



# COACHSPEAK

MAY 2023

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

Dear Spartan Fans,  
Spring practice has come to a close, and we are moving into team camp on May 31<sup>st</sup>, June 1<sup>st</sup>, and June 2<sup>nd</sup>. Our 2023 Spartans are well into our journey of being the strongest, most disciplined group of leaders in Oklahoma. Our 2023 Spartans have proven to be excellent students in the classroom and are working hard toward being great players on the gridiron. Our coaching staff is extremely proud of the leadership our Seniors have shown throughout spring practice. They have been great examples for our younger players joining the team!

As with each championship team we have had here at Bixby, many great players from the previous team are graduating. Spring football practice and team camp will prove critical for developing our next great football team. Repetition is the mother of learning (on and off the field), so it is imperative that our players get these live reps. The number of reps we create for our players during team camp nearly equal about half of a regular season.

The OSSAA allows us 10 padded spring practices. We also get one team camp and two 7-on-7 tournaments during the summer. We are hosting our second annual team camp at Bixby High School this week. We will be joined by East St. Louis, Tulsa Union, Midwest City, Edmond Memorial, Bentonville, and Bentonville West. We will have scrimmaging

(Continued on page 2)



We will once again kick-off our season with the 2<sup>nd</sup> annual Battle of the Burbs against the Owasso Rams at The University of Tulsa's H.A. Chapman Stadium for zero week. Bixby will be the home team this year, and our athletic department will collect all of the gate receipts from the 2023 contest.

Last year's inaugural contest was amazing and had over 22,000 fans in attendance for the first high school football game of the season. We were fortunate enough to pull away from the Rams for an eventual 49-14 victory.

We are excited about another great contest this year between two of Oklahoma's premier football programs. Battle of the Burbs admission is included in the 2023 Bixby reserved seating package.

May Update continued from pg. 1

at both Lee Snider Field and at our recently turfed soccer stadium. By hosting our own camp, we can save our Quarterback Club and district money, as well as ensure that each Spartan player gets the needed reps to develop. Team camp allows us to get quality repetitions against some of the best players and schemes found anywhere.

At the conclusion of team camp on June 2nd, we will give our players and coaches one entire week off to rest and recover. We will be back to work on June 12<sup>th</sup> with SPA, passing league, 7-on-7 tournaments, and all the things that go along with our jam-packed summers.

You have probably seen the infamous Steak Eater shirts around town, and there is a trend of having more and more of those each year. Our staff will cook a steak dinner for our players who have 100% attendance during summer SPA -- no questions asked. In the early years, we had just a few players, and it has grown to over 50 players with perfect attendance. Consistency is one of our core values, and this is an excellent way to reward our players who are consistent.

Our Quarterback Club recently began our membership and corporate sponsorship drives. Along with all the normal perks of being a QBC member, our premium members will have first picks at seat selection for reserved seats this year. If you are interested in joining our Quarterback Club, click [HERE](#). Our QBC provides the best playing experience in Oklahoma for our athletes, so please consider joining!

In closing, we have made a successful transition into 6A1 because our student athletes and parents understand the importance of being consistent. Please stress to your child the importance of being consistent and communicating with their position coaches throughout the summer. We have many activities planned, and we depend on each of our student athletes. It's a great day to be a Spartan! Sincerely,  
Coach Montgomery



## 2023 Spring Game

Thanks to everyone who came out for our 2023 Spring Game. The event was amazing. We had food trucks, the cheer team, alumni, autographs and great times. You can read Ron Holt's entire breakdown of the Spring Game [HERE](#). You can also find more excellent pics from the evening [HERE](#) on Google Photos.

[Coach Richardson's Spring Game Video](#)



We would like to thank everyone who had a hand in our 12<sup>th</sup> Annual QBC Golf Scramble. This year's event was a huge success! Tournament director, Dan Peters, did an excellent job laying out a wonderful day that was not only fun, but generated some much-needed revenue for our Quarterback Club! Thank you to everyone who sponsored, volunteered, and played!

# BIXBY SPARTANS

2014 • 2015 • 2016 • 2018 • 2019 • 2020 • 2021 • 2022



## STEAK EATER

**BIXBY SPARTAN  
SUMMER CAMPS**

**SPA**  
SPEED • POWER • AGILITY

SIGN UP NOW AT [BIXBYSPARTANFOOTBALL.COM](http://BIXBYSPARTANFOOTBALL.COM)

**CAMP BEGINS JUNE 12<sup>TH</sup>**

[Sign up now!](#)

SPA Price Increases after June 1<sup>st</sup>.

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



Summer training is fast approaching for Bixby football. After one week off after team camp, we will start on June 12 and go for eight weeks with one week off during our dead week. This divides our training blocks into a 3-week phase and a 4-week phase. There are many different qualities that need to be trained during summer. That is what makes team sports a complex environment to train in. Unlike a sport such as track, where absolute speed and absolute strength transfer very directly to competitive success, in football, increases in absolute speed and absolute strength are awesome, but they don't necessarily mean an increase in performance on the field.

When looking at training, you can get overwhelmed and try to do too much at once which leads to not getting better at anything. Or you can focus on too little, and this makes an athlete fragile due to too much specialization. I think it's important to address the fundamental qualities that are needed to be prepared for a football season. These are qualities that enhance the conditioning of the athlete in a specific manner that will help them be successful for football. The qualities and training focus I like to hit in preparation for a football season go as follows: Max-Velocity Sprinting, High Speed Yardage Accumulation, Aerobic Development, Sprint Density/Sport Specific Sprints, Agility (Cognitive), Acceleration/COD (change of Direction)/Deceleration Mechanics, Contact Preparation, Power Development, Max Strength, and High Incidence Injury Prep. Now these seem like a lot, but when scheduled properly, they can all be trained in a weekly cycle and progressed throughout the summer.

Starting from a macro view of our training week, I divide our training into High/Low intensities. This can also be referred to as Performance and Support days. One of these days focuses on training max qualities, such as speed, and the other day focuses on training support qualities, such as conditioning. Along with these, I divide our days into "hardware" and Software" days. Hardware days are focused on mechanics, and our software days are focused on reacting to more game-like situations. With these terms, the weekly structure will look as follows. Monday/Wednesday: Performance/Hardware and Tuesday/Thursday: Support/Software. Now getting to each day; I will highlight the qualities we will hit in no particular order:

**Monday:** 1. Max-Velocity and Acceleration Mechanics 2. Max Velo Sprinting 3. Lower Body Power Development through Plyometrics and Olympic Lifts 4. Injury Site Training for Ankles/Hips.

**Tuesday:** 1. Contact Prep 2. Open Agility Games 3. High Speed Yardage Accumulation 4. Upper Body Power 5. Upper Body Max Strength 6. Neck and Shoulder Prehab

**Wednesday:** 1. Acceleration and COD Mechanics 2. Max-Deceleration 3. Multi Directional Plyometrics 4. 5. Lower Max Strength 6. Groin and Hamstring Work

**Thursday:** 1. Contact Prep 2. Open Agility Games 3. Aerobic Development (First Phase) 4. Sprint Density/Sport Practice Prep (Second Phase) 4. Upper Body Strength 5. Upper Body Armor Building (Look good, play good) 6. Neck and Shoulder Prehab.

DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



**SHAD SCARBOROUGH**  
varsity defensive backs

BIGBY SPARTAN FOOTBALL  
2020 CHAMPIONS • UNDEFEATED



DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



**KADEN JACKSON**  
defensive line

BIGBY SPARTAN FOOTBALL  
2020 CHAMPIONS • UNDEFEATED



DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



**MICAH HAGGERTY**  
ninth grade assistant

BIGBY SPARTAN FOOTBALL  
2020 CHAMPIONS • UNDEFEATED



DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



**ZACH STEPHENS**  
Varsity Co-WR & 8th Grade Assistant

BIGBY SPARTAN FOOTBALL  
2020 CHAMPIONS • UNDEFEATED



DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



**CORTLAND WEAVER**  
ninth grade assistant

BIGBY SPARTAN FOOTBALL  
2020 CHAMPIONS • UNDEFEATED



DISCIPLINE • INTEGRITY • SELFLESS • CONSISTENT



2016 spartan alum • 3x state champion

**NIC ROLLER**  
ninth grade football & varsity wrestling

BIGBY SPARTAN FOOTBALL  
2020 CHAMPIONS • UNDEFEATED





## 2023 BIXBY SPARTAN FOOTBALL

HOME | AWAY



8.18 Fall Classic  
Lee Grider Field



8.24 Owasso  
NA Crapman at TU



9.1 Springdale Mar-Ger  
Lee Grider Field  
Military Appreciation



9.8 Sand Springs  
Hawthorn 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  
Allen Thibodeau Stadium

