30	Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	Team Workout: D 4:45 - 6:30pm; Weight Room open 3:30-4:30			
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2	3	4	5	6	7	8
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SENIOR COOKOUT
Itinerary TBA

9	10	11	12	13	14	15
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MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - 4:30PM	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - 4:30PM	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - 2:30PM MEDIA DAY - 3:00	
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16	17	18	19	20	21	22
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1st Official Practice:
Schedule TBA

Scrimmage at
Belle Vernon
10:00am

23	24	25	26	27	28	29
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Game 1 (Week 0) vs
Kiski Area

30	31	NOTES
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Breakfast and Lunch will be provided by the GSD at no cost to the players during Heat Acclimatization Week and Preseason Camp.
No Team Activities Friday, July 31 - Sunday August 10 (except for Senior Cookout); this break is designed for players to rest/relax prior to start of acclimatization/official practice.