



Coach Speak

March 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,

It's a great day to be a Spartan! We would like to congratulate our Boys swimming team on winning another State Championship! Also, we are so proud of our girls' basketball team for making a great run for the gold ball! Unfortunately they came just short of their goal of winning the gold ball, but we are proud of their State Runner-up finish in Oklahoma's largest class of Basketball. Recently, we took 14 of our off-season football players to the NE Regional Powerlifting meet, and almost every one of our guys hit a new personal record on their lifts. Three lifters qualified for the State Powerlifting meet. These athletes are:

145- (Fr) Broderick Hood (At Large Bid)	325 Squat, 185 Bench, 370 Deadlift
HWT- (So) J.W. Roye (4th Place)	510 Squat, 225 Bench, 485 Deadlift
HWT- (Jr) Chandler Miller (2nd Place)	525 Squat, 315 Bench, 560 Deadlift

This week is also a "competition" week in our weight room. We have had several new additions to "CLUB 225"! Among those are Oliver Pate, Jordan Johnston (JoJo), and Austin McPherson. Furthermore, Chandler Miller has continued to break several **All-Time Spartan** weight room records. Chandler recently hit a [525 lb. squat](#) in competition, and just yesterday broke his old record of 315 on the clean by hitting a personal and Spartan record of 335 lbs! Congratulations to these athletes for demonstrating consistency, hard work, and willingness to compete in all phases of their lives.

You may have noticed that our website has been under construction for some time. We have partnered with another vendor to upgrade our website, and we have recently rendered the new front page of the site. The information is currently being added to the site, and will be updated regularly. We love the new sharp look, and the new Spartan theme! If you have a chance, check it out at www.bixbyspartanfootball.com. Frequently refresh your browser to see all of the information that is being uploaded.



We would like to remind everyone about the Quarterback Club Meeting this Wednesday (3-13-2013 @ 6:30). There are some very important agenda items. We will discuss the calendar for the upcoming season, discuss the 6A split proposals, Spring Football, Scholarships, our new website, May 18th Golf Tournament, and many other exciting topics.

With daylight savings going into effect, it is starting to feel like spring! Beginning in May, we will begin helmets only spring practice, followed up by full-pad spring practice starting Monday May 13th. The OSSAA mandates that teams wait until after the state baseball and track meets before allowing teams to begin full-pad spring practices. We will culminate our spring drills with our annual Spring Game on May 23rd at 6:00 P.M. before taking a long weekend and then heading to team camp May 28th-31st. We will take the week of June 3rd-June 7th off, and then begin S.P.A. (Speed, Power, Agility) camp June 10th.

With all of the busy spring activities starting up, we must encourage our student athletes to narrow down their focus and work to keep those great grades in the classroom. Every two weeks we are doing a “Champions Club” check on our players. Those players who have perfect attendance, no missing work, and a C or better in all subjects are part of our “Champions Club”. These players get special privileges and honors for their dedication and consistency. Below is a list of our most recent “Champions Club” members:

“Champions Club” 3-8-2013		
#1 Kyle Rhine	# 4 Jake Spriggs	#6 Blake Cooper
#7 Casey Saied	#8 Austin Grotts	#9 Marshall Ray
#11 Cole Garland	#12 Clayton Oliver	#13 Blake Kirk
#16 Cade Cabiness	#17 Brandon Newman	#18 Parker Jennings
#19 Brandon Turney	#20 Conner Walker	#22 Grady Hanifin
#24 Alex Poyner	#27 Nathan Winters	#33 Nic Roller
#34 Ryan King	#37 Gabe West	#38 John Nipps



#39 Adrian Mica	#40 Jared Kerr	#45 Jacob Hudelson
#49 Daniel McEwen	#51 Peyton Reichert	#52 Beaudé Clark
#53 Jacob Strider	#55 Luke Schnare	#58 Bruce Williams
#59 Miller Palmer	#63 Grant Simmons	#64 Jordan Johnston
#66 Grant Wilson	#70 Matt Dreyer	#72 Max Whitney
#75 Matt Iden	#76 Brandon Dyson	#77 Chandler Miller
#82 Philip Tyree	#86 Dylan Gaylor	#87 Aaron Raynor
#88 Anthony Armour	#89 Breyden Daniel	

As you can see, our athletes are getting it done in the classroom and in athletics! We are very proud of the progress our young warriors are making in all phases of their lives.

Speaking of warriors, I recently had the opportunity to meet with Phil Sallee and Jeff Berg of New Beginnings to discuss “Agoge”, the rearing process of young “Hoplites” in ancient Sparta. The young Spartan’s training was focused on the following key components: Stealth, Loyalty, Military, Pain Tolerance, Hunting, Dancing, Singing & Communication (speaking, reading & writing). The “Agoge” seems ironically similar to many of the qualities we feel football teaches our young student athletes....

It’s a great day to be a Spartan!

Sincerely,

Coach Montgomery