



# COACH SPEAK

JUNE 2023

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

Dear Spartan Fans,  
Wow, just like that our first three weeks of S.P.A. are in the books and we're headed into the mandatory OSSAA dead period. Coaches often laugh when people ask if we are getting to rest and relax during the summer months because summer is one of the busiest and most important seasons of our program. If you have made your way on campus during the last 6 weeks, you have probably noticed how busy campus is, and we love that!

As soon as school concluded, we wrapped up spring football practice, and then headed straight into Team Camp. This year's team camp was the most competitive camp we have ever hosted. Our guests included East St. Louis, Tulsa Union, Bentonville, Midwest City, Edmond Memorial, and Bentonville West. The level of competition on the field made us better as a team!

After a week off, we were right back to work with S.P.A., passing leagues, 7 on 7 tournaments, OL/DL camp, and our intrasquad 7 on 7 tournament. Our players have been training and competing well during workouts. During 9<sup>th</sup> grade, Junior Varsity, and Varsity passing leagues we are seeing our players grow and progress. We won the Skordle 7 on 7 tournament that we host each year going undefeated. The 20<sup>th</sup> Eastern Oklahoma OL/DL camp had a record year with over 600 campers! Finally, on March 28<sup>th</sup> we hosted our 4<sup>th</sup> annual intrasquad tournament that is an unparalleled opportunity for our skill players and coaches.

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## SELFLESS



Bixby Spartan Football defines our core value Selfless as "less me more we." We would like to thank our child nutrition team who serves 400-1,000 meals daily to our students in Bixby.

Last week we had a power outage in the cafeteria, and without flinching these amazing child nutrition, custodial, and maintenance workers stepped up. We have an amazing team in Bixby Public Schools!

### Child Nutrition

Helen Hurst  
Montie Smith  
Audrey Hiatt  
Jennifer Hernandez

Silveria Chairez  
Cassie Coffelt  
Georgia Cornett  
Cha Cha Ford  
Jessica West

### Custodial

Harold Hansen  
Lakerri Stallings  
Eddie Stallings  
Gavi Castillo-Luevanos

### Maintenance

Adrienne Malone  
Mike Embry  
Denzil Stamper  
Greg McLaughlin

Dallas Stites  
Clint Kilgore  
Stephen Thompson  
Connor Burns  
Tony Hale  
Jason Grove

2023 is a record year for our S.P.A. camps. Each day on campus we have over 700 Bixby student athletes on campus to participate in our Speed, Power, Agility program. The strength culture at Bixby continues to grow and improve each year. Furthermore, we also have over 100 students enrolled in our GOSPA (Girls Only SPA) and OSPA (Olympic Sport SPA) each day. Coach Connor Myers programs each workout for our athletes, and he is the best strength coach in Oklahoma. "The Rack" competition continues to be a popular motivator for our student athletes. We measure an athlete's performance on the field, in the weight room, and a leadership rating that places our top 6 athletes from the week on a rack with golden barbells and control of the weight room music. Please continue to not only make sure your children are a camp each day, but also adhere to a championship inventory of breakfast, 1 gallon of water, and eight hours of sleep each day. Little things really do add up.

Another one of those little things that is extremely important to our program is our Bixby Child Nutrition summer feeding program. The program is back, and each day after workouts our students are able to eat in our cafeteria for free. Meals are free to all children under 18 years old. Our hats are off to our cafeteria team as they feed over 400 students each day, but have fed up to 1,000 campers on busy days! These ladies are truly selfless.

When we return for OSSAA dead period, we still have many activities coming in July. We will attend and host another passing league, we will attend a one day 7 on 7 at Shiloh Christian in Springdale, AR on July 13<sup>th</sup>. This event is always a great event that exposes us to teams that we don't normally see. We are also excited to host the Chris Harris Jr. camp in Bixby on Friday July 21<sup>st</sup>. Coming Wednesday night July 20<sup>th</sup> at 8:15pm is our annual night of champions. Our players love this competitive atmosphere, and nearly all of our players set personal records on the clean. The night is also made special by our cheer teams, youth players, parents, and even a DJ on the field!

Our Quarterback Club Membership is off to a record start. Brad Hawkins [tulsahawk57@gmail.com](mailto:tulsahawk57@gmail.com) leads our membership drive, and is happy to help you with any questions you might have. The Bixby Quarterback Club provides the best playing experience in Oklahoma for our student athletes, so we encourage all parents to join our QBC. Just a few things our QBC provided for our program over the last year include: meals, drinks, team camp, 7 on 7 tournaments, staff development, 36 sets of custom bumper plates, new home uniforms, additional weight equipment for the multipurpose weight room, new coaches headsets, GPS monitors, velocity based training, vertical leap pads, timing devices and much more. Your generous donation of money and time will help us continue to improve our program. Furthermore, QBC members get preferred selection on reserved season tickets! If you haven't already, please consider signing up [HERE](#) for your 2023 Bixby Quarterback Club membership!

Finally, if you have children in our program, thanks for trusting us with your most prized possession. Football teaches discipline, toughness, teamwork, how to overcome adversity, and many other things that only football can teach. We appreciate you committing to our process and we believe your child will leave our program a better person because of this sport, our coaches, and this wonderful community in Bixby. We ask a lot of our players, but the payoff is well worth it. The benefits of playing football carry on well beyond a few Friday nights each fall. Discipline, Integrity, Selflessness, and Consistency are a few things that this great game teaches our children. Thanks for supporting Bixby Spartan Football!

Sincerely,  
Coach Montgomery

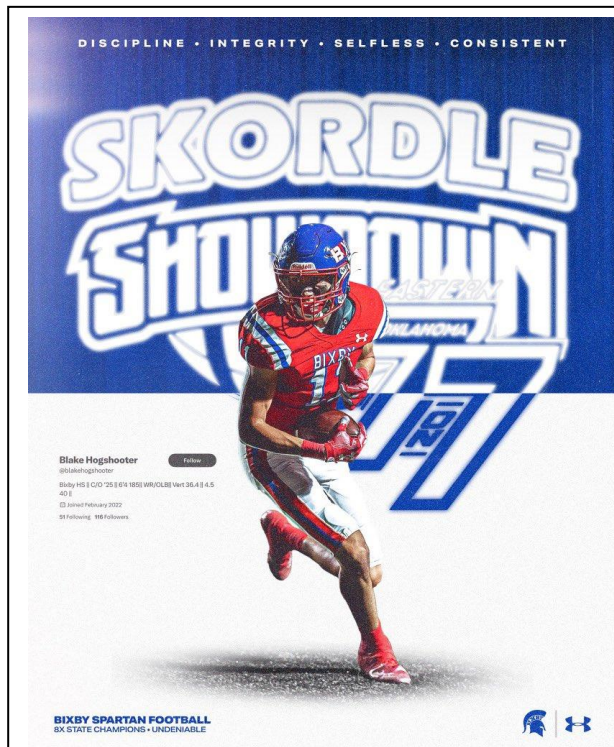


**DISCIPLINE** COMMIT TO THE PROCESS  
**INTEGRITY** COUNT ON ME  
**SELFLESS** LESS ME MORE WE  
**CONSISTENT** THE RIGHT WAY EVERYDAY  
**RELENTLESS** LOVE THE HUNT

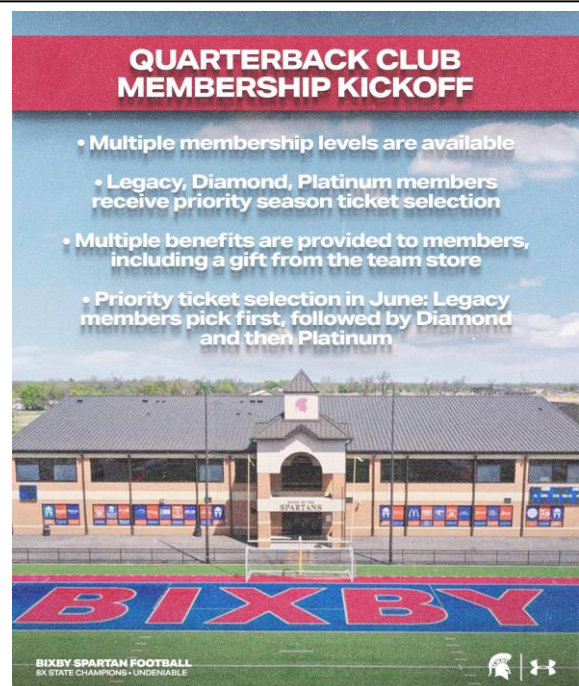


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<https://www.bixbyspartanfootball.com/membership>



The summer is in full swing and we are finishing up our first month of SPA. The first 2-3 weeks of SPA are busy times with many college camps and 7 on 7 tournaments during the week. Our athletes have a high amount of stress placed on them and we need to be adaptable in the weightroom and on the field in order to elicit the adaptations we want and to mitigate overuse issues. One way we try to do these things is start relatively easy in intensities and volumes then increase them week to week. Starting off with too much intensity or too much volume can lead to issues as it gives you nothing to build off of. The body will not be able to recover in time each week. The principle is called GAS (general adaptation syndrome bottom).

The goal is to provide a stimulus (stimulus in this case means exercise). This stimulus will bring about fatigue and then the body will super compensate to create resilience to this stimulus. If we go too hard too soon we give the body too much of a stimulus and we can never super compensate week to week. Our goal is to give the right amount each time and increase the stimulus so we can learn to recover from it and thus have greater training gains. An example of this is our speed work. A big component in our speed work are timed Fly-10s. This is where you build speed for a certain distance and time the last 10 yards of the sprint. The further the distance the higher the speed this equates to a higher intensity. Each week we are increasing our build up distance by 5-10 yards allowing us to build our intensity week to week. In week 1 we started with a 10 yard build up and this last week we had a 20 yard build up. We take this concept and apply to all other qualities such as strength, power and conditioning. Some coaches use this concept and think it means that fatigue is a bad thing we can never do too much. This is not the case. We want to use this concept with our athletes to build bigger outputs and work capacities. The more work our athletes can handle and recover from the more they will get out of training. The trick is to build this over time and have patience. It is possible to work hard and smart and this concept helps reinforce that.



# SKORDLE'S EASTERN OKLAHOMA SHOWDOWN

LARGE SCHOOL	BIXBY	BARTLESVILLE	SAND SPRINGS	DERBY	STILLWATER	SAPULPA	COLLINSVILLE	McALESTER	TAHLEQUAH	WAGONER
BIXBY	5-0	1-4	1-4-1	3-2	3-2	2-3	4-1	0-5-1	1-4	5-0
BARTLESVILLE	21-22	22-21	45-2	37-9	24-20	-	15-29	39-0	-	-
SAND SPRINGS	2-45	18-29	29-18	16-34	19-38	-	15-29	17-17	19-17	-
DERBY	9-37	34-16	22-21	27-20	8-38	-	-	-	-	23-32
STILLWATER	20-24	38-19	38-8	20-27	8-36	36-8	-	-	-	-
SAPULPA	-	-	-	-	8-36	-	12-32	34-14	24-2	9-14
COLLINSVILLE	0-39	29-15	-	-	-	32-12	-	24-6	14-13	20-22
McALESTER	-	-	17-17	-	-	14-34	6-24	-	17-29	12-34
TAHLEQUAH	-	-	17-19	-	-	2-24	13-14	29-17	-	4-20
WAGONER	-	-	-	32-23	-	14-9	22-20	34-12	20-4	-

SMALL SCHOOL	VICTORY	BIXBY 2	CHECOTAH	CUSHING	LOCUST GROVE	KIEFER	MEEKER	PAWHUSKA	BIXBY 3	BLACKWELL
VICTORY	5-1	2-4	4-2	5-0	1-4	3-3	4-2	1-4	2-4	1-4
BIXBY 2	11-28	28-11	39-6	18-23	26-12	21-19	27-23	-	-	-
CHECOTAH	6-39	37-18	18-37	22-34	25-14	34-20	14-22	30-17	26-8	-
CUSHING	23-18	34-22	36-8	8-36	22-9	-	-	-	30-20	-
LOCUST GROVE	12-26	14-25	9-22	14-24	24-14	-	-	-	-	24-16
KIEFER	19-21	20-34	-	-	-	-	15-24	22-10	23-19	33-4
MEEKER	23-27	22-14	-	-	-	24-15	-	22-10	16-15	25-26
PAWHUSKA	-	-	17-30	-	-	10-22	10-22	-	2-32	16-6
BIXBY 3	-	-	8-26	20-30	-	19-23	15-16	32-2	-	26-9
BLACKWELL	-	-	-	-	16-24	4-33	26-25	6-16	9-26	-



## BIXBY SPARTANS

**2023 SKORDLE SHOWDOWN**  
LARGE SCHOOL CHAMPIONS

BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDENIABLE

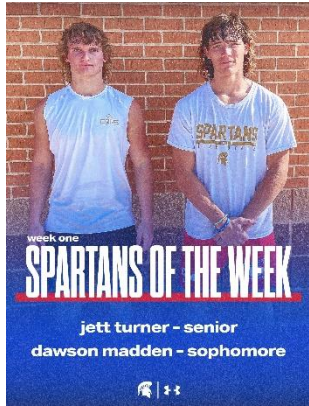


## CUSHING TIGERS

**2023 SKORDLE SHOWDOWN**  
SMALL SCHOOL CHAMPIONS

BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDENIABLE





bixby spartan football
undeniable

# THE RACK

**[ rak ] noun**

1. where the previous week's top six performers participate in this week's lifts; equipped with golden barbells and aux cord
2. where champions are built

*"we work all week in here, concentrate on our core values, and working hard out on the field and in the weight room — it's a big accomplishment for all our guys"*

BIXBY SPARTAN FOOTBALL  
8X STATE CHAMPIONS • UNDENIABLE

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