

**COACH
SPEAKS**

JAN./FEB.

2016

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

2014 & 2015

BIXBY

SPARTANS

6A2 STATE CHAMPS

2015 SIGNING DAY

Dear Spartans,

Second semester is off to a great start, and there is so much going on here at Bixby High School. Preparation for the 2016 season is going strong, our players are excelling in their second and third sports, and our team is still being recognized for the great finish to the 2015 season.

We have recently started a leadership council to be even more deliberate about how we develop leaders within our program. All seniors and a handful of underclassmen have been selected to attend our leadership council meetings; however, we have an open door policy. We want any of our athletes who want to learn more about leadership to attend our council meetings. We believe that this increased focus on leadership will better prepare our young men to make the difficult decisions high school students are faced with today.

We recently were invited to the State Capitol by Senator Mike Mazzei. The 2015 State Championship teams were honored both on the Senate and House floor. It is quite an experience for our young men to observe what goes on in our State Capitol this time of year!

We had many athletes do very well at our first powerlifting competition of the year. We attended the New Castle Powerlifting Meet on February 19th. We took about 40 athletes who competed in the Squat, Bench, and Deadlift. (Continued on Page 2 Feb. Update)



Cade Cabbiness
Baseball
Seminole State



Breydon Daniel
Baseball
Seminole State



Nic Roller
Football
Missouri Southern



Kress Woodward
Football
Central Oklahoma



Oliver Pate
Football
Central Oklahoma



Jordan Harbin
Football
Northeastern A&M

February Update continued from pg. 1

On February 3rd, we had 6 athletes sign letters of intent on National Signing Day. We are very proud that many of our athletes are recruited to extend their athletic careers in college.

What a great opportunity to build new relationships and to help offset the high price of college.

Baseball and track are also ramping up with pre-season scrimmages and indoor meets. It is great to see so many of our Bixby Athletes playing multiple sports. We love watching our students compete!

Our Foundations program is up and running. We have two sessions on Monday, Tuesday and Thursday. The first session is for 7th and 8th graders, and the second session is for 3rd-6th graders. Our foundations program teaches athletes proper movement patterns, and begins to immerse our athletes into a culture of strength, health, and leadership at an early age.

Our offseason football only athletes are finishing up an 8 week hypertrophy phase in the weight room designed to increase size and lean mass. During our next phase we will move more towards a power bias, and begin implementing our speed training. Please make sure your son or daughter is getting the "Championship Inventory" each day. This consists of breakfast, eight hours of sleep, and a gallon of water each day.

Finally, the spring semester gets very busy for our football program. We encourage everyone to get on our website, Facebook, or Twitter to keep up with our [calendar](#) and all the wonderful activities within our program! It's a great day to be a Spartan!

Sincerely,
Coach Montgomery

Fall 2015 Academic Top 10

- Caleb Besmer- 4.0
- Andrew Dreyer- 4.0
- Coby Tillman- 4.0
- Phillip Tyree- 4.0
- Zi Albert- 3.857
- Drake Allen- 3.857
- Zach Riddle- 3.857
- Cade Cabbiness- 3.833
- Jed Stinson- 3.833
- Jared Kerr- 3.833

2014 BIXBY OCA ALL-STATE FOOTBALL



EAST ALL-STATE TEAM

- [Cade Cabbiness- WR](#)

6A ALL-STAR BY CLASS

- [Connor Walker- DB](#)
- [Cade Cabbiness- WR](#)

SAVE THE DATE

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

Players will be signing up hole sponsors and teams soon!

BIXBY SPARTAN ALL-STATE FOOTBALL

| YEAR | PLAYER | COACH | YEAR | PLAYER | COACH |
|------|--------------------|------------|------|-------------------|-------------|
| 1958 | Mark Gibson | Red Rogers | 1992 | Jimmy Roller | Rick Rogers |
| 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 |



Good Luck Coach Hicks!

We would like to thank Coach Travis Hicks for pouring his heart and soul into Bixby Spartan Football the past 6 years. Coach Hicks has accepted a position as a pharmaceutical representative, and will be leaving us soon. We wish Travis and Alyssa the best of luck in this new Chapter of their life.