

COACH SPEAK APRIL 2017

**MISSION:
BIXBY SPARTAN FOOTBALL WILL BE RESPECTED
AS THE VERY BEST PROGRAM IN 6A
AT DEVELOPING YOUNG MEN.**



Dear Spartans,

Starting May 1st 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 quality of players we have returning, as well as the number of players on our roster. Our student athletes have been working with great passion, and are poised for a great spring practice.

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.

After last week's testing, it appears that we will have our strongest team ever at Bixby. In 2010, when we arrived in Bixby, we had 8 players in Club 225. After last week's testing, it appears we should have eight or nine players cleaning over 300 pounds by the conclusion of S.P.A.! Our average squat has also increased from 266 to 341 in just 3 years. We credit this increase to our athletes consistently training in S&C class the entire year.

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LEADERSHIP COUNCIL

7 Leadership Myths John Maxwell

Position Myth- The number one misconception people have about leaders is the belief that leadership comes simply from having a position or title.

Destination Myth- Those who believe the destination myth might say, "When I get to the top, then I'll learn to lead."

Influence Myth- Those who believe the influence myth might say, "If I were on top, then people would follow me."

Inexperience Myth- Although the desire to improve an organization and the belief that you're capable of doing it are often the marks of a leader, without experience being the top person in an organization, you would likely overestimate the amount of control you have at the top.

Freedom Myth- Those who believe the freedom myth might say, "When I get to the top, I'll no longer be limited."

Potential Myth- Someone who believes the potential myth would say, "I can't reach my potential if I'm not the top leader."

All or Nothing Myth- Someone who believes the all-or-nothing myth might say, "If I can't get to the top, then I won't try to lead."

April Update continued from pg. 1

This Saturday, April 29th, we are hosting the fourth annual Spartan Challenge. The Spartan Challenge is a 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 4th. 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 6th Annual Bixby Quarterback Club golf tournament](#) will be Sunday, May 21st. 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 in a completed form will receive a custom Under Armour backpack.

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 Tanner Griffin 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



Bryce Bray	320	Colyn Farley	245
Coby Tillman	315	Tyler Harlan	245
Isaiah Lakin	300	Trevor Hock	245
Zi Albert	300	Josh Owens	245
Noah West	290	Caden Rhine	245
Hayden Haynes	290	Brody Sartin	245
Tucker Pawley	285	Jake Savage	245
Bryce Hendrix	285	Derek Van Dyke	245
Colten Cable	275	Eric Calton-Watkins	235
Colton Tafova	275	Jake Wright	235
Cade Cavender	275	Kory Soendker	235
Andrew Plumlee	275	Will Thomas	235
Isac Hernandez	265	Staton King	225
Tallon Javersak	265	Moises Martinez	235
Bret Northrup	265	Zeke Upshaw	235
Lawrence Bright	260	Caleb Besmer	225
Clayton Barbour	255	Samuel Sherman	225
Trevor Gavin	255	Kobe Lakin	225
Carter Mcamis	255	Guillermo Ramirez	225
Trev Riley	255	Joe Wood	225
TJ Stone	250	Cameron Stephens	225
Caden Rhine	245	Dalton Haynes	225
Blake Behrens	245	Stephen Dreyer	225



GOLF TOURNAMENT SIGN-UP

6th Annual Bixby Spartan Football Golf Tournament
Sunday May 21st, 2017 1:30pm Shotgun Start
Whitehawk Golf Course
[Sign Up Here!](#)

BIXBY SPARTAN FOOTBALL OSSAA ALL-STATERS

YEAR	PLAYER	COACH	YEAR	PLAYER	COACH
1958	Mark Gibson	Red Rogers	1993	Jeremiah Johnston	Rick Rogers
1959	John Porterfield	McKenzie	1994	Mitch Minik	Rick Rogers
1960	Jerry Lawhorn	Snider	1995	Jeremy Meadors	Rick Rogers
1965	Danny Willis	Snider	1995	Jared Williams	Rick Rogers
1965	John Giles	James	1996	Jeff Taylor	Rick Rogers
1967	Roger Dicus	James	2002	Shane Davison	McGrew
1970	Robert Cox	Davis	2005	Ben Tucker	McGrew
1970	Butch Davis	Davis	2006	Marshall Fraley	McGrew
1977	Ed Johnson	Graham	2007	Chase Boles	McGrew
1978	Marshall Goff	Graham	2007	Chris Harris	McGrew
1978	Kevin Stringfellow	Graham	2008	Beau Bentley	McGrew
1980	Tim Gibbs	Snider	2008	Jake Morgan	McGrew
1983	Victor Moore	Snider	2009	DeWitt Jennings	McGrew
1983	Todd Krehbiel	Snider	2012	DeAndre Jennings	Montgomery
1984	Brad Best	Snider	2013	Chandler Miller	Montgomery
1986	Roger Gibbs	Koester	2013	Matthew Dreyer	Montgomery
1986	Gill Johnson	Koester	2014	Austin Grotts	Montgomery
1988	Keith Roller	Koester	2014	Kyle Rhine	Montgomery
1988	Jason Stubbs	Koester	2015	Cade Cabbiness	Montgomery
1989	Tim Sefcik	Koester	2016	Tanner Griffin	Montgomery
1992	Jimmy Roller	Rick Rogers	2016	Brendon Evers	Montgomery
1993	Tancy Evans	Rick Rogers			

2017 FOOTBALL SCHEDULE

8/18/17	Bixby Fall Classic -H	TBA
8/24/17	Spingdale Har-Ber Scrimmage (Har-Ber, Little Rock North, Bentonville)- A	TBA
9/1/17	Jenks - H (Military Night)	7:00pm
9/8/17	Bentonville - H (WIN WIN)	7:00pm
9/14/17	Putnam City - A (Thursday)	7:00pm
9/22/17	Westmoore - A	7:00pm
9/29/17	Muskogee - H (All-School HOCO)	7:00pm
10/6/17	Sapulpa - A	7:00pm
10/13/17	Ponca City - H (Hall of Fame)	7:00pm
10/19/17	Bartlesville - A (Fall Break)	7:00pm
10/27/17	Booker T. Washington - H (SENIOR NIGHT)	7:00pm
11/3/17	Sand Springs - A	7:00pm



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
 Bryce Bray- 2016
 Isaiah Lakin- 2017
 Zi Albert- 2017

S.P.A.
 SPEED-POWER-AGILITY
 June 12th-August 2nd 2016
[Signup Here](#)



Back Squat			Bench Press			Power Clean		
1	Tillman, Coby	600	1	Javersak, Tallon	315	1	Bray, Bryce	320
2	Javersak, Tallon	550	2	Albert, Zachariah	300	2	Tillman, Coby	315
3	Bray, Bryce	540	3	Tillman, Coby	300	3	Lakin, Samuel	300
4	Thomas, Will	500	4	Gavin, Trevor	295	4	Haynes, Hayden	290
5	Mcamis, Carter	485	5	Ramirez, Guillermo	295	5	West, Noah	290
6	Hock, Trevor	475	6	Bray, Bryce	285	6	Pawley, Tucker	285
7	Gavin, Trevor	455	7	Mcamis, Carter	285	7	Albert, Zachariah	275
8	Griffin, Vic	455	8	Lakin, Samuel	275	8	Cable, Colton	275
9	Lakin, Samuel	450	9	Olivas, Abel	275	9	Cavender, Cade	275
10	Pawley, Tucker	445	10	Bright, Lawerance	270	10	Hendrix, Bryce	275