

COACHSPEAK

JANUARY 2023

Bixby Spartan Football will be respected as the very best program in Oklahoma at developing student-athletes.



Coach Speak - January 2023

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Dear Spartan Fans,

Our preparation for the 2023 season is off to a great start! Our athletes and coaches are working hard to capitalize on the momentum our program currently has. The spring semester signifies an exciting time of continuous improvement and refinement of our current processes. We understand that we must always be continuously improving our processes because there is a costly price to pay for staying just the same.

Each offseason, our coaching staff meets every Wednesday morning before school to begin preparation for the upcoming season. These staff meetings include revisiting core values, discussing each player on our roster, and participating in a book study. This year, our staff is reading a book called Atomic Habits by James Clear. Furthermore, our staff has laid out our Leadership Council itinerary for those student athletes selected for our "Crucible" leadership team. We believe that this deliberate investment in leadership continues to have a profound impact on our program. Our leadership council is called the "Crucible" because these athletes have shown the ability to shape and form the actions of others in our program.

Our players and coaches are proud of another state championship season. This year's Senior class will go out with an overall record of 49-1 throughout their high school careers. Human Nature tells us that success invites complacency. We must (January Update continued on Pg. 2)

4.0

Congratulations to these student athletes for having a 4.0 G.P.A. during the Fall '22 Semester!

Austin Havens	Jakeb Snyder	Sam McCormick
Clay Peters	Dylan Hasz	Cale Fugate
Connor Kirby	Cooper Parker	Cody Crull
Luke Kohnstamm	Garrett Vaughn	Brooks Dixon
Hank Puckett	Carter Breneman	Chase Kirby
Levi Hoffman	Cord Nolan	Trey Pawley
Beckham Hooper	Noah Shaw	Payton Hawkins
Dez Traylor	Austin Hewett	Kelsan White
Jacob Lail	Brandon Hobbs	Brody Duffel
Landon Durfey	Casey Copenhaver	Will Perry
Justin Kirk	Leonidas Holmsley	

SAVE THE DATE:



Tuesday, May 16, 2023

9am Shotgun Start Indian Springs

(January Update continued from pg. 1)

continue to guard against this as coaches, players, administrators, and parents in our program. We understand that to maintain success, we can never stop trying to become qualified for our job. You should see our staff and players always trying to improve. We work every day to become respected as the very best program in 6A at developing student athletes on the field, in the classroom, and in the other 21 hours of the day.

Each day during off-season practice, we work to build the whole student athlete. This includes our #Team21 initiative, which focuses on the 21 hours our athletes are not with us. Our athletes who are in off-season football begin each day with a focus on the core value of the day, followed by our 5-minute football lesson, and then our speed and agility work. On Wednesdays, we will take a lesson from our Coaching Boys Into Men curriculum that focuses on respect, integrity, and non-violence.

We have had college coaches from across the United States in recruiting our student athletes. Many of them ask the broad question: "What is the best thing that you do in your program?" I personally believe that the best thing we do is our year-round strength and conditioning program. Our strength and conditioning program, led by Connor Myers, gives us a competitive advantage because all of our athletes train year-round. For example, when one of our players goes to baseball second semester, they continue to train in Athletic S&C class for the entire semester. Athletes in many programs have a gap in their training that is created during the second semester which hinders their athletic development. The exciting thing about our year-round program is that we don't ever feel like we are playing catch-up or starting over from scratch. We train athleticism year-round, no matter if you are a one-sport athlete, or a three-sport athlete. We train year-round.

Wednesday, February 1st marks the end of the recruiting process for our class of 2023. This year we have had college football coaches from over 100 universities and colleges in our office recruiting our players. We have 9 student athletes who have been given the opportunity to continue their football careers and play on Saturdays! College football continues to morph and change each year, and so does the recruiting. This year's 2023 class has continued to have several obstacles to overcome in regards to being recruited that are part of the modern college football recruiting process. The extra COVID year continues to limit scholarships, the transfer portal is relatively new, and NIL deals are now a factor as well. If your student athlete has aspirations of playing football at the next level, I encourage you to reach out to me. Coach Suffal heads up our college relations and assists me with our recruiting process. Feel free to reach out at lmontgomery@bixbyps.org or tsuffal@bixbyps.org, and we can help lay out a plan for your child. The landscape of college football recruiting is changing each year, so we work very hard to make sure we have all the latest information to help our student athletes navigate this process.

It is our mission to be the very best program in Oklahoma at developing student athletes. If at any time you have a question, concern, or would like to volunteer your time to help our student athletes, just let us know. We love this program, and look forward to taking it to new heights in 2023!

Sincerely,
Coach Montgomery

BIXBY SPARTAN OCA ALL-STATE

YEAR	PLAYER	COACH	YEAR	PLAYER	COACH
1958	Mark Gibson	Red Rogers	2005	Ben Tucker	McGrew
1959	John Porterfield	McKenzie	2006	Marshall Fraley	McGrew
1960	Jerry Lawhorn	Snider	2007	Chase Boles	McGrew
1965	Danny Willis	Snider	2007	Chris Harris	McGrew
1965	John Giles	James	2008	Beau Bentley	McGrew
1967	Roger Dicus	James	2008	Jake Morgan	McGrew
1970	Robert Cox	Davis	2009	DeWitt Jennings	McGrew
1970	Butch Davis	Davis	2012	DeAndre Jennings	Montgomery
1977	Ed Johnson	Graham	2013	Chandler Miller	Montgomery
1978	Marshall Goff	Graham	2013	Matthew Dreyer	Montgomery
1978	Kevin Stringfellow	Graham	2014	Austin Grotts	Montgomery
1980	Tim Gibbs	Snider	2014	Kyle Rhine	Montgomery
1983	Victor Moore	Snider	2015	Cade Cabiness	Montgomery
1983	Todd Krehbiel	Snider	2016	Tanner Griffin	Montgomery
1984	Brad Best	Snider	2016	Brendon Evers	Montgomery
1986	Roger Gibbs	Koester	2017	Bryce Bray	Montgomery
1986	Gill Johnson	Koester	2017	Coby Tillman	Montgomery
1988	Keith Roller	Koester	2018	Cade Cavender	Montgomery
1988	Jason Stubbs	Koester	2018	Ethan Hall	Montgomery
1989	Tim Sefcik	Koester	2019	Brody Sartin	Montgomery
1992	Jimmy Roller	Rick Rogers	2019	Brennan Presley	Montgomery
1993	Tancy Evans	Rick Rogers	2020	Mason William	Montgomery
1993	Jeremiah Johnston	Rick Rogers	2020	Tanner Doyle	Montgomery
1994	Mitch Minik	Rick Rogers	2021	Braylin Presley	Montgomery
1995	Jeremy Meadors	Rick Rogers	2021	Jack Puckett	Montgomery
1995	Jared Williams	Rick Rogers	2022	Cale Fugate	Montgomery
1996	Jeff Taylor	Rick Rogers	2022	Luke Hasz	Montgomery
2002	Shane Davison	McGrew			

Coach's Creed

As a BIXBY SPARTAN FOOTBALL Coach

- I am **CONSISTENT**
- I am a **PROGRAM BUILDER**
- I **MAXIMIZE POTENTIAL** by coaching every player, every repetition
 - I am **COMMITTED** to this **PROGRAM**
 - Building **RELATIONSHIPS** is my top priority
- **HIGH STANDARDS & CONTINUOUS IMPROVEMENT** are
THE STANDARD of
BIXBY SPARTAN FOOTBALL

Important Dates:

Date:	Day:	Event:	Time:
2-7-23	Tuesday	2022 Championship Team Recognized at Basketball Game	6:30pm
2-8-23	Wednesday	February QBC Meeting	6:30pm
2-10-23	Friday	High Five Friday @	7:00am
5-1-23	Monday	Helmets Only Spring Drills begin for grades 10-12 6 th hour	3:00pm
5-12-23	Friday	State Track Meet/ State Baseball Championship	TBA
5-15-23	Monday	Spring Football Practice Begins for Grades 10-12 (3-5pm)	3:00pm
5-16-23	Tuesday	Annual Quarterback Club Golf Scramble @ Indian Springs	9:00am
5-19-23	Friday	Last Day of School (Spring Ball & Team Camp Will Continue)	3:00pm
5-25-23	Thursday	Spring Game	6:00pm
5/30-6/2	Tues-Fri	Team Camp	10am-1pm
6/5-6/9	Mon-Fri	Players and Coaches Off All Week	OFF
6-12-23	Monday	SPA Begins	7:00am
6-23-23	Friday	Skordle 7 on 7 Tournament @ Bixby	8:00am
7/1-7/9	Fri-Sun	Mandatory OSSAA Dead Period	OFF
7/13-7/14	Thur-Fri	Elite 7 on 7 in Springdale AR	8am
7-19-23	Wednesday	Night of Champions	8:15pm
8-7-23	Monday	First Day of Practice	TBA





Myers Monthly Minute

The off-season is off to a great start for the Bixby Spartans. We are just wrapping up our first phase of training and transitioning to Phase II. Our off-season during the school year is broken down into three phases. GPP(General Physical Preparedness), Accumulation, and Intensity. Each phase builds upon itself so the athletes can reach a high level of physical preparedness and strength.

We just finished our GPP phase. The goals of this phase are to build back muscle mass that may have been lost from the season, to enhance technical execution of the exercises, and to increase the general work capacity of the athlete. This phase is generally one of the tougher phases due to the large amount of reps performed.

One change this year in my programming approach is to program longer cycles and go from a five day workout split to a four day split with our off-season athletes. Last year we hit five different phases and this year we will only hit three cycles before the summer. The main reason behind this is that many times the coach (which I'm also guilty of) changes the program before they should. There is a saying in strength and conditioning that the coach gets bored of the programming before the athletes do. Programming longer phases allows the athletes to master each phase and get the most progress out of the exercises selected. Typically, at the high school level, it can take up to two weeks, especially for the younger athletes, to understand each exercise and the flow of the workout. Once that's established, the athletes can push themselves on all the exercises, knowing how to execute them properly. A simple checklist I use that guides me on when to change programming is as follows.

- 1.Exercise is executed with proper technique
2. Exercise will produce adaptation (if pushed)
3. Exercises/intensity cease to produce adaptation
4. Change exercise/intensity and repeat

An example of this is as follows: the first four weeks were our "10s Block" and we focused on hitting 10 reps on strength movements. If the exercise is executed with bad technique they could not move up and the load was decreased. If they get their reps, they move up 5-10 lbs each week. We had several athletes move up each week. Then in the last week, we had several athletes hit 7-8 reps on their new weight. Typically, you would change exercise or increase intensity or volume if in the next week they fail to hit 10 reps again. This means the body has adapted to the exercise or the set and rep scheme (which drives intensity) and we need to change exercise/intensity/volume or recover.

BIXBY, OK >>>> FAYETTEVILLE, AR
BIXBY, OK >>>> FAYETTEVILLE, AR
BIXBY, OK >>>> FAYETTEVILLE, AR




ARKANSAS

LUKE HASZ
TIGHT END




BIXBY, OK >>>> FAYETTEVILLE, AR
BIXBY, OK >>>> FAYETTEVILLE, AR
BIXBY, OK >>>> FAYETTEVILLE, AR



ARKANSAS

DYLAN HASZ
DEFENSIVE BACK



Bixby
OKLAHOMA



Cale Eugate
DEFENSIVE BACK



Norman
OKLAHOMA





BIXBY >> UNIVERSITY OF OKLAHOMA

BIXBY SPARTAN FOOTBALL

BX STATE CHAMPIONS

Bixby
OKLAHOMA



Austin Havens
QUARTERBACK



BIXBY >> MISSOURI S&T

BIXBY SPARTAN FOOTBALL

Rolla
MISSOURI



BX STATE CHAMPIONS

Bixby
OKLAHOMA



Levi Hoffman
KICKER/PUNTER



BIXBY >> NEO A&M COLLEGE

BIXBY SPARTAN FOOTBALL

Miami
OKLAHOMA



BX STATE CHAMPIONS

Bixby
OKLAHOMA

Connor Kirby
QUARTERBACK

Edmond
OKLAHOMA



BIXBY >> CENTRAL OKLAHOMA

BIXBY SPARTAN FOOTBALL

BX STATE CHAMPIONS

Bixby
OKLAHOMA

Josh Newkirk
DEFENSIVE BACK

St. Charles
MISSOURI



BIXBY >> LINDENWOOD

BIXBY SPARTAN FOOTBALL

BX STATE CHAMPIONS

Bixby
OKLAHOMA

Jakeb Snyder
DEFENSIVE BACK

Norman
OKLAHOMA



BIXBY >> UNIVERSITY OF OKLAHOMA

BIXBY SPARTAN FOOTBALL

BX STATE CHAMPIONS

Bixby
OKLAHOMA

Tyson Williams
CORNERBACK

Abilene
TEXAS



BIXBY >> ABILENE CHRISTIAN

BIXBY SPARTAN FOOTBALL

BX STATE CHAMPIONS



2023 BIXBY SPARTAN FOOTBALL

HOME | AWAY



8.18 Fall Classic
Lee Snider Field



8.24 Owasso
HA Chapman at TU



9.1 Springdale Har-Ber
Lee Snider Field
Military Appreciation



9.8 Sand Springs
Memorial Stadium



9.22 Norman North
Lee Snider Field



9.28 Southmoore
Moore Stadium



10.6 Enid
Lee Snider Field



10.13 Broken Arrow
Tiger Memorial Stadium



10.20 Westmoore
Moore Stadium
Fall Break



10.27 Moore
Lee Snider Field
Senior Night



11.3 Jenks
Allen Trimble Stadium

