

Coach Speak - September 2023

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

Dear Spartans,

Fall weather is beginning to creep in, and those crisp mornings indicate that we have begun district play in 2023. Right now, your Spartans are off to a 4-0 start and are prepared to face Southmoore this Thursday at Moore Stadium.

We kicked-off the season with a 42-16 victory over Owasso in the second annual Battle of the Burbs at Tulsa's H.A. Chapman Stadium. We followed that up with two, non-district wins over Springdale Har-Ber and Sand Springs. Getting off to a 3-0 start gave our team confidence heading into a bye week and district play.

Our Springdale Har-Ber game was our first home game and that always means Military Appreciation Night. It was great to honor our veterans and recognize their sacrifice for our freedom. Our players enjoyed the red, white, and blue crowd that included a flyover and other military appreciation recognitions.

We kicked off district play with #4 ranked Norman North. Norman North is an excellent program that was 3-0 headed into our matchup. Our team played really well in front of an excellent crowd that featured all BYFA football and cheer squads. The atmosphere was electric!

Our players have begun attending BYFA youth practices. Our players will help coach, pass out player of the week awards, attend games, or <u>See September Update Pg. 2</u>



Military Appreciation Night Honorees: Major Rob Miller- USMC 1983-1993 Colonel Chris French- USMC 1987-2015 Chief Warrant Officer 4 Bill Tinney- USMC 1997-2018 Staff Sergeant Bill Baker- USAF 1967-1971 Corporal Gary McClure- USMC 1971-1973 Radioman 2nd Class Ray Bell- USN 1968-1972 E-3 Lance Corporal Max Downing- USMC Colonel Gordon Jantz- USAF 1968-1997 Corporal Josh Law- USMC 1996-2000 E-4 Specialist Lucas Mares- ARNG 2002-2008 Staff Sergeant George Sommer- USA 1967-1971 E-6 Staff Sergeant Tom Sparks- USA 1969-1971 Lieutenant Colonel Richard Streeter- USAF 1967-1994 1st Battalion Ranger Specialist Richard Tobin- USA 1999-2002 Staff Sergeant Jim Taylor- USAF 1974-1980 Petty Officer 1st Class Don Wood- USN 1988-2008 1st Sergeant Larry Wood- USA 1962-1992

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simply just give high fives and support our awesome youth players. It is awesome to walk through our youth practices and see so many of our players being selfless and giving back to this great sport. It is also awesome to see our youth teams cheering for their varsity player ambassadors on Friday nights.

Now that my own son has been through the BYFA, I realize the importance of a robust youth program. Many of our programs use the same terminology that we use at the high school, and that really helps set our players up for success down the road. We would like for all our youth teams to use our terminology to help align our programs. Furthermore, it allows our coaching staff to help our BYFA teams with schemes because we have a common language. We appreciate all who volunteer and help make our student-athletes better through the BYFA.

Our JV and middle school teams are also off to a great start. Our vision is to be respected as the very best program in Oklahoma at developing student-athletes. This year, in an effort to even better develop our players, we have added several schedules. We have three 8th-grade teams, three 9th-grade teams, two Junior-Varsity teams, and also the Varsity team. Each Monday night, Bixby Spartan Football has 6 football games spread out all over Eastern Oklahoma! Spreading our players and staff so thin is sometimes challenging, but we think the effort will be well worth it. Our players are getting more experience and are hopefully learning and developing from those important game repetitions.

Finally, with so many games, our QBC and team Moms are working harder than ever to serve pregame meals to our players. There are over 270 student-athletes in our program, 8-12th grade, and keeping them fed and hydrated requires a ton of hard work and a lot of financial support. If you haven't volunteered to help serve a pregame meal, provide drinks, or join the QBC, please consider doing so. The Bixby Quarterback Club provides the best playing experience in the state of Oklahoma for our student-athletes. We appreciate everyone who works to make this program special!

Sincerely, Coach Montgomery



If you have missed the Chick-fil-A Weekly Coaches' Show, you can catch them on

YouTube:

Week 0 Vs. Owasso

Player Guest: Brandon Hobbs Practice Players: Nate Gonzalez, Justin Kirk Youth Team of the Week: 6th Grade Red

Week 1 Springdale Har-Ber

Player of the Week: Tyson Williams Practice Players: Jett Turner, Justin Kirk Youth Team: Bixby 8th & 9th Grade Teams

Week 2 Vs. Sand Springs

Player of the Week: Hank Puckett Practice Players: Payton Hawkins, Chase Kirby, Trey Pawley Youth Team: 7th Grade Blue

Week 4 Vs. Norman North

Player of the Week: Connor Kirby Practice Players: Christian Kaiser, Deonte DeJesus, Michael Gilson Youth Team: 6th Grade Red

LIVE GAME BROADCASTS97.1 FM The Sports AnimalListen Online HereODOODOODOODOODOODODeferida BiologBiolog Coaches Replay ShowsChick-Fil-A BixbyBiolog Coaches Replay ShowsOdoOdo Sologo Coaches Replay ShowsStatus Status ShowsMednesday 8:00p.m. Cox Channel 3https://www.bixbyspartanfootball.com/coachesShowsDec Sountry MartMednesday Nights 6pmLive from Doc's newly renovated store87.1 FM



This year we are using the GPS TITAN Sensors that we received through a BEEF (Bixby Education Endowment Foundation) grant to track our athletes during training and games. These sensors measure multiple aspects of the game, such as max speed, total yards, deceleration, acceleration, sprint yards, and many other data points. The GPS units were purchased two years ago in the offseason as part of a BEEF grant. This is our second year using the units. We are using them in a limited capacity as we collect data and figure out our best practices. The idea is to be able to track game and practice data so we can better prepare for the demands of the game during the off-season. We want to ensure our athletes are preparing during the week appropriately so we are healthy and ready to perform.

GPS data can be overwhelming, but there are four data points we track using our GPS data: 1) Max Speed 2) High-Speed Yardage (13mph>) 3) Total Sprint Volume 4) Sprint/Explosive movement count.

Looking at these data points allows us to prepare our athletes in the summer for the demands of the game. One conditioning drill we do in the summer is called "The Cone Test". This test is designed to match the high-speed demands of a game. It is almost impossible to replicate a full game in terms of the sheer volume of work that happens in 2-3 hours, but you can mimic the high-intensity efforts a game has in a short amount of time. This is the work that makes you the most fatigued during the game. Below is a comparison of our last cone test and our game vs Owasso. The data we are looking at is the high-speed yards (13mph>) accumulated in the drill and in the game. If we look, each athlete matches or exceeds the high-speed yardage in the cone test compared to the game and it only takes 1 hour to perform 24 reps.

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Kordell Gouldsby						5	02.95yrd
Yet Perez					46	1.61yrd	
Hank Puckett						468.29yrd	
Braandon Hobbs				4	13.39yrd		
Tyler Wright						471.68yrd	
Cord Nolan				382.66yrd			
Jett Turner				387.8yrd			
Cody Crull					433.29yrd		
Cooper Parker				381.45yrd			
Colton Kaiser			333.11yrd				

Spartan Cone Test 2023 Titan GPS Data (8-1-2023)

Battle of the Burbs vs Owasso Titan GPS Data (8-24-2023)

Kordell Gouldsby								514.87yrd
Garret Vaughn					391.95	iyrd		
Yet Perez							455.93yrd	
Clay Peters			247.38yrd					
Cord Nolan			268.	92yrd				
Jett Turner	116.69yrd							
Cody Crull					382.33yrd			
Hank Puckett	165.4	6yrd						
Blake Hogshooter							4	83.38yrd
Colton Kaiser	156.61 yr	e de la companya de l						
Sam McCormick	163.71	lyrd						



VSOWASSO | 42 - 16 W PRAVERS OF THE WEEK









BRODY DUFFEL



BRANDON HOBBS BIG HIT



FRACTICE PLAYER



JUSTIN KIRK PRACTICE CAPTAIN





V S HAR-BER 75 1 8 W 1





JUSTIN KIRK DEFENSIVE

TREV

MICHAEL GILSON PRACTICE PLAYER



TROY NGUYEN SPECIAL TEAMS









BIXBY SPARTAN FOOTBALL 8X STATE CHAMPIONS • UNDENIABLE





