

# COACH SPEAK

FEBRUARY 2023

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



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

**Dear Spartans,**

What an exciting time in our program. Most of our players are getting stronger and becoming more confident in themselves! The best thing we do within our program is develop our athletes year-round!

Winter sports are winding down. Our wrestlers head to OKC this weekend for the state tournament. Both boys and girls basketball will host the regional tournament right here in Bixby. We are proud of all our athletes who are competing in second and third sports, and we understand that it is not a coincidence that the best players on the field, court, or mat, are also our hardest workers in strength and conditioning class with Coach Myers.

We have begun our second phase of off-season strength and conditioning training. We are always amazed at how fast our players begin to transform their bodies. Our players who are making the most significant gains in strength and muscle mass are consistent and detail-oriented. We stress the championship inventory with our athletes by asking three questions: Did you eat breakfast? Did you sleep at least 8 hours last night? Did you drink at least 1 gallon of water yesterday? Furthermore, the majority of our players take advantage of nutrient timing.

**(Continued on Page 2 - Feb. Update)**



	Luke Hasz
	Dylan Hasz
	Josh Newkirk
	Jakeb Snyder
	Cale Fugate
	Connor Kirby
	Tyson Williams
	Levi Hoffman
	Austin Havens
	Mason Eberle

**(February Update continued from pg. 1)**

We recommend our athletes get 50% of their bodyweight in carbohydrates and 25% of their bodyweight in protein (in grams) during a short window immediately following a strenuous workout. Chocolate milk, protein shakes, and meals prepped ahead of time are things many of our players do. For those who prefer convenience, Coach Myers offers a punch card for \$10 which can buy an athlete 10 Muscle Milk shakes or 10 Gatorade protein bars. \$1 for a shake or a bar that is over \$3 at convenience stores is a great deal!

A large number of Seniors from our class of 2023 signed national letters of intent to play football on Saturdays. We want to congratulate this group of Seniors who attained a high school record of 49-1 during their four years in high school. The class of 2023 did this through discipline, integrity, selflessness, and consistency. They are truly a great group of leaders.

Crucible or leadership council meetings have begun, and we are excited to build on a culture of great leaders at Bixby. Our Crucible will meet on 10 Wednesday mornings over the course of this semester. We have included 32 8<sup>th</sup>-12<sup>th</sup> graders who have shown the capacity to influence their peers and guide our team, both on the field and in the other 21 hours of our day.

We encourage all of our parents to get involved with the Quarterback Club. We meet the second Wednesday of each month at 6:30pm in Home of the Spartans. Our Quarterback Club provides the best playing experience for players and resources for coaches in the State of Oklahoma. I encourage everyone to become a member and reach out to our QBC president, Gentry Parker, at [gparker@cox.net](mailto:gparker@cox.net), if you are interested in volunteering or helping out financially. There is a wide range of volunteer opportunities within the club where we could use your help.

Finally, we would like to thank everyone for believing in Bixby Spartan Football. We had our largest roster ever in 2022, and expect to have an even larger team in 2023. For the 2023 season, we will have three 8<sup>th</sup> grade teams, three 9<sup>th</sup> grade teams, two JV teams, and of course, our varsity team. This is so exciting, not only because each of these student athletes have an important role in our program, but also because we know that football instills the values of discipline, integrity, selflessness, and consistency in our student athletes. It is truly a great day to be a Spartan!

Sincerely,

Coach Montgomery

## **2023 CALENDAR**

The 8<sup>th</sup> Grade, 9<sup>th</sup> Grade, and High School calendars are up on our website. Go [here](#) to help plan the upcoming spring and summer!



**12<sup>th</sup> Annual QBC Golf Tournament**  
**Tuesday, May 16, 2023**  
**Indian Springs Country Club**  
**9AM Shotgun Start**

# BIXBY SPARTAN ALL-STATE FOOTBALL

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 Cabbiness	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



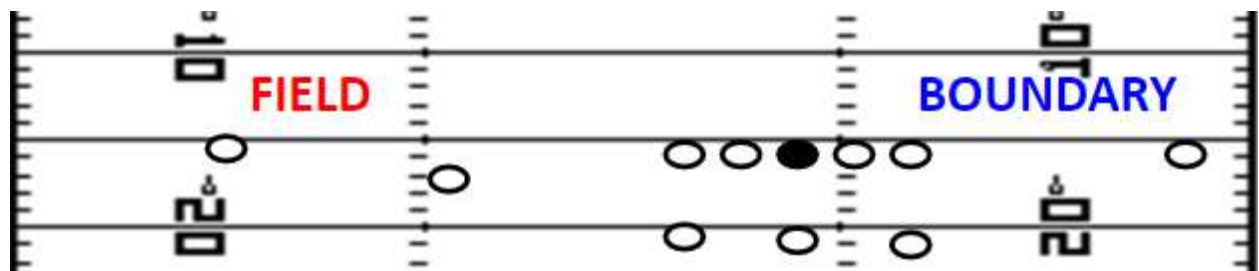


In an effort to increase our team's football IQ and install common language among our players, we have begun "Five-Minute Football" each day during sixth hour (before our workout). Below is an example of a lesson that Coach Stephens shared this month.

This is a lesson called "Field/Boundary" that we covered one day during 6<sup>th</sup> hour football. We spend time discussing a rule, giving examples, and then showing film of each example we have covered. In our program, we place an emphasis on defining a common language for all players and coaches to consistently use.

Our staff has identified many terms that we feel are important for all of our players to know and understand. We hope to continue building on these ideas and lessons using voice-over software and film that we can use all the way down to our BYFA youth coaches. This will only allow better alignment throughout our program!

- *Field/Boundary is an important factor in football.*
- *Teams often have strong tendencies or personnel decisions that are determined by field and boundary.*
- *Many teams only blitz from the boundary. Why?*
- *Boundary is the short side of the field, while the field is the wide side*







# MYERS MINUTE

## STRENGTH & CONDITIONING UPDATE

The past month has had its challenges in building some consistency due to external factors such as holidays and snowstorms. 2023 has been a better year than 2022 in terms of days missed, but it still has caused some issues. It's important as a strength coach to be adaptable. It's important to meet the athletes in training and not to have the athletes meet you. What this means is that when we cannot build extra days into the program, it's important to not progress volumes and intensities too quickly and even in some instances the volume and intensities should remain the same. The past month sheds light on the importance of having an adaptable program. Our goal here at Bixby is to have a program that can accommodate changes in schedule. High school is inherently chaotic in terms of schedule in the first place. It is important to build a robust program that is agile in its planning so we can adjust on the fly without veering too far off our ultimate goals. We accommodate changes in schedule by emphasizing three main training principles: 1. Using Exercises with a Large Training Economy 2. Using Rollover Scheduling 3. Building Redundancy in the Program.

The first principle we use is programming exercises with a large training economy. This means exercises that are the biggest “bang for your buck”. These can include but are not limited to exercises such as the clean, squat, deadlift, bench press, and chin-up. We make sure these movements are emphasized because they will check a lot of boxes. These exercises are big global movement patterns, and they can be trained heavy, fast or for reps. This changes the adaptation we are chasing without changing the exercise.

The second principle is using rollover scheduling methodologies. This means that whatever day you miss you start on that day the next time you train. We will primarily follow this if one day is missed. If multiple days are missed, we combine this principle with the exercise training economy principle and we train the most valuable movements from multiple days on one day.

Lastly, we want redundancy in the program. The biggest driver of adaptation for high schoolers is frequency of movement. The more frequent you can perform an exercise the better they will become at it. The principle of redundancy means we will not have much variation in a training block, and we will train movement patterns multiple times per week. This helps if a training session is missed or is canceled. We may not train the physiological adaptation we are wanting but we are still hitting the movement. An example of this is last month's program had high intensity-based squats on Monday and moderate intensity squats on Friday. If the athlete missed Friday, we still were able to train the squat pattern on Monday.

All these principles sync up to help make a program that is agile and makes it easier to adapt to the chaos of training at the high school level. Our athletes are doing an amazing job in the weight room. Please encourage them to eat breakfast, drink a gallon of water per day, and get at least 8 hours of sleep each day. This will allow them to capitalize on all the hard work they are investing in the weight room!

THE OKLAHOMAN



**Dylan Hasz**  
SECOND TEAM - QB



**Connor Kirby**  
HONORABLE MENTION - QB



**Jakeb Snyder**  
HONORABLE MENTION - WR



**Tyson Williams**  
HONORABLE MENTION - QB

BIXBY SPARTAN FOOTBALL  
66 STATE CHAMPIONS - UNDEFEATABLE

2022 TULSA WORLD  
**ALL-WORLD**  
FIRST & SECOND TEAM



**Connor Kirby**  
FIRST TEAM - QB  
66 STATE CHAMPION




**Cale Fugate**  
FIRST TEAM - WR  
66 STATE CHAMPION




**Luke Hasz**  
FIRST TEAM - QB



**Jacob Lail**  
FIRST TEAM - QB



**Hank Puckett**  
FIRST TEAM - QB



**Brody Duffel**  
SECOND TEAM - QB



**Jakeb Snyder**  
SECOND TEAM - QB

BIXBY SPARTAN FOOTBALL  
66 STATE CHAMPIONS - UNDEFEATABLE

2022 TULSA WORLD  
**ALL-WORLD**  
HONORABLE MENTION



**Kordell Gouldsby**  
66 STATE CHAMPION



**Dylan Hasz**  
66 STATE CHAMPION



**Kason Hatley**  
66 STATE CHAMPION



**Payton Hawkins**  
66 STATE CHAMPION



**Brandon Hobbs**  
66 STATE CHAMPION



**Levi Hoffman**  
66 STATE CHAMPION



**Christian Kaiser**  
66 STATE CHAMPION



**Justin Kirk**  
66 STATE CHAMPION



**Evan McClure**  
66 STATE CHAMPION



**Sam McCormick**  
66 STATE CHAMPION



**Jersey Robb**  
66 STATE CHAMPION

BIXBY SPARTAN FOOTBALL  
66 STATE CHAMPIONS - UNDEFEATABLE

2022 TULSA WORLD  
**ALL-STATE**  
HONORABLE MENTION



**Dylan Hasz**  
66 STATE CHAMPION



**Kason Hatley**  
66 STATE CHAMPION



**Brandon Hobbs**  
66 STATE CHAMPION



**Levi Hoffman**  
66 STATE CHAMPION



**Evan McClure**  
66 STATE CHAMPION



**Jersey Robb**  
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**Jakeb Snyder**  
66 STATE CHAMPION



**Tyson Williams**  
66 STATE CHAMPION

BIXBY SPARTAN FOOTBALL  
66 STATE CHAMPIONS - UNDEFEATABLE





## 2023 BIXBY SPARTAN FOOTBALL

HOME | AWAY

 <b>8.18 Fall Classic</b> <small>Lee Grider Field</small>	 <b>8.24 Owasso</b> <small>MA Chapman at TU</small>	 <b>9.1 Springdale Har-Ber</b> <small>Lee Grider Field Military Appreciation</small>	 <b>9.8 Sand Springs</b> <small>Memorial Stadium</small>	 <b>9.22 Norman North</b> <small>Lee Grider Field</small>	 <b>9.28 Southmoore</b> <small>Moore Stadium</small>
 <b>10.6 Enid</b> <small>Lee Grider Field</small>	 <b>10.13 Broken Arrow</b> <small>Tiger Memorial Stadium</small>	 <b>10.20 Westmoore</b> <small>Moore Stadium Fall Break</small>	 <b>10.27 Moore</b> <small>Lee Grider Field Senior Night</small>	 <b>11.3 Jenks</b> <small>Allen Trimbey Stadium</small>	

