



Dear Spartans,
Starting May 2nd we will begin taking the field during 7th hour for Spring Football Drills. Each year prior to padded spring football practice, we use two weeks of helmets only practice to install our base offense and defense with our 7th hour athletes.

We are very excited about the nucleus of players we have returning, and the potential and great work ethic of many of our younger athletes.

Last Friday, we hosted our annual spring open house that many parents attended. It was an opportunity for us to create a competitive environment for our players to test their one rep maxes in the weight room. We believe that putting our athletes on stage in competitive environments allows our athletes to exceed their own expectations.

Brendon Evers, a class of 2017 defensive lineman, is one of those athletes who excels in competitive environments. Brendon demonstrated this by breaking Chandler Miller's long standing Clean record of 345 lbs. Last Friday Brendon hit 350 lbs. That is a personal and school record! Eric Johnson also broke our vertical jump record with 40 inches!

This Saturday, April 30th, we are hosting

LEADERSHIP

5 Levels of Leadership
Taken From 360 degree Leader
By John Maxwell

Level 1: Position- This is lowest level of leadership. Anyone can acquire this position. People follow because they have to.

Level 2: Permission- The leader begins to influence people with relationships, not just position. People do more than comply with orders they begin to follow.

Level 3: Production- Good leaders make things happen. They must get results.

Level 4: People Development- These leaders have the ability to create highly productive teams or departments. The leaders transition from producers to people developers.

Level 5: The Pinnacle- Rare is the leader who reaches level 5. Pinnacle leaders stand out from everyone else. They are a cut above, and they seem to bring success with them wherever they go.

April Update continued from pg. 1

CrossFit style competition that involves four different fitness events throughout the day. Each year we host athletes ranging from the novice weekend warrior to the most elite CrossFit Games competitors. Not only is this great event extremely fun to watch, it has become one of our Quarterback Club's best fundraisers. Proceeds from this event go directly to the Spartan Power House. The Powerhouse is used by all Spartan athletes, and is the best weight room in the state!

Make plans to attend our annual physical night on May 5th. Each athlete must have a physical before the end of school, so that they can participate in spring football practice and SPA (speed, power, agility) camp. Registration and payment for physicals is being done online this year. For registration [click here.](#)

[The 5th Annual Bixby Quarterback Club golf tournament](#) will be Sunday, May 22nd. There will be a 1:30pm shotgun start. Teams and hole sponsors are starting to roll in. Our goal this year is 36 teams and 36 hole sponsors. Players were given a form to solicit either a hole sponsor or a team. Each player that brings a in completed form will receive a custom Under Armour hoody.

Finally, S.P.A. registration is now open. We believe that our Strength and Conditioning program at Bixby is the cornerstone of our success. It has been so fun the last seven years to watch players like Chandler Miller, Brendon Evers, and Cade Cabiness start off as little guys, and grow to break records in our program. You can sign up for [SPA here.](#) It's a great day to be a Spartan!
Sincerely,
Coach Montgomery



Aaron Levin	Andrew Plumlee
Blake Behrens	Brendon Evers
Bret Northrup	Brooks Hassleman
Bryce Bray	Bryce Hendrix
Cade Cannon	Caden Rhine
Chandler Price	Chase McBee
Chris Thomas	Clayton Barbour
Coby Tillman	Cody Adams
Colten Cable	Colton Tafoya
Colyn Farley	Drake Allen
Eric Johnson	Hunter Lowry
Isaac Hernandez	Jake Wright
Joey Homan	Jonathan Wrona
Josh Littlehead	Josh Neerman
Josh Owens	Justin Smith
Kory Soendker	Lance Edwards
Levi Harper	Matt Smith
Nick Carson	Nick Nichols
Nick Swanson	Nick Warren
Pierce Hibblen	Rush Lakin
Ryan Matthews	Isaiah Lakin
Tanner Griffin	Tanner Minick
Trevor Gavin	Tucker Pawley
Tyler Minick	Will Fiser
Zach Taylor	Zi Albert
Cade Cavender	Staton King
Brody Sartin	

Golf Tournament Sign- UP

5th Annual Bixby Spartan Football Golf Tournament
Sunday May 22nd, 2015 1:00pm Shotgun Start
Whitehawk Golf Course

[Sign Up Here!](#)

BIXBY SPARTAN ALL-STATE FOOTBALL

1959	John Porterfield	McKenzie	1993	Tancy Evans	Rick Rogers
1960	Jerry Lawhorn	Snider	1993	Jeremiah Johnston	Rick Rogers
1965	Danny Willis	Snider	1994	Mitch Minik	Rick Rogers
1965	John Giles	James	1995	Jeremy Meadors	Rick Rogers
1967	Roger Dicus	James	1995	Jared Williams	Rick Rogers
1970	Robert Cox	Davis	1996	Jeff Taylor	Rick Rogers
1970	Butch Davis	Davis	2002	Shane Davison	McGrew
1977	Ed Johnson	Graham	2005	Ben Tucker	McGrew
1978	Marshall Goff	Graham	2006	Marshall Fraley	McGrew
1978	Kevin Stringfellow	Graham	2007	Chase Boles	McGrew
1980	Tim Gibbs	Snider	2007	Chris Harris	McGrew
1983	Victor Moore	Snider	2008	Beau Bentley	McGrew
1983	Todd Krehbiel	Snider	2008	Jake Morgan	McGrew
1984	Brad Best	Snider	2009	DeWitt Jennings	McGrew
1986	Roger Gibbs	Koester	2012	DeAndre Jennings	Montgomery
1986	Gill Johnson	Koester	2013	Chandler Miller	Montgomery
1988	Keith Roller	Koester	2013	Matthew Dreyer	Montgomery
1988	Jason Stubbs	Koester	2014	Austin Grotts	Montgomery
1989	Tim Sefcik	Koester	2014	Kyle Rhine	Montgomery
			2015	Cade Cabbiness	Montgomery

Varsity		
8-19-16	Bixby Fall Classic	6:00pm
8-25-16	Yukon Preview @ Yukon H.S.	6:00pm
9-2-16	@ Jenks	7:30pm
9-9-16	@ Bentonville, AR	7:00pm
9-16-16	Vs. Putnam City (Military Appreciation)	7:00pm
9-23-16	Vs. Westmoore	7:00pm
9-30-16	@ Muskogee	7:00pm
10-7-16	Vs. Sapulpa	7:00pm
10-14-16	@ Ponca City	7:00pm
10-20-16	Vs. Bartlesville (Thursday)	7:00pm
10-28-16	@ Tulsa Washington	7:00pm
11-4-16	Vs. Sand Springs	7:00pm
11-11-16	Playoffs 1st Round	TBA
11-18-16	Playoffs Semifinals	TBA
12-2-16	6All State Championship	TBA



Club 300
Mason Yelton- 2012
Chandler Miller- 2013
Jon Kuhn-2013
Matthew Dreyer- 2013
Casey Saied-2014
Brandon Dyson- 2014
Nick Roller- 2014
Brendon Evers- 2014
Kress Woodward- 2015
Jake Spriggs- 2015
Pierce Hibblen- 2016
Coby Tillman- 2016

S.P.A.
SPEED-POWER-AGILITY
 June 13th-August 3rd 2016
[Signup Here](#)

TESTING RESULTS

Back Squat		
1	Evers, Brendon	570
2	Hibblen, Pierce	545
3	Edwards, Lanceton	500
4	Tillman, Coby	500
5	Levin, Aaron	485
6	Minick, Tanner	455
7	Cannon, Cade	435
8	Minick, Tyler	435
9	Nichols, Nick	435
10	Hasselman, Brooks	425

Bench Press		
1	Neerman, Josh	335
2	Evers, Brendon	285
3	Adams, Cody	275
4	Matthews, Ryan	270
5	Hibblen, Pierce	265
6	Warren, Nicholas	265
7	Cannon, Cade	255
8	Tillman, Coby	255
9	Edwards, Lanceton	245
10	Hendrix, Bryce	245

10 Yard Dash		
1	Behrens, Blake	1.42
2	Johnson, Eric	1.46
3	Vela, Andrew	1.48
4	Davis, Jordan	1.52
5	Levin, Aaron	1.52
6	Stephens, Cameron	1.53
7	Hendrix, Bryce	1.54
8	Plumlee, Andrew	1.54
9	Barber, Clayton	1.55
10	Madison, Jaylin	1.57

Power Clean		
1	Evers, Brendon	350
2	Hibblen, Pierce	300
3	Tillman, Coby	300
4	Levin, Aaron	290
5	Neerman, Josh	285
6	Adams, Cody	275
7	Hasselman, Brooks	275
8	Hendrix, Bryce	275
9	Lakin, Samuel	275
10	Matthews, Ryan	275

40		
1	Taylor, Zachary	4.58
2	Riddle, Zachary	4.6
3	Vela, Andrew	4.68
4	Johnson, Eric	4.69
5	Barber, Clayton	4.72
6	Matthews, Ryan	4.72
7	Behrens, Blake	4.75
8	Griffin, Tanner	4.78
9	Hendrix, Bryce	4.8
10	Cannon, Cade	4.83

Broad Jump		
1	Behrens, Blake	118
2	Hendrix, Bryce	111
3	Barber, Clayton	110
4	Davis, Jordan	110
5	Tafoya, Colton	110
6	Matthews, Ryan	109
7	Taylor, Zachary	109
8	Vela, Andrew	108
9	Riddle, Zachary	107
10	Hasselman, Brooks	106

Pro Agility		
1	Taylor, Zachary	4.13
2	Riddle, Zachary	4.3
3	Behrens, Blake	4.33
4	Hernandez, Isac	4.33
5	Pawley, Tucker	4.33
6	Tafoya, Colton	4.38
7	King, Staten	4.39
8	Northrup, Bret	4.42
9	Calton-Watkins, Eric	4.44
10	Barber, Clayton	4.45

Vertical Jump		
1	Johnson, Eric	40
2	Davis, Jordan	35.3
3	Madison, Jaylin	34
4	Vela, Andrew	33.9
5	Behrens, Blake	33.1
6	Tafoya, Colton	33.1
7	Taylor, Zachary	32.5
8	Matthews, Ryan	32
9	Harlan, Tyler	31.8
10	Riddle, Zachary	31.3