



Coach Speak- May 2014

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

Dear Spartan Faithful,

It is hard to believe that the end of the school year is already upon us. We officially began spring practice Monday May 19th with 85 players on our roster. We have a total of 26 seniors heading into our 2014 campaign! We are very optimistic about our 2014 Spartans!

During spring practice we are evaluating many of our players at more than one position. Our ultimate goal is to get our very best eleven players on the field at one time while minimizing the amount of players that can contribute to winning ball games. We feel that we can be our best when we platoon our players and focus their time and attention on one side of the ball.

During spring practice, we will practice each of our special teams in depth. Coach Hicks is our Special Teams Coordinator, and he will dedicate at least 2 practices to each special teams unit during the spring. Coach Hicks prefers to practice at least 3 players deep at each special team position. This allows us to have depth throughout the Varsity and Junior Varsity seasons.

With the end of the school year comes Spring weight room testing. This year was an exceptional off-season that included Brandon Dyson setting a new Spartan record on the squat, and having a record 3 athletes join the

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D.I.S.C.

By now hopefully everyone involved in our program has heard or seen the acronym D.I.S.C. D.I.S.C. is an acronym for our four core values in Bixby Spartan Football. We believe that our players must embrace these four core values on and off the field in order for them to become better young men. We believe that the sport of football is second only to parental influence for its unique ability to shape young people's dedication, work ethic, and ability to work with others.

This spring, we have been focusing on developing leaders on our team. The qualities of great leaders that we have been focusing on include:

Positive Influence: Do not tear down others, lead with the right intent and attitude

Respect: True admiration for all teammates, coaches, authority, and opponents; bonding

Humility/Maturity: Always deflect praise to teammates; Positive response to adversity

Mentally tough: Face adversity with a smile; Conquer and dominate every challenge

Work Ethic: Do every rep correctly plus some; Want more from every challenge

Effective Listener: Attentiveness builds trust and compassion with teammates

Buying In To The Program: One team, one heart, one goal, one mission

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300 pound club on the Clean. Our 4x200 meter track team took home a 5th place medal at the state track meet. We are especially proud of our 2-sport track athletes because they continued to train and lift during the entire track season. They were able to do this through our newly offered S&C class offered throughout the school day. This is something that we will continue to encourage for all athletes at Bixby High School for the upcoming school year.

We are very proud of our offensive coordinator Tyler Schneider for his efforts organizing the first ever "Spartan Challenge" Crossfit style competition at our new Power House training facility. The event was a huge success, and the Quarterback Club was able to raise nearly \$5,000 for upgrades and improvements to our weight room!

It is bitter sweet for me to announce that we are losing Coach Pat Kenedy. Coach Kenedy has recently accepted the offensive coordinator position at Westmoore High School. We are very excited that Coach Kenedy will get to advance his career in the coaching profession, but are sad to see such a great coach leave us. Coach Kenedy has done a tremendous job developing a stellar wide receiver corps the last two seasons. Good luck Coach Kenedy!

You may also notice a slightly different look on the defensive side of the ball. Coach Gaylor has joined the Broken Arrow Fire Department; therefore, Coach Flowers will assume the Defensive Coordinator role. Coach Gaylor will still be around in a quality control capacity and assist Coach Hicks in the defensive backfield.

Finally, we want to invite everyone out to our annual Spring Game Friday May 30th. We will begin our scripted scrimmage session at 6:00P.M. Admission is free, but we are asking that everyone bring a case of bottled water or Gatorade as their "admission" to the game. Spring ball will culminate with our 3rd annual golf tournament the next day May 31st with a 1:00 shotgun start! You won't want to miss this event.

Sincerely,
Coach Montgomery

Important Dates:

For a complete calendar click [here](#)

Monday May 26th- Memorial Day (players off)

Tuesday May 27th- 10-12th Grades
Workout/Film/Practice 1pm-5pm.

7-9th Grade skills camp 6pm-8pm

Wednesday May 28th- 10th-12th Grades
Workout/Film/Practice 8pm-12pm

7-9th Grade skills camp 6pm-8pm

Thursday May 29th- 10th-12th Grades
Workout/Film/Practice 8pm-12pm

7-9th Grade skills camp 6pm-8pm

Friday May 30th- Varsity Spring Game 6pm.
(Admission: Case of Water or Gatorade)

Saturday May 31st- 3rd Annual Bixby Spartan
Football Golf Scramble. 1pm at Whitehawk.

Monday June 2nd- Varsity Team Camp begins
in Mustang, OK. 8am-12pm. Leave HOTS
5:30A.M.

7th-9th grade skills camp continues at Bixby 6-
8pm.

Tuesday June 3rd- Varsity Team Camp @
Mustang. 8am-12pm. Leave HOTS 5:30A.M.

7th-9th grade skills camp continues at Bixby 6-
8pm.

Wednesday June 4rd- Varsity Team Camp @
Mustang. 8am-12pm. Leave HOTS 5:30A.M

8th & 9th Grade Free Team camp begins at
Jenks. 6-8pm. (Wednesday & Thursday)

June 9th-13th- OFF (No Football Activities)

Monday June 16th- S.P.A. Begins. 7th-12th
Grades 7am-9am. 1st-6th grade 9-10:30am.

Tuesday June 17th- Mighty Mite Skills Camp
grades 1st-3rd 9-11am.

Tuesday June 17th- Passing League @ Bixby.
Middle school 6pm, High School 7pm.



**3rd Annual Bixby Spartan Football
Golf Scramble
Saturday May 31st, 2014 1PM Shotgun Start
[Click Here for Signup Forms](#)**

NOW AVAILABLE ONLINE!!!!

- 7th-12th Grade S.P.A.- [REGISTER HERE](#)
- 1st-6th Grade S.P.A.- [REGISTER HERE](#)
- Mighty Mite Skills Camp (Grades 1-3)-
[REGISTER HERE](#)
- Eastern OK OL Camp (Grades 7-12)-
[REGISTER HERE](#)

2014 [FOOTBALL SCHEDULE](#)

8-22-14	Bixby Fall Classic	TBA
8-28-14	Southmoore Scrimmage	TBA
9-05-14	@ Jenks	7:30
9-12-14	@ East Central	7:00
9-19-14	Vs. Springdale	7:00
9-26-14	Vs. Claremore	7:00
10-03-14	@ Bartlesville	7:00
10-10-14	Vs. Ponca City	7:00
10-16-14	@ Sapulpa (Fall Break)	7:30
10-24-14	@ Booker T. Washington	7:00
10-31-14	Vs. Muskogee	7:00
11-07-14	Vs. Sand Springs	7:00

2014 Squat Leaderboard

Line	Power	Speed
Brandon Dyson- 530	C. Saied/ N. Roller- 500	Jake Spriggs- 430
M. Gist/ O. Pate- 500	Austin Grotts- 455	R. King/R. Matthews/C. Walker- 405
Brendon Evers-490	Daniel McEwen- 435	J. Cantrell/Z. Stephens/ B. Cooper- 365
Z. Brown/J. Johnston/ G. Simmons- 465	Kress Woodward- 430	Justin Williams- 355
Miller Palmer- 425	Cody Adams- 405	K. Rhine- 315

2014 Clean Leaderboard

Line	Power	Speed
Brandon Dyson- 300	Casey Saied- 315	Jake Spriggs- 275
Brendon Evers- 275	Nic Roller- 300	J.J. Cantrell- 255
Jordan Johnston- 265	Kress Woodward- 285	C. Walker/Z. Stephens/R. King- 245
M. Gist/ O. Pate/ M. Whitney- 255	Austin Grotts- 275	Blake Cooper- 235
Zach Brown- 245	Adams/Nipps/McEwen/Shemanske- 255	Kyle Rhine- 230

2014 Bench Press Leaderboard

Line	Power	Speed
Mason Gist- 315	Nic Roller- 300	Jake Spriggs- 280
Zach Brown- 290	Cody Adams- 295	C. Walker/R. Matthews/Z. Stephens/J. Williams- 235
Jordan Harbin- 280	Kress Woodward- 280	J. Cantrell/N. Winters- 225
B. Dyson/O. Pate- 275	Jeff Shemanske- 275	L. Walker/ A. Mica- 220
G. Simmons/J. Stinson- 265	C. Saied/A. Grotts- 255	Ryan King- 210

2014 40 yd. Dash Leaderboard		
Line	Power	Speed
Nick Griffin- 4.87	Nic Roller- 4.62	Cale Mulkey- 4.53
Miller Palmer- 5.0	Casey Saied- 4.78	Zach Stephens- 4.60
Matt Iden- 5.0	Jeff Shemanske- 4.87	Jake Spriggs- 4.60
Rush Lakin- 5.1	Brendon Hahn- 4.94	Mason Marsh- 4.75
Brandon Dyson- 5.2	Cody Adams- 4.97	LaDarren Walker- 4.76
2014 Pro Agility Leaderboard		
Line	Power	Speed
Matt Iden- 4.66	Nic Roller- 4.5	Jake Spriggs- 4.41
Nick Griffin- 4.75	Jared Kerr- 4.5	Adrian Mica- 4.47
Brandon Dyson- 4.78	Kress Woodward- 4.63	Ryan Matthews- 4.53
Miller Palmer- 4.81	Casey Saied- 4.65	Nathan Winters- 4.55
Max Whitney- 5.0	Brendon Hahn- 4.69	Connor Walker- 4.63
2014 Vertical Jump Leaderboard		
Line	Power	Speed
Brandon Dyson- 30.0	Casey Saied- 34.0	Mason Marsh- 30.8
Nick Griffin- 28.8	Daniel McEwen- 28.8	Ryan Matthews- 30.6
Miller Palmer- 25.8	Kress Woodward- 28.7	Jake Spriggs- 30
Rush Lakin- 25.3	John Nipps- 28.3	LaDarren Walker- 29
Grant Simmons- 24.9	Davis Simpson- 28.1	Brandon Newman- 27.9

Spring Recruiting

The spring is a very busy time of year for college recruiters. During the last month, there have been over fifty college football coaches in the office. Many parents want to know about summer camps. If your athlete is interested playing football at a specific school, I would encourage your family to attend a "one day satellite camp" that many schools are combining to do now. Often times these camps are held in large cities such as Dallas or Kansas City, and numerous colleges combine to evaluate prospects. For instance, a camp might have 15 colleges that range from an SEC school to a Division III school. I would not recommend the very expensive 3 day camps. Finally, it is important that your son take the ACT as soon as possible. Many times our athletes put this off, and schools are afraid to evaluate a student athlete without a test score. If you qualify for free or reduced lunch contact the counselors office, and they can give you a waiver for free testing. Below is a list of a few of the programs that have visited our coaches offices this spring:

Northeastern State	University of Oklahoma	Oklahoma State	Sam Houston State
Harvard	Drake	New Mexico	Memphis
NW Louisiana	Westminster College	Northeastern A&M	Tulsa
Pitt State	Missouri State	Navy	Air Force
Bethany	Central Missouri	Harding	Kansas State
Louisiana Monroe	Hendrix	Southeastern OK	Columbia
Stetson University	Princeton	Cornell	Army
Ohio University	East Central OK	Central Oklahoma	Southwestern Ok
Missouri Western	Emporia State	Rhodes College	Southern Nazarene
South Dakota	Oklahoma Baptist	Lindenwood University	Findley University