

COACHSPEAK

APRIL 2023

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



Dear Spartans Fans,
Spring football is right around the corner. Spring sports are in their final stretch, college recruiters are on campus each day, and helmets-only spring drills will begin May 1st for 1 hour each day. Numbers in our program continue to grow, and we are excited about having the ability to get all of our players multiple reps in spring practice and team camp. We plan to enter 4 teams in our team camp, and play two JV games each Monday in 2023 to ensure that our players are being developed.

There are so many exciting things going on right now in Bixby Athletics. Just last week, our track program hosted the first track meet in at least 13 years. This was a great way to show off our newly opened track facility! Our 7th grade strength and conditioning groups during 1st and 2nd hour are making huge strides, our 8th graders have started working sport-related drills during 1st hour, and our new Multipurpose weight room is full of athletes each day!

Looking ahead to our 2023 team, we think we have a chance to be our strongest team ever! Right now, we have 3 players cleaning 300, over 50 cleaning 225, and over 10 players bench pressing 300 pounds! As a program, we are continuously trying to help our players be consistent and develop. Those athletes who keep consistently training will make huge strides in our program!

On Monday, May 1st, we will begin our spring drills with our players who have finished their spring

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We Need Golfers

Our 12th annual Golf Tournament will be held on May 16th and is getting close. This annual fundraiser is one of our largest QBC fundraisers. Please consider either entering a foursome for \$600 or sponsoring a hole for \$275. If you don't play golf, you can still sponsor a hole and your student athlete will receive a custom Under Armour backpack courtesy of the Bixby Quarterback Club. Sign up [HERE!](#)



[Ring Ceremony Pics Here!](#)



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sports. We will have ten 60-minute install sessions, and then we will put on the pads Monday, May 15th! We will conclude spring practice with our annual spring game on Thursday, May 25th at 6pm. Admission will be a case of Gatorade. We will also have food trucks, a gold ball photo booth, a D.J., our videoboard, and spirit from our cheer squad! This year's spring game will be a great atmosphere.

We will host team camp at Bixby the week immediately following the spring game (May 30th - June 2nd). There will be action at both Lee Snider Field and at our track field. Visiting teams include: East St. Louis, Tulsa Union, Edmond Memorial, Midwest City, McAlester, Bentonville, and Bentonville West. We are excited about the level of competition, and there is no doubt that each and every one of our players will grow tremendously through the many reps they receive that week. We will take off the week after team camp (June 5th- June 9th), and we will begin S.P.A. on Monday, June 12th. You can check out our live up-to-date calendar [HERE](#).

S.P.A. (Speed, Power, Agility) is a critical time for our program where we train Monday--Thursday each week. But our summers are so much more than just strength and conditioning. During the summers, we get to spend time with our athletes doing 7-on-7 drills, lineman drills, team building, and leadership training. Consistent (The Right Way Everyday) is a core value of our program, and summer is a great time for our players to practice this. Players with perfect attendance, no questions asked, will be STEAK EATERS. This means that these players will be fed a delicious ribeye dinner by our staff and wear the coveted 100% STEAK EATER T-Shirt. If you haven't signed up for S.P.A. yet, you can do it [here](#). Last year we had over 500 Bixby student-athletes, grades 1-12, attending our S.P.A. sessions!

In addition to our normal summer workouts, we will host an intrasquad 7-on-7 tournament, the Skordle 7-on-7 tournament, Tuesday passing leagues, and the 20th Annual Eastern Oklahoma OL/DL Camp. We had 580 campers at the 2022 OL/DL camp! We will also attend Monday night passing leagues in the Tulsa area, as well as visit Springdale, AR for the Elite 7-on-7 shootout. Summers in Bixby are very busy, but they are also really fun!

We encourage everyone to get involved in our program at some level. Whether you join the Quarterback Club, play in the golf tournament, or just attend a Friday night game, your support will help us to become the very best program in Oklahoma at developing student-athletes!

Sincerely,
Coach Montgomery



**BIXBY SPARTAN
SUMMER CAMPS**

SPA
SPEED • POWER • AGILITY

SPA: Grades 8th - 12th
SPA: Grades 5th - 7th
SPA: Grades 1st - 4th

SIGN-UP NOW

SIGN UP NOW AT BIXBYSPARTANFOOTBALL.COM

CAMP BEGINS JUNE 12TH

[Sign up now!](#)

S.P.A. Price Increases after June 1st.

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



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 championship game. 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.	Chcotah
Enid	Wagoner	Cushing	Blackwell

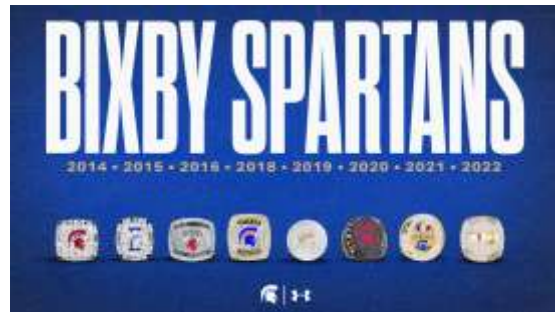


The Purpose of 5-minute football is to increase the football I.Q. of our program by sharing common language that is aligned at all levels of our program. Smarter football players are better football players!

[Brilliant Play](#)

[Hustle Play](#)

[Punt or Go for it?](#)



We would like to thank our Senior Moms on organizing an amazing ring ceremony on beautiful Lee Snider Field! We were able to celebrate our 2022 team one last time! It is always great to see our Seniors who are not often on campus during the spring semester.



We appreciate the baseball team allowing us to host our annual Spring BBQ before senior night! We loved being able to visit with all our great fans who were out to support our baseball team! Go Spartans!



This is a busy time of the year in high school athletics. Track, baseball, and soccer are all getting ready for their playoff push, and spring ball for football is right around the corner. It's important to understand the increased sporting demands and the increased stress from playing higher-stakes games in these times. In strength and conditioning, this means we have to reduce the volume of work in the weight room while also maintaining or even increasing Intensity. It's a common mistake for athletes and coaches to confuse going "light" while also hitting moderate volume as a version of backing off in order to peak their performance. This is one of the worst things you can do. I will forgo the long physiological talk and present a simple math equation to show how lifting heavy weight is more ideal than lifting light weight with moderate volume. In the example below, the athlete has a max squat of 300lbs. Option A is high intensity, low volume (how I approach late season training) and option B is low intensity, moderate volume, (a common programming mistake made in order to back off).

Option A: 4 sets @ 1 rep @95%, or 4 reps at 285

Option B: 4 sets @ 3 reps @65%, or 12 reps at 195

Option A total volume of work = 1,140lbs

Option B total volume of work = 2,340lbs

The total volume of option B is 1,200lbs higher than option A and thus equals more stress on the body, especially in times of high volume coming from sport. Option A also will enhance physical qualities such as strength and power due to the intensity being high enough to elicit adaptations. Option B will more than likely produce no positive adaptations and add unnecessary stress to the body.

This example can be highlighted in our approach of the last 2-3 weeks with all sports. The majority of our sets have been 1-3 reps on all of our big primary lifts, as well as our jumps. The intensity has been anywhere from 80-90%. This fits well with our in-season and off-season athletes at this point in the school year, and it allows us to make progress in times of high stress.

BIXBY SPARTAN FOOTBALL • UNDENIABLE

2023 SEASON SCHEDULE • 8X STATE CHAMPIONS



2023 BIXBY SPARTAN FOOTBALL

HOME | AWAY



8.18 Fall Classic
Lee Grider Field



8.24 Owasso
NA Chapman at TU



9.1 Springdale Mar-Ser
Lee Grider Field
Military Appreciation



9.8 Sand Springs
Memorial Stadium



9.22 Norman North
Lee Grider Field



9.28 Southmoore
Moore Stadium



10.6 Enid
Lee Grider Field



10.13 Broken Arrow
Tiger Memorial Stadium



10.20 Westmoore
Moore Stadium
Fall Break



10.27 Moore
Lee Grider Field
Senior Night



11.3 Jenks
Alan Trimble Stadium

