

COACH SPEAK

AUGUST 2022

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Coach Speak - August 2022

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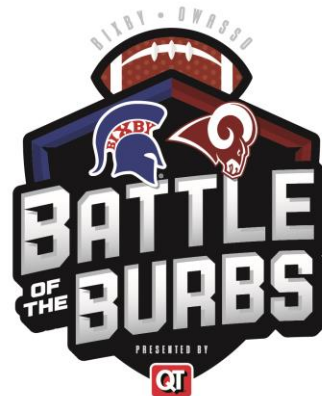
Dear Spartans,
Football season is finally here! Your Spartans are coming off a 49-14 victory over Owasso in the first annual Battle of the Burbs. What a great memory for our community! The Tulsa World announced attendance at 21,500. The atmosphere was electric, and your Spartans came away with a tremendous victory to kick off our 2022 campaign.

Each football season brings new challenges. We returned only 4 starters on each side of the ball this season. However, we had great leadership from our veterans on Thursday night, and we had many new faces step in and play great. Our 2022 squad has good depth, and our players are competing daily to earn playing time. Although our play wasn't as clean as we would like, our effort was excellent all night.

This week we will travel across the border to Springdale Har-Ber high school, one of Northwest Arkansas' premier programs. Kickoff Friday will be a 7pm. We hope to have a great crowd in this first ever clash with the Wildcats.

Our first home game will be on Friday, September 9th against Sand Springs. You will want to arrive to this game early to take in all the Military Appreciation Night festivities. We will recognize veterans, have a Military flyover, and have the entire stadium decked out in red, white, & blue. We would like to thank Whitney

See August Update Pg. 2



BIXBY SPARTAN FOOTBALL 2022 SCHEDULE

 **AUG 19**
BIXBY FALL CLASSIC

 **AUG 25**
OWASSO U. TULSA / HA CHAPMAN STADIUM

 **SEP 2**
@SPRINGDALE HAR-BER

 **SEP 9**
SAND SPRINGS

 **SEP 23**
@NORMAN NORTH

 **SEP 30**
SOUTHMOORE

 **OCT 7**
@ENID

 **OCT 14**
BROKEN ARROW

 **OCT 20**
WESTMOORE

 **OCT 27**
@MOORE

 **NOV 3**
JENKS

HOME | AWAY



August Update continued from pg. 1

Allen for organizing this great event each year. It is a privilege to play in front of those who have sacrificed for our freedom!

We would like to thank the Bixby Quarterback Club for purchasing our new set of white uniforms that our players donned last Thursday night. Our Quarterback Club believes in providing the best playing experience in Oklahoma for our athletes, and looking good on the field is a huge part of that gameday experience. If you have not yet joined the QBC for 2022 you are not too late. You can sign up [here](#).

We are finishing our third week of school, and our student athletes are working hard in their classes. Our wonderful staff at Bixby Public Schools work hard to ensure that all students have an opportunity to learn. Each week our Seniors nominate a staff member who has had a positive impact on their life with our Teacher of the Week Program.

Our strength culture in Bixby continues to grow. We began our 7th grade S&C program last year that was during first hour. This year we have had to expand that to 1st and 2nd hour each day. After the student athletes lift, our wonderful staff in the 9th grade cafeteria feeds our strength athletes. In addition to our 7th graders, our high school S&C classes are larger than ever with athletes participating from every sport on campus. We believe that a properly implemented strength and conditioning program is not only a competitive advantage, but an important life skill for our students!

Finally, if you are reading this, you are a tremendous supporter of Bixby Spartan Football! We would like to thank you for your support. When our athletes are engaged by the community and shown that they are important, it builds confidence and self-esteem. We invite you to come check out our incredible gameday atmosphere, listen to our games on 97.1FM, or catch the weekly coaches replay show on Cox and YouTube. We look forward to a fun and exciting 2022 season. Elevate!

Respectfully,
Coach Montgomery



THE HOLT REPORT

Check out the weekly Holt Report for a recap of each game and look forward to the next week.

- [Bixby Summer Recap](#)
- [Bixby Practice Opens](#)
- [Bixby Begins 6AI Journey](#)
- [Battle of the Burbs Recap](#)



FINAL

2022 QUIKTRIP BATTLE OF THE BURBS

49

14



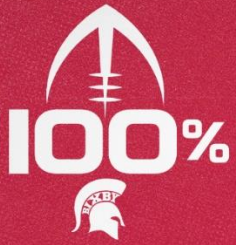
PRACTICE PLAYERS OF THE WEEK



Luke Hasz
Sr • TE/LB



Luke Kohnstamm Jr.
• WR/DB



STEAK EATER

Aiden Bales
 Austin Booker
 Brenden Burns
 Mack Cairl
 Trenton Castleberry
 Ayron Cole
 Dob Doh
 Landon Durfey
 Aiden Enriquez
 Cale Fugate
 Michael Gilson
 Luke Hasz
 Kason Hatley
 Payton Hawkins
 Alex Herring
 Brandon Hobbs
 Blake Hogshooter
 Rylan Hunt
 Gib Husen
 Chase Kirby
 Connor Kirby
 Justin Kirk
 Luke Kohnstamm
 Jacob Lail
 Ian Locke
 Evan McClure
 Sam McCormick

Travis Meredith
 Cooper Parker
 Trey Pawley
 Clay Peters
 Hank Puckett
 Jayden Raglin
 Noah Shaw
 Brock Shepler
 Dez Traylor
 Jett Turner
 Logan Udcoff
 Alfonso Villasenor
 Michael Nelson
 Tyler Schneider
 Rodney Flowers
 Austin Embrey
 Tim Holt
 Mike Rogers
 Zach Stephens
 Cameron Palmer
 William Maas
 Kaden Jackson
 Brian Douglas
 Kyle Ross
 Doug Behrens
 Terry Quigley



MYERS MINUTE

STRENGTH & CONDITIONING UPDATE

Football season is in full swing. This part of the year we are transitioning phases in the weight room. The summer is all about maximizing certain qualities such as speed, strength, and conditioning. This summer we had a great result (posted at the bottom). The goal with the in-season phase is to not maintain these results, but to keep trending upwards in our speed, strength, and power so we are the best version of ourselves heading into the postseason. It is important to adjust early on so that athletes are adapting to the increased practice demands. This means lowering the volume in the weight room and lifting moderate to high intensity percentages of our 1 rm (75-85%). As we adjust to our practice and play volume, we slowly add back some volume in our auxiliary lifts while increasing the intensity in our primary movements to (80-95%). Once we are about a month out from playoffs, we start to taper down and get ready to peak. This means we slowly decrease volumes and decrease our intensity on our primary lifts to a broader range from (70-90%). Once playoffs start, we decrease both volume and intensity and focus on speed of movements and being healthy, fast, and fresh. This is a similar formula that we executed last year with great results. We also had several athletes PR during the season, as well as improve in our postseason testing.

Name	Clean	Name	Back Squat	Name	Bench Press
Hasz Luke	315	Hatley Kason	495	Hawkins Payton	335
Robb Jersey	315	Wilson Chase	495	Kirk Justin	325
Hatley Kason	295	Bartels Jaydyn	485	Hasz Luke	325
Hewett Austin	290	Hobbs Brandon	475	Hatley Kason	315
Traylor Dez	285	Villarreal Michael	475	Robb Jersey	315
Puckett Hank	280	Kirk Justin	455	England Nathan	315
Kirk Justin	275	Fillman Ethan	455	Breneman Carter	310
Hobbs Brandon	270	Incremona Michael	455	Puckett Hank	305
Snyder Jakeb	270	Robb Jersey	445	Wilson Chase	295
Havens Austin	265	Traylor Dez	440	Bartels Jaydyn	295
				Hewett Austin	295
				Burns Brenden	295

Name	FLY-10	MPH	Name	Verticals
Kirby Connor	0.99	22.6	Williams Tyson	38.2
Williams Tyson	0.99	22.6	Fugate Cale	34.9
Snyder Jakeb	1.01	22.1	Newkirk Joshua	34.4
Fugate Cale	1.02	21.9	Trusty Braysen	34.4
Kirk Justin	1.02	21.9	Rampey, Karsen	34.3
Puckett Hank	1.03	21.7	Snyder Jakeb	33.4
Gouldsby, Kordel	1.03	21.7	Hogshooter Blake	33.3
Jones Jaiden	1.03	21.7	Kirby Connor	32.5
Robb Jersey	1.03	21.7	Turner Jett	32.4
Trusty Braysen	1.03	21.7	Mohler Grant	32.3