



Dear Fellow Spartans,
Spring practice is well under way, and our 2017 football team has begun its quest to develop a dominant identity for the upcoming season. The 2017 Spartans are undoubtedly going to be our strongest group of competitors, and hopefully even stronger leaders! It has been great seeing our young men develop not only as players, but as leaders among their peers.

As with all championship teams, there are many great players that are lost to graduation. Spring football practice and team camp are critical for developing and getting quality repetitions for new players. Repetition is the mother of learning, and it is so important that our players get these live reps!

This year the OSSAA has changed spring practice rules. Now we only get 6 full contact practices, and no 2 can be on consecutive days. This has not been a big issue for us since we generally do a ton of individual skills work and limit contact during practice. Another rule change is that we are now only allowed one team camp. We have always only attended one team camp.

This coming week we will travel to Mustang High School for our annual North Metro Team Camp. There will be 17 teams at this year's
(Continued on Page 2 May Update)

2017 OFFSEASON AWARDS
BEST OVERALL:

BEST OVERALL CLEAN: BRYCE BRAY - 320
BEST OVERALL SQUAT: COBY TILLMAN - 600
BEST OVERALL BENCH: TALLON JAVERSACK - 315

BEST POUND FOR POUND:


BEST CLEAN: CADE CAVENDAR - 275
BEST SQUAT: COBY TILLMAN - 600
BEST BENCH: GUILLERMO RAMIREZ - 295

NEW SPARTAN WEIGHTROOM RECORDS:

COBY TILLMAN - 600 (FORMERLY BRENDON EVERS)
CURRENTLY 50 ATHLETES IN CLUB 225
CURRENTLY 3 FEMALE ATHLETES IN CLUB 155
CURRENTLY 2 ATHLETES IN CLUB 300

2017 LIFTER OF THE YEAR:

COBY TILLMAN



BIXBY SPARTANS
STRENGTH & CONDITIONING

May Update continued from pg. 1

camp. The camp allows us to get those quality reps against some of the best players and schemes in Oklahoma. Furthermore, college football coaches from Oklahoma, Wyoming, Oklahoma State, Ohio, and others will be in attendance on the first day of camp.

After Thursday's team camp session on June 1st, we will take our team to Norman to tour the University of Oklahoma's new football facility. Coach Stoops and his staff are so gracious to give our athletes a glimpse into what it is like to be a player at Oklahoma. It has been a tradition of our program to tour the OU or OSU football facilities each year during team camp.

Our 8th and 9th grade teams will host a team camp at Bixby, with Broken Arrow and Jenks, on May 31st and June 1st. It is always fun for our varsity staff to assist Coach Behrens and Coach Rogers during this camp, and see what talent is coming up in our program.

We will begin our S.P.A. program on Monday, June 12th. Camp days are Monday-Thursday. Our strength program at Bixby is among the best in the country. Each year we continue to find ways to make improvements to our program. Recently the Quarterback Club purchased TRX straps that Coach Gilligan is using as a training device that can reduce injury on the field. Please encourage your child to have perfect attendance during SPA. Last year we had 16 varsity athletes who were 100 percenters!

Finally, we have a busy summer planned. Please encourage your child, and find a way to be involved in the Quarterback Club!

Sincerely,
Coach Montgomery

2017 MUSTANG HIGH METRO TEAM CAMP



MAY 31ST - JUNE 2ND

- BIXBY
- MUSTANG
- EDMOND SANTA FE
- MIDWEST CITY
- BISHOP MCGUINNESS
- SOUTHMOORE
- MOORE
- LAWTON MACARTHUR
- SHAWNEE
- OKC DOUGLAS
- OKLAHOMA CHRISTIAN
- DICKSON
- WESTMOORE
- DIBBLE
- BROKEN BOW
- NEWCASTLE
- HOLDENVILLE



We would like to thank everyone who participated in the 6th Annual QBC Golf Tournament. A special Thanks to Lisa Owens for organizing such a great event!

SPEED * POWER* AGILITY

Signups for Bixby Spartan Summer Camps are open. Signup, Register, and get all the info you need by clicking

[HERE.](#)



Andrew Plumlee	Colten Cable	Kobe Williams	Trevor Hock
Blake Behrens	Colton Tafoya	Kordel Tyler	Trey Riley
Brendon Ashmore	Colyn Farley	Lawrence Bright	Tucker Pawley
Bret Northrup	Dalton Haynes	Logan York	Tyler Harlan
Brody Sartin	Derek Van Dyke	Moises Martinez	Will Thomas
Bryce Bray	Eric Calton-Watkins	Nick Wedel	Zach Riddle
Bryce Hendrix	Guillermo Ramirez	Noah West	zeke upshaw
Cade Cavender	Hayden Haynes	Ryan Kerr	Zi Albert
Caden Rhine	Hudson Guiver	Sam Sherman	
Caleb Besmer	Isac Hernandez	Staton King	
Cameron Stephens	Isaiah Lakin	Stephen Dreyer	
Carter McAmis	Jake Savage	Tallon Javersak	
Clayton Barbour	Joe Wood	TJ Stone	
Coby Tillman	Kobe Lakin	Trevor Gavin	

2017 Varsity Schedule		
8/18/17	Bixby Fall Classic -H	TBA
8/24/17	Spingdale Har-Ber Scrimmage (Har-Ber, Little Rock North, Bentonville)- A	TBA
9/1/17	Jenks - H (Military Night)	7:00pm
9/8/17	Bentonville - H (WIN WIN)	7:00pm
9/14/17	Putnam City - A (Thursday)	7:00pm
9/22/17	Westmoore - A	7:00pm
9/29/17	Muskogee - H (All-School HOCO)	7:00pm
10/6/17	Sapulpa - A	7:00pm
10/13/17	Ponca City - H (Hall of Fame)	7:00pm
10/19/17	Bartlesville - A (Fall Break)	7:00pm
10/27/17	Booker T. Washington - H (SENIOR NIGHT)	7:00pm
11/3/17	Sand Springs - A	7:00pm

Dates to Remember

5-30-17	Tuesday	Spring Practice @ Bixby 9am-11am
5-31-17	Wednesday	Team Camp @ Mustang (Bus leaves HOTS 5:30a.m.) Return time approx. 3pm
6-1-17	Thursday	Team Camp @ Mustang (Bus leaves HOTS 5:30a.m.) Tour University of Oklahoma Football facility after camp. Return time approximately 6pm.
6-2-17	Friday	Team Camp @ Mustang (Bus leaves HOTS 5:30a.m.) Eat @ Golden Corral. Return Time approx. 3pm
6-12-17	Monday	SPA Begins (Monday-Thursday 7am-9am) Pickup time can be about 9:30am. Lunch is provided immediately following.
6-13-17	Tuesday	Passing League @ Bixby 1pm-2:30pm (Grades 9-12)
6-20-17	Tuesday	Eastern Oklahoma Offensive Line Camp (10am-3pm)
6-20-17	Tuesday	Passing League @ Bixby 1pm-2:30pm (Grades 9-12)
6-21-17	Wednesday	Eastern Oklahoma Offensive Line Camp (10am-3pm)
6-24-17	Saturday	Comet Classic 7 on 7 @ Bishop Kelley H.S.
6-27-17	Tuesday	Passing League @ Bixby 1pm-2:30pm (Grades 9-12)
7-3-17	Monday	OFF
7-4-17	Tuesday	OFF
7-6-17	Thursday	Passing League @ Bixby 1pm-2:30pm (Grades 9-12)
7-11-17	Tuesday	Passing League @ Bixby 1pm-2:30pm (Grades 9-12)
7-14-17	Friday	Elite 7 on 7 Springdale, AR.
7-15-17	Saturday	Elite 7 on 7 Springdale, AR.
7-19-17	Wednesday	Night of Champions 8:15pm
8-7-17	Monday	Fall Practice Begins TBA

For a Complete List of upcoming Dates [Go HERE](#) to download our calendar