



GATEWAY FOOTBALL 2026 - JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Position Clinic: O 5:00-6:00pm; Weight Room open 3:30-4:45 @ SC	2	3 No Workout Due to GHS Graduation D/ST 5:00-6:30pm; Weight Room open 3:30-4:45	4 Position Clinic: D/ST 5:00-6:30pm; Weight Room open 3:30-4:45 @GMS	5	6
7	8 Position Clinic: D 5:00-6:00pm; Weight Room open 3:30-4:45 @GMS	9	10 Position Clinic: D 5:00-6:00pm; Weight Room open 3:30-4:45 @GMS	11 Position Clinic: O/ST 5:00-6:30pm; Weight Room open 3:30-4:45 @GMS	12	13
14	15 Position Clinic: D 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/ST 5:00-6:30pm; Weight Room open 3:30-4:45	19	20
21	22 Position Clinic: O 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/ST 4:30-6:00pm; Weight Room open 3:00-4:15	26	27
28	29 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	30	1 Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	2 Team Workout: D 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	30	1	2	3	4
	Team Workout: O 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 4:15 - 6:30pm; Weight Room open 3:00-4:00		
5	6	7	8	9	10	11
	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	Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	Team Workout: D 4:15 - 6:30pm; Weight Room open 3:00-4:00		Independence Day Monroeville Parade
12	13	14	15	16	17	18
	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	7-on-7 @ Mars/North Catholic, McDowell 9:00am; Itinerary	Team Workout: D 4:15 - 6:30pm; Weight Room open 3:00-4:00		
19	20	21	22	23	24	25
	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	Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	Team Workout: D 4:15 - 6:30pm; Weight Room open 3:00-4:00		
26	27	28	29	30	31	1
	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	Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	Team Workout: D 4:15 - 6:30pm; Weight Room open 3:00-4:00		
2	3	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 of acclimatization/official practice.



GATEWAY FOOTBALL 2026 - AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
	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	Team Workout: O 4:45 - 6:30pm; Weight Room open 3:30-4:30	Team Workout: D 4:15 - 6:30pm; Weight Room open 3:00-4:00		
2	3	4	5	6	7	8
			SENIOR COOKOUT Itinerary TBA			
9	10	11	12	13	14	15
	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 - 2:30PM MEDIA DAY - 2:00	
16	17	18	19	20	21	22
	1st Official Practice: Schedule TBA					Scrimmage at Belle Vernon 10:00am
23	24	25	26	27	28	29
					Game 1 (Week 0) vs Kiski Area	
30	31	NOTES				

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/sleep prior to start of acclimatization/official season.