



COACH SPEAK

AUGUST 2023

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Dear Spartans,
Football season is finally here! We kicked off our 2023 campaign last Thursday in the 2nd annual Battle of the Burbs at The University of Tulsa's H.A. Chapman Stadium. Your Spartans started fast in record setting temperatures to come away with a 42-16 victory over the Owasso Rams. It was great to kick-off the season with a victory, and we have a ton of room for improvement moving forward.

The unique thing about high-school football is that each season brings new challenges. Players graduate and new players have to step up. This year's team returns seven starters on defense and only four on offense. We have been very impressed at the way our team has led and progressed. Our best players continue to be our hardest workers, and that has allowed our younger players to grow and develop. Many of those young players were on the field Friday night and performed extremely well.

This week we will play our first game at Bixby's Lee Snider Field. Our first home game is always Military Appreciation Night, and this is a wonderful atmosphere for our players and community. We will honor our veterans, have a jet flyover, and be dressed in Red, White, and Blue. Wendell and Michelle Nolan are coordinating Military Appreciation along with the help of Amber Flowers and Jennifer Behrens this year. We appreciate our Quarterback Club putting on such a great event to recognize our veterans.



BIXBY FALL CLASSIC AUGUST 18 @ 6:00 PM OWASSO (H.A. CHAPMAN) AUGUST 24 @ 7:00 PM SPRINGDALE HAR-BER (MILITARY APPRECIATION) SEPTEMBER 1 @ 7:00 PM SAND SPRINGS SEPTEMBER 8 @ 7:00 PM NORMAN NORTH SEPTEMBER 22 @ 7:00 PM SOUTHMOORE SEPTEMBER 28 @ 7:00 PM	ENID (HOMECOMING) OCTOBER 6 @ 7:00 PM BROKEN ARROW OCTOBER 14 @ 7:00 PM WESTMOORE (FALL BREAK) OCTOBER 20 @ 7:00 PM MOORE (SENIOR NIGHT) OCTOBER 27 @ 7:00 PM JENKS NOVEMBER 3 @ 7:30 PM PLAYOFFS NOVEMBER 10
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BIXBY
SPARTAN FOOTBALL

AS A BIXBY SPARTAN FOOTBALL PLAYER, I AM RELENTLESS. I ALWAYS HOLD MYSELF AND MY PEERS ACCOUNTABLE TO REPRESENT THE SPARTANS IN A POSITIVE LIGHT IN THE COMMUNITY CLASSROOM AND ON THE FIELD. I AM MENTALLY PREPARED FOR ALL CHALLENGES AHEAD. I TRUST THE SUCCESS OF THE TEAM AND COMMUNITY ABOVE MYSELF. AS A SELF LEADER, I TAKE OWNERSHIP OF THE GOALS SET FORTH FOR THIS TEAM. WHEN THINGS BECOME DIFFICULT, I IMPROVE. I ALWAYS GIVE MY BEST EFFORT FOR THE MAN NEXT TO ME.

August Update continued from pg. 1

We would like to thank our athletic department and Bixby Quarterback Club for working together to purchase new blue Under Armour uniforms that our student athletes donned last Thursday night. Our players not only looked good, they played well also! The Bixby Quarterback Club provides the best playing experience in Oklahoma for our student athletes. If you have not yet joined the Bixby QBC for 2023, you are not too late! You can sign up [here](#).

We are in our third week of school, and our student athletes are expected to be good in the classroom, on the field, and in the other 21 hours they are not with our program. We will begin grade checks this week, and each athlete who does not maintain a 70% or better in their classes will receive academic counseling. We have wonderful teachers at Bixby High School, and our athletes are expected to maintain good relationships and excel in the classroom.

Beginning this week our players will nominate two Teachers of the Week each week. First Priority Bank has stepped up to sponsor this project, and each Teacher of the Week will receive a \$150 gift card for their efforts to help Bixby Students. Not only will the teachers receive a gift card, but they will be recognized on the videoboard during the game and also receive a Teacher of the Week T-Shirt! Our players have so many great stories about staff they have connected with over the years at Bixby Public Schools.

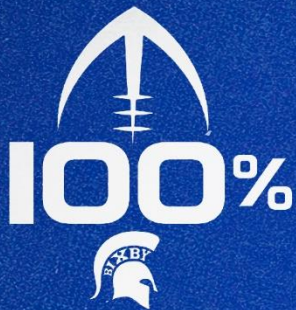
Our strength culture in Bixby continues to grow. We have added Taylor Pence, a full time strength and conditioning coach, to assist Coach Myers with our S&C classes. Our zero hour group has over 350 student athletes with more than 10 coaches from all sports assisting. Our 7th grade strength and conditioning classes have grown from just 1 hour to 3 hours. We have also added an additional hour and another weight room to accommodate our growing strength and conditioning classes each hour. Mrs. Creekmore and our administration continue to invest in the development of each and every student athlete in Bixby.

Finally, if you are reading this, you are probably a tremendous supporter of the Bixby Football program. We would like to thank you for your support and belief in our mission. Bixby Public Schools believes that students who are involved in extracurricular activities perform better in school. It is our hope that our student athletes are better people for having committed to the process of our program. Thank you for your support!

Respectfully,
Coach Montgomery







STEAK EATER

Samual Albergaría	Patrick Naugle
Carter Bell	Troy Nguyen
Cole Breneman	Cooper Parker
Trenton Castleberry	Trey Pawley
Ayron Cole	Yetxíel Pérez
Cetcher DeHart	Clay Peters
Dob Doh	Braden Presley
Nathan England	Hank Puckett
Aiden Enriquez	Brody Reagan
Derek Gilson	Ben Savant
Michael Gilson	Emory Snyder
Kordell Gouldsby	Jackson Sommer
Jacob Hamlin	Jacob Sudler
Kason Hatley	Cooper Upton
Payton Hawkins	Ethan Williams
Adam Helton	Austin Winnett
Matthew Helton	Nohea Wold
Alex Herring	Corbin Burchett
Brandon Hobbs	Chris Cole
Blake Hogshooter	Rodney Flowers
Jamel Holt	Mike Incremona
Vincent Incremona	Kaden Jackson
Mason Ivey	Connor Myers
Carson Kirby	Cameron Palmer
Chase Kirby	Terry Quigley
Justin Kirk	Mike Rogers
Cannon Knoten	Shad Scarborough
Braedyn Lee	Zach Stephens
Ian Madden	Trevor Suffal
McClain Masters	Cortland Weaver
Trey McGlothlin	



THE HOLT REPORT

[Fast Starting Spartans Over Owasso 8-27-2023](#)



We are now finishing up the first three weeks of the semester. There are two areas I would like to highlight in this monthly minute. One being our summer testing with our Football team and our in-season preparation, and also the increased growth of our S&C program and classes.

This part of the year we are transitioning phases in the weight room. The summer is all about maximizing certain qualities such as speed, strength, and conditioning. This summer we had a great result (posted at the bottom). The goal with the in-season phase is to not maintain these results, but to keep trending upwards in our speed, strength, and power so we are the best version of ourselves heading into the postseason. This means lowering the volume in the weight room and lifting moderate to high intensity percentages of our 1 rm (75-85%). As we adjust to our practice and play volume, we slowly add back some volume in our auxiliary lifts while increasing the intensity in our primary movements to (80-95%). Once we are about a month out from playoffs, we start to taper down and get ready to peak. Once playoffs start, we decrease both volume and intensity and focus on speed of movements and being healthy, fast, and fresh. This is a similar formula that we executed the past two years with great results.

This year we have a record number of athletes in the weight room. With the increase in athletes, we have also added a full-time assistant coach, Taylor Pence. She is coming from Piedmont and is helping with all sports and their strength and conditioning program. She has been a huge asset and will continue to make the program better each day. We currently have 550 high school students enrolled in a High School S&C class. We also have 220 7th graders enrolled between 3 classes throughout the day, and a 6th hour where sports will come in for extra work. We will train anywhere from 700-800 student athletes 7-12th grade each day. We serve anywhere between 25-35% of the total student population 7-12th each and every day.

Cleans	
Hobbs Brandon	315
Villarreal Michael	315
Kirk Justin	310
Hatley Kason	300
Puckett Hank	290
Crull Cody	285
Duffel Brody	280
Turner Jett	280
Hawkins Payton	275
Hooper Beckham	275
Nolan Cord	275
Perez Yetziel	275
Shull Brody	275

Squat	
Villarreal Michael	570
Hatley Kason	570
Hobbs Brandon	550
Doh Dobgangha	490
Kirk Justin	475
Hawkins Payton	465
England Nate	465
Duffel Brody	455
Perez Yetziel	455
Villasenor Alfonso	450
Puckett Hank	450

Bench	
Hatley Kason	365
Kirk Justin	365
Hawkins Payton	350
England Nate	330
Hobbs Brandon	325
Puckett Hank	325
Villarreal Michael	300
Garcia Hector	300
Bell Carter	300
Duffel Brody	280
Villasenor Alfonso	280
Shull Brody	280
Turner Jett	280

Vertical Jump	
Mohler Grant	37.9
Hogshooter Blake	37
Cairl Bode	36.3
Sommer Jackson	36.3
Nolan Cord	35.4
Jones Dylan	35.3
Vaughn Garrett	35.2
Jones Jaiden	35
Nguyen Troy	34.8
Perez Yetziel	34.8

Fly-10 (Average)	
Perez Yetziel	0.99
Hogshooter Blake	1
Jones Dylan	1.01
Gouldsby Kordell	1.01
Peters Clay	1.02
Rogalski Ben	1.03
Austin Roger	1.03
Meredith Travis	1.04
Kirk Justin	1.04
McGlothlin Trey	1.05
Booker Austin	1.05