



GATEWAY FOOTBALL 2023 - MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
	Strength Training Speed Drills, Starts Coaches Meet	Voluntary OTA #2- Defense 2:45-4:00	Strength Training Speed Drills, Ladders, Plyos	Strength Training Speed Drills, Agility Stations	Voluntary OTA #3- Offense 2:45-4:00	
14	15	16	17	18	19	20
	Mini Camp Day 1: O 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg.	Mini Camp Day 2: D 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg.	Mini Camp Day 3: O 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg. 4:30-6:15 Field Session	Mini Camp Day 4: D 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg. 4:30-6:15 Field Session		
21	22	23	24	25	26	27
	Mini Camp Day 5: O 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg.	Mini Camp Day 6: D 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg.	Mini Camp Day 7: O 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg.	Mini Camp Day 8: D 3:20-3:30 Team Mtg. 3:35-4:05 Position Mtg.		
28	29	30	31	1	2	3
		FINAL EXAMS - NO TEAM ACTIVITIES	FINAL EXAMS - NO TEAM ACTIVITIES			
4	5	NOTES				



All Team Meetings will be in the LGI. Position Meeting locations will be assigned on Day 1 (offensive position groups) and Day 2 (defensive position groups)




GATEWAY FOOTBALL 2023 - JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
		FINAL EXAMS - NO TEAM ACTIVITIES	FINAL EXAMS - NO TEAM ACTIVITIES	FINAL EXAMS - NO TEAM ACTIVITIES		
4	5	6	7	8	9	10
	Position Clinic: O 10:00-11:00am; Weight Room open until 1:00pm		Position Clinic: D 10:00-11:00am; Weight Room open until 1:00pm	Position Clinic: O 10:00-11:00am; Weight Room open until 1:00pm		
11	12	13	14	15	16	17
	Position Clinic: D 10:00-11:00am; Weight Room open until 1:00pm		Position Clinic: O 10:00-11:00am; Weight Room open until 1:00pm	Position Clinic: D 10:00-11:00am; Weight Room open until 1:00pm		
18	19	20	21	22	23	24
	Position Clinic: O 10:00-11:00am; Weight Room open until 1:00pm		Position Clinic: D 10:00-11:00am; Weight Room open until 1:00pm	Position Clinic: O 10:00-11:00am; Weight Room open until 1:00pm		
25	26	27	28	29	30	1
	Position Clinic: D 10:00-11:00am; Weight Room open until 1:00pm		Position Clinic: O 10:00-11:00am; Weight Room open until 1:00pm	Position Clinic: D 10:00-11:00am; Weight Room open until 1:00pm		
2	3	NOTES				



GATEWAY FOOTBALL 2023 - JULY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
25		26	27	28	29	30	1	
2		3	4	5	6	7	8	
		Team Workout: O 10:00 - 11:45am; Weight Room open until 1:00pm	 INDEPENDENCE DAY	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: O 10:00 - 11:45am; Weight Room open until 1:00pm		
9		10	11	12	13	14	15	
		Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: O 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm			
16		17	18	19	20	21	22	
		Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: O 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	7-on-7 @ Upper St. Clair vs USC, Mars. Clairton, Chartiers Valley and OLSH			
23		24	25	26	27	28	29	
		Team Workout: O 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: D 10:00 - 11:45am; Weight Room open until 1:00pm	Team Workout: O 10:00 - 11:45am; Weight Room open until 1:00pm			
30		31	NOTES					

Passing Scrimmages (7-on-7's) trips TBD. Information/Itineraries will be issued separately. No Team July 28 - August 6 (except for Senior Cookout); Designed for players to rest/relax prior to start of acclimatization/official practice.



GATEWAY FOOTBALL 2023 - AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
			SENIOR COOKOUT Itinerary TBA			
6	7	8	9	10	11	12
	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDATORY PIAA HEAT ACCLIMATIZATION: 7:30AM - NOON	MANDAJAJUKI PIAA HEAT ACCLIMATIZATION: NOON - 2:30PM MEDIA DAY - 3:00	
13	14	15	16	17	18	19
	1st Official Practice: Schedule TBA					Scrimmage vs Belle Vernon 10:00am
20	21	22	23	24	25	26
					Game 1 (Week 0) vs Mt. Lebanon	
27	28	29	30	31	1	2
3	4	NOTES				

No Team Activities Friday, July 28 - Sunday August 6 (except for Senior Cookout); Designed for players to rest/relax prior to start of acclimatization/official practice. Fall Camp Schedule for weeks of 9/15 and 9/22 will be distributed separately.