

COACH SPEAK FEBRUARY 2017

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



Dear Spartans,

As we head into March, we are wrapping up a very exciting first couple of months of the off-season. Preparation for the 2017 season is in full swing. Our coaching staff is very optimistic due to our athlete's purposeful work ethic.

Our players' body compositions are beginning to change during the early stages our hypertrophy training. This phase of our training is very grueling in the weight room, as the volume and time under tension are very high.

We recently had 4 seniors sign National Letters of Intent to extend their athletic careers. We would like to congratulate Brendon Evers, Tanner Griffin, Nic Swanson, and Jay Campbell on their decision to play collegiate athletics.

During the last two seasons we have put a huge emphasis on leadership training. In 2016 we began meeting with our player led Leadership Council. In the movie Remember the Titans, Julius says to Gary, "attitude reflects leadership", and we believe that good leaders can be nurtured and developed.

The months of January and February are huge months for our coaches to improve and develop. Continuous improvement is one of our core values, and that applies to our coaching staff as well. We recently hosted our 7th annual Wednesday night free clinic at Bixby High School. There were over

(Continued on Page 2 Feb. Update)

2017 Signing Day



Brendon Evers
Defensive Line
Oklahoma State



Tanner Griffin
Baseball
Oklahoma State



Nic Swanson
Baseball
Seminole State



BAKER
UNIVERSITY

Jay Campbell
Kicker
Baker University



February Update continued from pg. 1

70 football coaches from all over the state who came to listen to our speakers. This year Brian Norwood([bio](#)) and Aaron Fletcher([bio](#)) from the University of Tulsa spoke on defensive back technique and drills. Our offensive speaker was David Alexander([bio](#)) from Broken Arrow High School who spoke on using multiple tight ends.

Additionally, our staff has attended several coaching clinics on the weekends, and has networked with some of the best football coaches in the United States. Many of our coaches will attend spring practices at our local universities, and meet with area high school staffs as well. We feel that is important that everyone in our program is constantly trying to improve and find better methods to achieve our team goals.

Our 8th annual Foundations program is up and running. We have a middle school session and an elementary session for both age groups of students. Workouts take place on Monday, Tuesday, and Thursdays. Our Foundations program teaches our athletes proper movement patterns, and begins to immerse our athletes into a culture of strength, health, and leadership at an early age.

Finally, the spring semester is a very busy time for our football program. Please always refer to our calendar that is posted on our website. We will keep the updated [calendar here](#) so you can see what is coming up, and any changes that have been made. We encourage everyone to schedule summer vacations on our week off if possible. This allows consistent attendance for our athletes. Please consider being active with our Quarterback Club and finding a way to be active in our program. It's a great day to be a Spartan!

Sincerely,
Coach Montgomery

SAVE THE DATE



6th Annual QBC Golf Tournament
Sunday May 21st, 2017
1:30pm Shotgun Start
[Sign Up Here](#)

2016 BIXBY OCA ALL-STATE FOOTBALL



EAST ALL-STATE TEAM

Tanner Griffin- [Offense](#)

Brendon Evers- [Defense](#)

6A ALL-STAR BY CLASS

Nic Swanson- [Wide Receiver](#)

Brendon Evers- [Defensive Line](#)

Tanner Griffin- [Quarterback](#)

Get End of Season Highlight Videos [Here!](#)



3PEAT
STATE CHAMPIONS
2014-2015-2016

OUR COACHES: PUMP UP VIDEOS BY GREN GRAYE
VIDEO BY: FREDDY COYNE
AUDIO BY: COURAGE UNDER FIRE
VIDEO BY: NEVER GIVE UP
AUDIO BY: I AM THE DANGER
VIDEO BY: LOOKING FOR NEW BLOOD
AUDIO BY: FIGHT FOR YOUR BROTHERS
VIDEO BY: START WITH A BANG
VIDEO BY: BEAT BRATTLESVILLE
VIDEO BY: WVV III

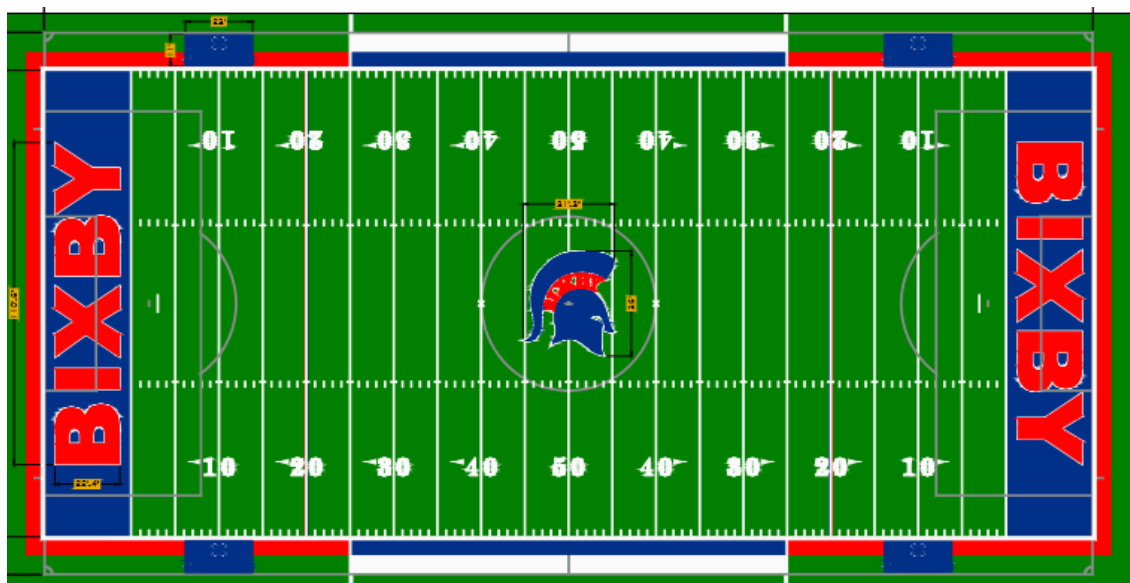
AVAILABLE NOW
RICHBOYGF.COM

VIDEO BY: BLOW YOUR MIND
AUDIO BY: WHEN DEAFNESS...YOU AFFORD?
VIDEO BY: EXCELLENCE
VIDEO BY: TAKE STATE
3PEAT VIDEO

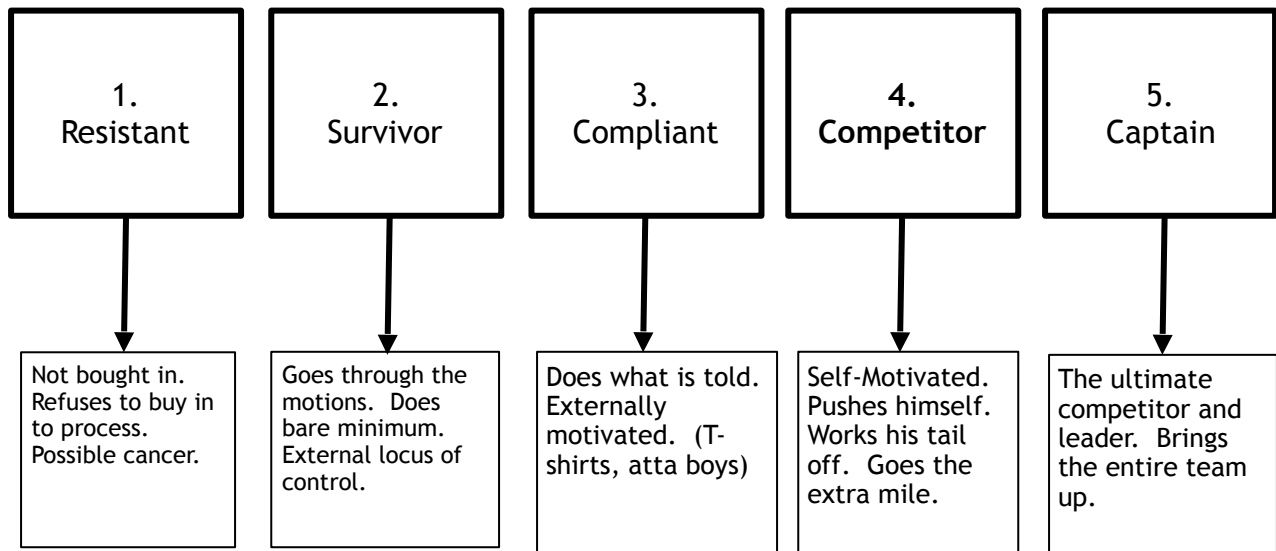
BIXBY SPARTAN ALL-STATE FOOTBALL

| 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 | | | |

New Turf!!!! Thanks to all of our patrons for passing our most recent bond. Bids were recently secured for turf replacement at Lee Snider Field and we expect our turf to be replaced by May



Leadership Council Commitment Continuum



Golf Tournament Sign Up ([Link](#))

BIXBY QUARTERBACK CLUB

6th ANNUAL

GOLF SCRAMBLE

**SUNDAY
MAY 21ND, 2017**

**WHITEHAWK
GOLF COURSE**



**TEAM
SIGN-UP
FORM**

**LUNCH & SIGN-IN
12:00
RANGE BALLS
12:45
SHOT GUN START
1:30**