



# COACH SPEAK

JULY 2023

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

Dear Spartan Fans,  
Our 6<sup>th</sup> week of S.P.A. is in the books, and we only have one week remaining with our 8<sup>th</sup>-12<sup>th</sup> grade athletes before we officially begin football practice on Monday August 7<sup>th</sup>. Our players have been relentless throughout the spring and summer, and we are on pace to over 50 athletes who have perfect attendance. Athletes who have perfect attendance are “steak eaters” in our program.

Summers are extremely busy in our program. Our players grow in character, strength, and athleticism. We kick summer off each year with team camp at our facility. We also hosted 4 passing league sessions, one of the largest OL/DL camps in the United States, the Skordle 7 on 7 tournament, and of course, our intrasquad passing exhibition with 9<sup>th</sup>-12<sup>th</sup> graders. Furthermore, our freshmen and 8<sup>th</sup> graders were busy with multiple passing leagues and 7 on 7's. Finally, we had several youth camps that included BYFA pad camp, Youth OL/DL camp, and Chris Harris Jr.'s camp was back. We try to give our athletes many opportunities to grow and develop in our program. It is our goal to be the best program in Oklahoma at developing student athletes.

The strength culture in Bixby is alive and well! This year at Night of Champions we had 44 athletes clean 225 or more, and several cleaned over 300 pounds. This event is so special because it shows our youth athletes how important it is to train! Night of Champions provides a big stage for our athletes to compete. We believe it is important for our kids to

(continued on page 2)

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



July Update continued from pg. 1

have opportunities to perform under pressure!

Fall practice is right around the corner. We will begin practice Monday August 7<sup>th</sup>. Our first four practices will be helmets only, and we will put pads on for the first time on Friday, August 11<sup>th</sup>. We will once again have the JV fall classic on Thursday August 17<sup>th</sup>, and our Bixby Fall Classic Friday August 18<sup>th</sup>. Both fall classics are excellent QBC fundraisers, so we will be reaching out for volunteers to work the gate. The Bixby Quarterback Club will receive all gate receipts from these events.

We are very excited about our season opener. The second annual Battle of the Burbs at TU's HA Chapman stadium will be the first game in Oklahoma High School football in 2023. We will play the Owasso Rams Thursday August 24<sup>th</sup> at 7:30pm. This will be our home game, and a rematch of the 2022 state championship game, so the Bixby Athletic Department is hoping for another big crowd!

Our first game at Lee Snider Field in Bixby will be Friday September 1<sup>st</sup>. Our first home game is always Military Appreciation night, so make plans to attend this special event. Each year we honor veterans, have a flyover, and celebrate those heroes who have sacrificed for our freedom.

Our Quarterback Club truly provides the best playing experience in Oklahoma for our student athletes. Our student athletes get the best gear, the best nutrition, and we have the best strength and conditioning program in the state because of our community's generosity. Our Quarterback Club membership drive is well underway, and we would encourage you to join [here](#) to help support the program. If you have questions you can reach out to membership director Brad Hawkins at [tulsahawk57@gmail.com](mailto:tulsahawk57@gmail.com).

We would like to thank everyone who takes the time to read this newsletter and who takes an interest in our program. We truly have great young men, excellent coaches, and dedicated parents who help to make Bixby Spartan Football the best program in Oklahoma at developing student athletes. We look forward to seeing you at our games!

**Sincerely,  
Coach Montgomery**



## 2023 CLUB 225

### Night of Champions Team Average: 226

Hobbs Brandon	315	Shull Brody	255
Villarreal Michael	315	Bell Carter	255
Hatley Kason	300	Kirby Chase	255
Kirk Justin	300	Madden Dawson	255
Puckett Hank	290	Peters Clay	255
Duffel Brody	280	England Nate	245
Nolan Cord	275	Husen Gib	245
Hawkins Payton	275	Lee Braedyn	245
Hooper Beckham	275	Mohler Grant	245
Turner Jett	275	Gouldsby Kordell	235
Parker Cooper	265	Dixon Ashton	225
Doh Dobgangha	265	Helton Matthew	225
Hogshooter Blake	265	Kirby Carson	225
Villasenor Alfonso	265	Peters Joe	225
Perez Yetxiel	265	Dewoody Sam	225
Vaughn Garrett	265	Garcia Hector	225
Crull Cody	260	Rogalski Ben	225
McCormick Sam	260	DeJesus Deonte	225
Crisp Caden	255	Wells Walker	225
Kaiser Colton	255	Cairl Bode	225
McClure Evan	255		





# Dates to Remember

[Printable H.S. Calendar Here](#)

**Printable 9<sup>th</sup> Grade Calendar** [www.bixbyspartanfootball.com](http://www.bixbyspartanfootball.com)

**Printable 8<sup>th</sup> Grade Calendar** [www.bixbyspartanfootball.com](http://www.bixbyspartanfootball.com)

Monday	8-7-2023	Helmets Only Practice Begins
Friday	8-11-2023	Full Pads Practice
Saturday	8-12-2023	Mandatory Parent Meeting (8am 9GC Cafeteria)
Thursday	8-17-2023	First Day of School
Thursday	8-17-2023	Bixby JV Fall Classic
Friday	8-18-2023	Bixby Fall Classic
Saturday	8-19-2023	Parent Son Breakfast (Woodlake Church)
Thursday	8-24-2023	Battle of the Burbs Vs. Owasso (HA Chapman Stadium)
Friday	9-1-2023	Military Appreciation Night Vs. Springdale Harber (Spartan Stadium)



We are wrapping up the last weeks of S.P.A. These weeks are focused on getting our athletes to be able to handle the demands of practice and games. One of the great traditions at Bixby in the final weeks of S.P.A. is our Night of Champions (NOC). At this event, each athlete attempts to break a personal record in “the clean” with the hopes of hitting at least 225lbs so that they can join the 225 Club. Among all the hype of the event, I’m often asked why we test the clean and not bench or squat or deadlift. Also, why do we just call it a clean and not a power clean? In the next paragraphs, I will describe the terms of the clean and why it is one of the best lifts for developing total body power and strength.

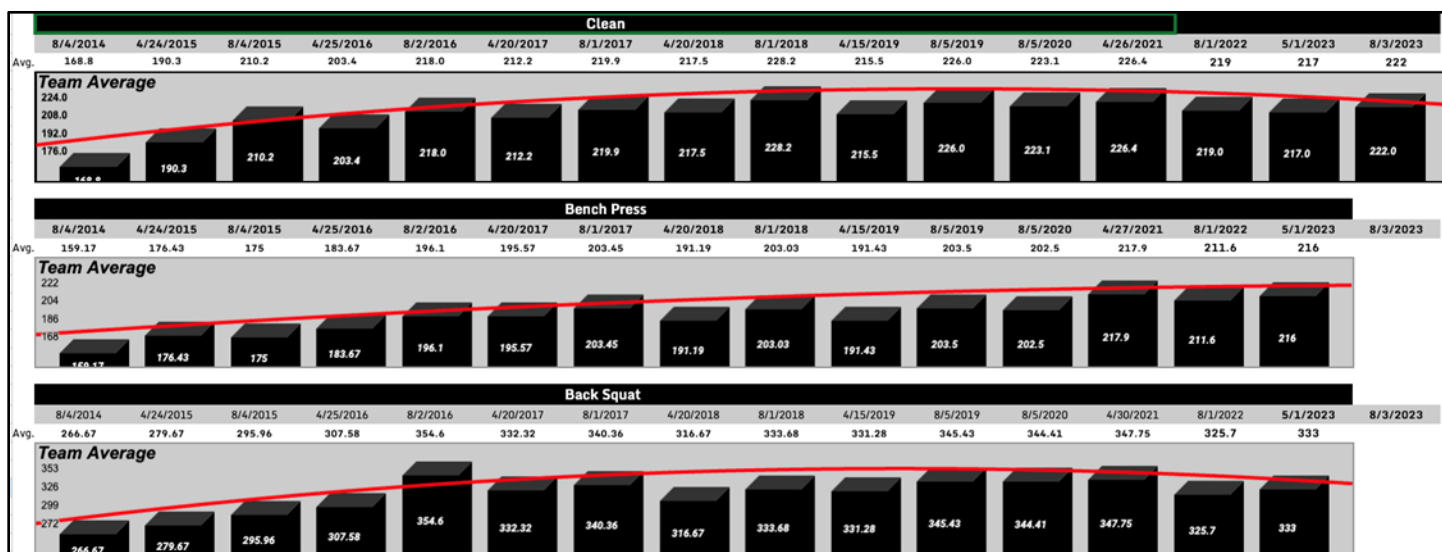
A Lot of coaches will use the term “power clean” as an umbrella term. At Bixby, we use the source terminology from Olympic weightlifting. The terms “power” and “hang” are attached to Olympic weightlifting exercises such as the snatch and clean to make a specific technical change to the exercise. Any time we refer to a clean as a “power clean,” this means the athlete needs to catch in a high position, or a quarter/half squat position. If I say “hang-power clean,” this means the athlete will start with the bar above their knees and catch it in a “high position” or a quarter/half squat position. The lift we test on N.O.C is the clean. This means the athlete will start from the ground and catch the bar in a full-squat position. The same concept applies to the “hang clean”, where the athlete will start with the bar above their knee and catch it in a full squat. Now that I am done with the terminology, we will talk about why we use the clean and the benefits of it.

### Myers' Monthly Minute Continued

When programming a workout, one of the most important qualities in an exercise to consider is its training economy. I want exercises that cover a lot of bases. As high school strength coaches, we are dealing with novice athletes. With novice athletes, the goal should be to keep things simple -- get really good at a few things and slowly incorporate more exercises if necessary. The clean does require high technical efficiency, but we have 3-4 years with our athletes, and when the clean is learned, the benefits are numerous. There are numerous benefits to the clean and these include: power production, kinesthetic awareness, force absorption, mobility, and mental toughness. The two I will elaborate on here are power production and kinesthetic awareness.

Increasing power production is a widely known benefit of the clean. You cannot complete a clean slowly. It has to be fast. The second pull in Olympic weightlifters can create forces up to 3700 watts (compared to 2691 watts that was measured in the start of Usain Bolt's world record 100-meter time). One of the primary benefits of the clean is improving RFD (rate of force development). Asking "How fast can you create a lot of force?" is a simple way to understand RFD and power production. Again, this all comes back to the fact that you cannot slowly lift a clean.

The second benefit of the clean is building kinesthetic awareness. The clean can be broken down into four phases: first pull, second pull, catch, and squat. Each has their benefits, but the one that builds kinesthetic awareness is the transition from the second pull to the catch. The athlete will reach near to full extension of the hips, knees and feet and will often times come off the ground. From here, the athlete will pull themselves under the bar ripping their elbows through and catching the bar in a full front squat position. The athlete is going from near full extension to near full flexion in a split second. This builds coordination and confidence in the athlete and helps develop other motor control qualities as well.







week one  
**SPARTANS OF THE WEEK**

jett turner - senior  
dawson madden - sophomore

🏆 | 🏆



week one  
**SPARTANS OF THE WEEK**

hunter cox - 8th grade  
reece madden - 8th grade

🏆 | 🏆



week one  
**SPARTANS OF THE WEEK**

rolando rivera - 9th grade  
andrew havens - 9th grade

🏆 | 🏆



week one  
**SPARTANS OF THE WEEK**

fifth grade: cole wilson, tatum guinn, drew minkin  
sixth grade: herahel bryant, mia mikluscak, jack jewell  
seventh grade: mya pollard, gentry gavlik, kai turner


🏆 | 🏆



week one  
**SPARTANS OF THE WEEK**

first grade: jackson jones, skyler pankey, jack rosser  
second grade: margo mocown, talon wright  
third grade: hazel scott, depline walker, elane rydholm  
fourth grade: charlotte cowl, addison whitely

🏆 | 🏆



week two  
**SPARTANS OF THE WEEK**

ian madden - junior  
trey mcglothlin - sophomore

🏆 | 🏆



week two  
**SPARTANS OF THE WEEK**

ben puckett - 9th grade  
ethan forrest - 9th grade

🏆 | 🏆



week two  
**SPARTANS OF THE WEEK**

first grade: adeline goodman, ayden brown, lauren swindell  
second grade: carter hays, ava gates, karsten kirkland,  
peter nolandorf  
third grade: kai turkey, joseph arsee, maxton wiggins  
fourth grade: caroline taylor

🏆 | 🏆



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🏆 | 🏆



week two  
**SPARTANS OF THE WEEK**

cimone smitherman - 8th grade  
grant grigor - 8th grade

🏆 | 🏆



week five  
**SPARTANS OF THE WEEK**

cooper upton - sophomore  
sam mccormick - senior

🏆 | 🏆



week five  
**SPARTANS OF THE WEEK**

brock copass - 9th grade  
jack gill - 9th grade

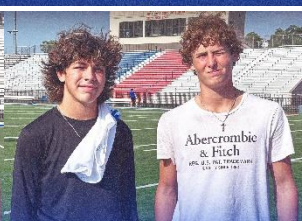
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week six - varsity  
**SPARTANS OF THE WEEK**

cord nolan - sophomore  
lucas edwards - senior

🏆 | 🏆



week six - ninth grade  
**SPARTANS OF THE WEEK**

dax sullivan  
chris yarbrough

🏆 | 🏆



week six - eighth grade  
**SPARTANS OF THE WEEK**

brock reagan, landon martin,  
& dominique mcghee

🏆 | 🏆




week five  
**SPARTANS OF THE WEEK**

jacob rumbaugh - 8th grade  
hayden henson - 8th grade

🏆 | 🏆



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



bixby spartan football undeniable




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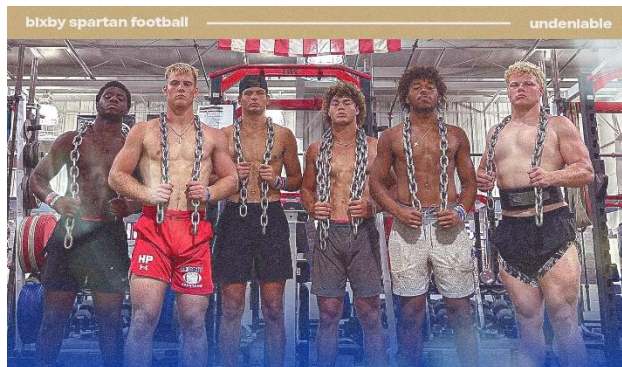
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BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDENIABLE


2023 SEASON SCHEDULE • BX STATE CHAMPIONS



2023 BIXBY SPARTAN FOOTBALL
HOME | AWAY

8.18 Fall Classic Lee's Summit Field	8.24 Owens Ark. Chapman (CTU)	9.1 Springdale Har-Bar Lee's Summit Field Lee's Summit Field	9.8 Sand Springs Arkansas Stadium	9.22 Norman North Lee's Summit Field	9.28 Southmore Arkansas Stadium
10.6 E.J. Field Lee's Summit Field	10.12 Broken Arrow Ranger Stadium	10.26 Westmore Arkansas Stadium Arkansas Stadium	10.27 Moore Lee's Summit Field Lee's Summit Field	11.3 Jinks Arkansas Stadium	



PROUD SUPPORTER

# BIXBY

SPARTAN FOOTBALL



STATE CHAMPIONS

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