



Coach Speak

January 2013 Monthly Newsletter to Parents and Boosters

Vision: Bixby Spartan Football will be respected as the very best program in 6A at developing young men.

Dear Spartan Football Family,

The second semester is off to a great start. Our athletes are not only thriving in the weight room, many of them are dominating in other sports. Nic Roller, Kaiden Hudson, Dylan Thompson, Mason Thompson, and Tyler Womack have all recently placed in area wrestling tournaments! Roller is ranked 8th in the state at 220, Hudson is 10th in the state, and Mason Thompson recently upped his state ranking to 2nd after a dominating win over a highly ranked wrestler. Congratulations to these athletes who are getting it done on the mat!

Last month we highlighted all of our seniors who received All-District football honors, and more recently, several of our athletes have garnered even higher level achievements. DeAndre Jennings was selected to this year's Oklahoma Coaches Association All-State team. This is one of the most highly regarded awards an athlete can receive because he is chosen by a nominated group of Oklahoma coaches who adhere to highly rigorous selection criteria of film, statistics, and character. Also honored were Dillon Hood and Mason Yelton. These two Spartans were elected to the 6A All-Star by class team. Finally, Junior Chandler Miller was invited to the Army All-American combine and was recognized as an Honorable Mention offensive lineman.

We would like to thank our wonderful Quarterback Club for recently allowing us fly in Coach Clayton Oyster of Iowa State University. Coach Oyster is a strength coach for the Cyclones and is one of the most highly regarded speed coaches in the country. Coach Oyster spent the entire weekend with our staff implementing speed programming for our athletes. You may have heard your children talking about many of the new drills we have been incorporating into our speed and strength programs.

Coming up soon we will be beginning our annual Foundations Speed and Strength program for middle school males and females. Beginning February 4th we will provide transportation from the middle school to the Home of the Spartans on Monday, Tuesday, and Thursday so that these athletes can begin to develop the skills they will need to maximize their athletic ability. If you haven't received the signup form, please email Coach Gaylor at ggaylor@bixbyps.org.

During the next few weeks we will be taking our athletes who are currently in off-season to some power lifting meets so that they can compete and "perform" some of the lifts we have been emphasizing in our



weight room. We will take a team of our 8th and 9th graders to the annual Hilldale Power Lifting Meet in Muskogee on Thursday January 24th, and our 10th-12th graders on Friday January 25th. During February we will take them to the regional meet and then hopefully the state power lifting meet in March.

Excitement is building about the wonderful team we have coming back next year. Folks around town are excited about the number of returning starters we have, and many of the talented young players coming through the system. The numbers of our second sport athletes taking advantage of our 7:30 a.m. lifting group continues to increase, and our players in off-season continue to grow and set new personal records.

We truly appreciate all the support everyone gives to our program, and can't wait for all the wonderful things to come. Please continue to support your athletes, and you are truly helping the Spartans become respected as the very best program in 6A at developing young men!

2012 Club 225 Members

Chandler Miller- 305	Mason Yelton- 300	Matthew Dreyer- 290
John Kuhn- 275	Jake Castillo- 265	Dillon Hood- 265
DeAndre Jennings- 255	Casey Saied- 255	Kaiden Hudson- 250
Caden Gacek- 245	Andrew Pence- 245	Chase Qualls- 245
Mason Thompson- 235	Dylan Thompson- 230	Ethan Bales- 225
Marcus Jordan- 225	Jesse Price- 225	Jake Schnare- 225
A.J. Harbin- 225	Zack Castillo- 225	Dylan Trudell- 225
Nic Roller- 225	Rex Steward- 225	Beaude Clark- 225
J.W. Roye- 225	Brandon Turney- 225	Zac Stephens- 225
Max Whitney- 225	Grady Hanifin- 225	

Yours in Spartan Football,

Coach Montgomery