



Dear Spartans,

We have begun the final 9 weeks of the 2022-2023 school year. The redbuds are blooming, the temperatures are rising, and that means spring football is just around the corner! This week our staff began our annual spring-ball planning meetings leading up to May 1<sup>st</sup>, when will start using the athletic hour to do spring drills. Our athletes will do two weeks of 6<sup>th</sup> hour drill sessions leading up to official spring practice, which will begin Monday, May 15<sup>th</sup>. Spring practice will not begin until the conclusion of baseball and track.

The last day of school is on Friday, May 19<sup>th</sup>. Although this is the final day of school, our players don't get a week off until the week of June 5<sup>th</sup>. The players and coaches will be off that entire week along with the 4<sup>th</sup> of July week. If you have a high school athlete, please make sure you look at our [calendar](#) to help your child be at all of our events. Spring practice and team camp are so vital to our team's development.

We have had some change on our staff this offseason. Back in December, Coach Holt (our defensive line coach) retired. Recently, Coach Nelson (our corners coach) resigned to take a position in the private sector. We thank these coaches for their contribution to our program! Recently our administration approved the addition of several more stipends for additional middle school coaches to accommodate our growing numbers

**DISCIPLINE** COMMIT TO THE PROCESS  
**INTEGRITY** COUNT ON ME  
**SELFLESS** LESS ME MORE WE  
**CONSISTENT** THE RIGHT WAY EVERYDAY

During our off-season, our Crucible (leadership council) has worked diligently to refine and put meaning to our core values. This allows for a strong and stable team identity for our players, and allows our student-athletes to constantly emphasize the core tenants of Bixby Spartan Football.

Each year, our leadership council identifies a 5<sup>th</sup> core value or "calling card" for the upcoming year. This year, the Crucible settled on "Relentless" as our 5<sup>th</sup> core value. The callback is "love the hunt". We love it and can't wait to see our 2023 team initiate the "hunt" in spring practice!



Tuesday, May 16<sup>th</sup> 9am @ Indian Springs C.C.

[Signup HERE](#)

**March Update continued from pg. 1**

and the addition of another 8<sup>th</sup> grade team and 9<sup>th</sup> grade team. For the 2023 season, our program will have three 8<sup>th</sup> grade teams, three 9<sup>th</sup> grade teams, two JV teams, and the varsity team! That will amount to six football games each Monday night! We appreciate our administration's commitment to football and the development of our student athletes at Bixby!

Strength culture is the foundation of our program. For those of you who are new to our program, Club 225 is a recognition for all Bixby athletes who can full-clean 225 lbs. Those athletes who hit 225 receive a Club 225 car sticker, t-shirt, and most importantly, the pride of a hard-earned strength benchmark that comes with the investment into our program. Club 225 has grown from eight student athletes in 2010, to 90 athletes in 2022. It is rewarding to see so many athletes from all Bixby sports buying into the Bixby strength culture.

Our program's vision is to be respected as the very best program in Oklahoma at developing student athletes. As a staff, we realize that there is no finish line to this vision, so we must continue to be innovative and move our program forward. An area that we continue to develop is leadership training. We hope you are aware of our #Team21 tag line. The goal of our leadership program is to build the character of our athletes by promoting healthy and thought-provoking activities in the other 21 hours of the day outside of our football program. Hopefully, you notice our athletes greeting elementary students, cleaning the high school parking lot, reading at the elementary schools, or simply being respectful and polite in our community.

Finally, we have begun our Bixby Quarterback Club membership drive. We encourage our parents to join each year at any level. Our 2022 Seniors will receive a \$1,000 scholarship! Each Senior who has had a sponsor during their entire career will get a minimum of a \$500 scholarship to the university they choose. Along with supporting our Seniors, our QBC feeds our players, provides uniforms, and even contributes to capital improvements to our facilities! Bixby is truly a special place. Thank you for supporting our program!

Sincerely,  
Coach Montgomery

## Dates to Remember

Date:	Day:	Event:	Time:
5-1-23	Monday	Helmets only spring drills for entering grades 10-12	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





We will again be hosting the Skordle Eastern Oklahoma 7-on-7 tournament on Friday, June 23rd this year! The tournament will be an all-day tournament consisting of 5 pool play games followed by a single-elimination bracket. Coach Suffal has done an excellent job securing 20 talented teams to compete that Friday!

Pool A	Pool B	Pool C	Pool D
Bixby	Sapulpa	Bixby 2	Kiefer
Derby (KS)	Collinsville	Victory	Meeker
Bartlesville	McAlester	Verdigris	Pawhuska
Sand Sp.	Tahlequah	Locust Gr.	Checotah
Enid	Wagoner	Cushing	Blackwell



In addition to our core value discussions each day, we also have a "Five-Minute Football." Its purpose is to increase the football I.Q. of our program by sharing common language that is aligned at all levels of our program. Here is an example of a five-minute football topic.

**Most common occurrences that stop the clock:**

- Time Out
- Incompletion
- 1st Down - until ball is set
- Out of bounds
- Scoring plays





We are entering the last couple of months before summer, and our athletes have been doing a great job of being consistent in the weight room. They are improving their speed, strength, power, and movement. We evaluated these categories before spring break and had several PRs in our clean, squat, trap bar deadlift, bench press, and vertical jump. We also tested their max chin-ups and weighed each of our athletes. Listed below are our top 5s in the above categories. Going forward with our off-season, we are moving from a Lower/Upper split, to a full body split. In our Lower/Upper split we work through several qualities in one workout, but focus on either lower or upper body. This means we work power, strength and hypertrophy in one workout but we focus on either lower or upper body in each of these categories. The next phase is a full body focus but we will separate the categories out and focus on one each day. The overall idea on strength training for athletes is twofold. Reduce injuries by training the areas that athletes typically get hurt in their sport (this is never perfect) and increase the amount of force your athletes produce. Along with strength training, you also need field work that addresses both these components to have a holistic program. In this article, I will focus on the strength training portion. As stated in previous articles, I have talked about how force equals mass times acceleration ( $F=M \times A$ ). You increase force by being stronger (moving more mass) and acceleration (by moving faster). In the next program, we break it down by training power 2x a week to develop the acceleration portion of this equation, and then we train strength 1x a week to develop the mass side of the equation. The last day we train with hypertrophy (muscle growth) methods. Studies show that the bigger the cross-sectional area of the muscle (muscle size) the more strength that muscle has and therefore a stronger athlete.

The first quality we are addressing is “Power Development,” more specifically, rate of force development, eccentric rate of force development, and elastic power. We will attack these qualities two days a week by performing the following exercises: hurdle hops, box jumps, altitude drops, weighted jumps, cleans, jerks, and olympic pulls. We will also hit vertical pulls such as chin-ups on these days and also train the hip/torso, ankle, and neck area for injury prevention. The second quality is strength. In order to do this, you need to select exercises that you can load up with a lot of weight to induce the adaptation we want. We want to be strong in all the primary movements, both anterior and posterior. To do this we go heavy in the back squat, bench press, RDL, and barbell rows. These exercises can be done heavy, and we execute these exercises with great technique, thus, they can be loaded safely. The last quality we train is hypertrophy, and we typically train this on the last day of the week. This allows us to be fresh for power and strength work and avoid too much muscular fatigue in the week. The way we are currently training this is by doing what is called sub-max work with our big lifts such as squat/trap bar deadlift and bench press, but doing them at low intensities for a lot of TOTAL reps. For instance, instead of doing high reps, say 3 sets of 10, we do 6 sets of 5. This allows us to have higher quality movement but at the same time we accumulate a lot of reps which is the biggest driver of hypertrophy.

NAME	Clean	NAME	Back Squat	NAME	Bench Press
Hatley Kason	295	Hatley Kason	520	Hawkins Payton	335
Hobbs Brandon	290	Hobbs Brandon	505	Kirk Justin	330
Puckett Hank	280	Villarreal Michael	500	England Nathan	330
Kirk Justin	275	Fillman Ethan	460	Hatley Kason	320
Hawkins Payton	270	Incremona Michael	460	Hobbs Brandon	315
Duffel Brody	270	Kirk Justin	455	Puckett Hank	305
Villarreal Michael	265	England Nathan	435	Clagg Tyler	300
Fillman Ethan	265	Hawkins Payton	435	Villarreal Michael	295
Doh Dob	265	Reagan Jacoby	425	Fillman Ethan	295
Villasenor Alfonso	265	Doh Dob	415	Duffel Brody	270
Nolan Cord	265			Villasenor Alfonso	270
Locke Ian	265				
Hooper Beckham	265				
Turner Jett	265				

# SPARTANS AT STATE

WRESTLING CHAMPIONSHIPS 2023



**190 4<sup>TH</sup> PLACE**

**215 lb STATE CHAMPION**  
3X STATE CHAMPION

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



# BIXBY FOOTBALL

## SPARTANS OF THE WEEK

offseason '23

basketball



**Sam McCormick**  
WR & LB • 2024 • @bixbysam1

offseason



**Brody Duffel**  
OL • 2024 • @brodyDuffel

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



# BIXBY FOOTBALL

## SPARTANS OF THE WEEK

offseason '23

track & field



**Blake HOGSHOOTER**  
WR & LB • 2025 • @blakehogshooter

offseason



**Evan McCLURE**  
OL • 2024 • @evanMcClure17

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



**CORTLAND WEAVER**  
ninth grade assistant

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



# BIXBY SPARTANS

## SPRING SCHEDULE '23



5.15

**PRACTICE**  
3-5 PM

5.16

**PRACTICE**  
3-5 PM

5.17

**PRACTICE**  
3-5 PM

5.18

**PRACTICE**  
3-5 PM

5.19

**PRACTICE**  
3-5 PM

5.22

**PRACTICE**  
3-5 PM

5.23

**PRACTICE**  
3-5 PM

5.24

**PRACTICE**  
3-5 PM

5.25

**SPRING  
GAME**  
6 PM

5.26

**LIFT  
& FILM**

5.29

**MEMORIAL  
DAY**

5.30

**PRACTICE**  
9 AM - 1 PM

5.31

**TEAM CAMP**  
9 AM - 1 PM

6.01

**TEAM CAMP**  
9 AM - 1 PM

6.02

**TEAM CAMP**  
9 AM - 1 PM



codycrull:15

springball.23

statechampsx8

BIXBY SPARTAN FOOTBALL • UNDENIABLE

2023 SEASON SCHEDULE • 8X 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



