



# COACHSPEAK

OCTOBER 2023

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

Dear Spartan Fans,

We are heading into the final week of our regular season, and your Spartans are currently undefeated and ranked 43<sup>rd</sup> in the U.S. according to Max Preps. We always talk about playing our best football heading into the playoffs, and this team continues to grow and get better each week of the season.

We recently hosted our final regular season home game and Senior Night against the Moore Lions. It was great to recognize our 29 seniors who have had an amazing impact on our program over the last few years. Another amazing crowd turned out for our 68-5 victory over the Moore Lions. Kate Creekmore and our entire athletic department do an excellent job of creating the best game night experience in the state of Oklahoma.

We head into week 10 of our schedule against a very talented and well-coached Jenks Trojans football team for the District Championship. We expect a great crowd at Allan Trimble Stadium on Friday night at 7:30pm. We know we will have a great Spartan crowd in attendance to cheer on our team.

Currently, our team is averaging just over 60 points per game and is allowing just 10 points per game. Our team also takes pride in the performance of our special teams, which has scored in five of our games. Our players understand the importance of special teams and work diligently with Coach Suffal to make an impact in that phase of the game.

Our strength and conditioning program continues to grow and be the best in the state. Many of you  
**See October Update Pg. 2**

## 9<sup>th</sup> Grade Bixby Spartan Football

1	Landon Burr	43	Tristan Ferring
2	Kaiden Flowers	44	Tyler Schmitz
3	Brody Scott	45	Max Brooks
4	Daxton Sullivan	47	Gage Oaks
5	Jack Gill	48	Matthew Anderson
6	Andrew Havens	49	Sam Taylor
7	Gage Cheatham	50	Jachin Pierce
8	Beau Dixon	51	Gunner Griffin
9	Lincoln Fugate	52	Elijah Smith
10	Barrett Standley	53	Jaidon Guiptons
11	Nathan Hobbs	54	Logan Steele
12	Brody Baxter	55	Ethan Genoff
13	Cole Seager	56	Deacon Cothran
14	Noah Gibson	58	Markell Guevara
15	Pierce Vegher	60	Max Hackler
16	Briley Sink	61	Julian Rodriguez
17	Landon Thineheart	62	Gavin Tipton
18	Jaxon Allen	64	Slade Wedel
19	Max Mikluscak	65	Kevin Montequé
20	Eric Poyner	66	Michael Alexander
21	Matthew Kohnstam	68	Jaxon Page
22	Jesse Park	70	Brayton Banks
23	Gavin Wineland	71	Rolando Rivera
24	Brock Copass	73	Jaden Harjo
25	Lamar Lewis	74	Kaden Penny
26	Kobe Evans	75	Ethan Forest
27	Porter Lewis	76	Ben Sundestrom
28	Logan Haddon	77	Joey Dennis
29	Brycen Grosso	78	Jake Nielson
30	Ben Puckett	79	Blayden Davis
31	Colton Neuok	80	Jackson Cooper
32	Parker Lewis	81	Edgar Fonseca
33	Griffin Goins	82	Ashton Brown
34	Carson Cole	83	Ashton Carratala
35	Grayson Gavlik	84	Liam Sterling
36	Noah Rapp	85	Ray McNac
37	Teagan Machado	86	Traveler Collins
39	Cruz Vergara	87	Maddox Reagan
40	Roman Buckels	88	Chris Yarbrough
41	Tylan Montgomery	89	Chase Vance
42	Cameron Blackowl	92	Dominic Davis

### October Update Continued:

know that we have hired an assistant strength and conditioning coach to assist coach Myers with the over 1,000 student athletes who cycle through our weight rooms each day. Furthermore, we have renovated the Multipurpose building into a second weight room that matches the powerhouse structure. These two rooms are used all six hours of the school day.

In the Myers Monthly Minute, Coach Myers touches on our Spartan Score athletic and strength evaluation of our players. We are constantly trying to measure the correlation between our strength and conditioning program and our athletes' performance on the field. Just like the addition of our G.P.S. and bar velocity technology (added through a B.E.E.F. grant), this will be a tool to improve our athletes' performance and measure their progression in what we consider the best strength and conditioning program in the state and maybe the country.

For the sixth consecutive year, we have executed our Teacher of the Week program. This year, First Priority Bank has sponsored the program allowing us to present a \$150 gift card along with a Teacher of the Week t-shirt. We have so many teachers at Bixby High School who go the extra mile for our students. Our coaches and our players feel that it is important to recognize these teachers who go above and beyond for our district.

Our sub-varsity programs continue to grow and excel. This year, we have added additional 8<sup>th</sup> and 9<sup>th</sup> grade teams. This gives our program three 8<sup>th</sup> grade teams, three 9<sup>th</sup> grade teams, two JV teams, and the Varsity team. Our program has six football games each Monday night! We appreciate our coaches who often coach multiple games each Monday, as well as our administration for giving us the resources to develop our student athletes.

If you haven't had a chance to watch the 2023 Spartans, we encourage you to check out our team. You can listen to the games on 97.1, livestream each game on KREF sports, or catch the weekly Coaches' Replay show on YouTube. It's a great day to be a Spartan!

Sincerely,  
Coach Montgomery



### 8<sup>th</sup> Grade Bixby Spartan Football

1	Brian Jones	45	Jayce Wiggins
2	Miller Ousley	46	Landon Martin
3	Cruz Bair	47	Braxton Rubey
4	Kyler McGuire	48	Daniel Buchanan
5	Reece Maddon	49	Kennedy Story
6	Jacob Runbaugh	50	Samuel Sanchez
7	Cooper Davis	53	Emmanuel Perez
9	Blake Dishman	54	Rynnick Rider
10	Andrew Maronek	55	Anthony Meraz
12	Ryker Cantrell	56	Juan Serrano
13	Adrian Cobb	58	Hayden Henson
14	Keller Kidd	61	Zain Nofal
15	Parker Wrasse	63	Dayton Norton
16	Logan Blankenship	64	Brock Reagan
17	Kyle Sudler	65	Guy Montgomery
18	Brody Pate	66	Gavyn Roberts
19	Jayce Depew	67	Will Schaudt
21	Malik Austin	70	Colten Vilar
22	Reece Curtis	71	Anthony
23	CaydenLawrence	72	Griffin Roberts
24	Cayden Ward	74	Hudson Porter
26	Reed Haack	76	Steele Snider
27	Dominique	77	Gavin Wilson
28	Brock Brown	78	Asa Ankershell
29	Kaleb Mendez	81	Liam Rapp
30	Ali Alobaidi	79	Leo Ramos
32	Logan Reed	80	Aidyn Moser
34	Jack Knight	81	Hunter Cox
35	Brodie Stockard	83	Garrett Ivey
36	Fynn Schluter	84	Cash Pitt
37	Sutton Schluter	85	Justin Hernandez
38	Brayden Secrest	86	Asa Ankershell
39	Jimmy Dearmon	88	Gavin McClain-
40	Kaden Lowe	89	Cale Crisp
41	Maddox Royce	90	William Tipton
42	Aiden White	91	Jace Hightower
43	Carter Christen	94	Graham Walker
44	Tate Divin	95	Jayve'on Fontenot
36	Fynn Schluter	72	Griffin Roberts
37	Sutton Schluter	74	Hudson Porter
38	Brayden Secrest	76	Steele Snider
39	Jimmy Dearmon	77	Gavin Wilson
40	Kaden Lowe	78	Asa Ankershell
41	Maddox Royce	81	Liam Rapp
42	Aiden White	79	Leo Ramos
		80	Aidyn Moser



If you missed the Chick-fil-A Bixby 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 8<sup>th</sup> & 9<sup>th</sup> Grade Teams

**Week 2 Vs. Sand Springs**

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

**Week 4 Vs. Norman North**

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

**Week 5 Vs. Southmoore**

Player of the Week: Garrett Vaughn  
Practice Players: Evan McClure, Jamel Holt  
Youth Team: Bixby 2<sup>nd</sup> Grade White

**Week 6 Vs. Enid**

Player of the Week: Payton Hawkins  
Practice Players: Ethan Williams, Kasen Hatley  
Youth Team: Bixby 3<sup>rd</sup> Grade White

**Week 7 Vs. Broken Arrow**

Player of the Week: Hank Puckett  
Practice Players: Jackson Sommer, Yetxiel Perez  
Youth Team: 4<sup>th</sup> Grade Red

**Week 8 Vs. Westmoore**

Player of the Week: Sam McCormick  
Practice Players: Ben Rogalski, Garrett Vaughn  
Youth Team: 7<sup>th</sup> Grade Blue



We would like to recognize our Bixby teachers who have already been nominated by our players for Teacher of the Week!

<p>Week 1 Tamara Crull- Middle School English Nominated By: Ben Rogalski &amp; Cord Nolan</p>
<p>Week 2 Becky Schofield- High School English Nominated By: Brandon Hobbs &amp; Michael Gilson</p>
<p>Week 3 Jack Hamilton- High School History Nominated By: Brody Duffel &amp; Michael Villareal</p>
<p>Week 4 Kristyn King- West Intermediate 4<sup>th</sup> Grade Nominated By: Trey Pawley</p>
<p>Week 5 Heidi Hansen- High School Math Nominated By: Alfonso Villaseñor, Hank Puckett, Grant Mohler</p>
<p>Week 6 Charlene Robertson- North Elementary 3<sup>rd</sup> Grade Nominated By: Jackson Sommer</p>
<p>Week 7 Kristina Williams- East Intermediate Social Studies Nominated By: Jacob Hamlin</p>
<p>Week 8 Clare Parmele- High School Science Nominated By: Caden Crisp</p>

**LIVE GAME BROADCASTS**

97.1 FM The Sports Animal

[Listen Online Here](#)



**Chick-Fil-A Bixby**

**Bixby Coaches Replay Show**



Wednesday 8:00p.m. Cox Channel 3

<https://www.bixbyspartanfootball.com/coaches-show/>

**Weekly Coaches' Radio Show**

**Doc's Country Mart**

Wednesday Nights 6pm

Live from Doc's newly renovated store

**97.1 FM**





In strength and conditioning, we are always looking to evaluate the effectiveness of our program. Much like the scientific method, we start with a hypothesis, then test our hypothesis, record the results, then analyze the results to see if our hypothesis was right or wrong. The hard part in S&C is figuring out what improvement looks like. Is it just getting stronger? Is it improving relative strength? Improving explosiveness? Improving speed? It's hard to look at just one metric and say we have improved. This problem became the reason we started the "Spartan Score" this semester. There are two scores. A "Spartan Strength Score" and a "Spartan Athletic Score" each score takes 8 metrics and scores them on a scale of 0-5. With these 8 metrics, an athlete can score up to 40 points. The athlete is then given a rating based on their score (Picture below).

Spartan Score				
Elite	Gold	Silver	Bronze	White
40-32	31-24	23-16	15-8	7<

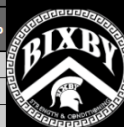
**The Athletic Score** is made of the following test: **1)** Pure Attendance **2)** Movement Score(Ankle mobility, Hip Mobility, Overhead Squat test) **3)** Vertical Jump Height **4)** Vertical Power (Jump Height \* WT) **5)** Broad Jump distance **6)** Horizontal Power(Jump distance \* WT) **7)** Chin-Up Performance **8)** Pistol Squat Performance

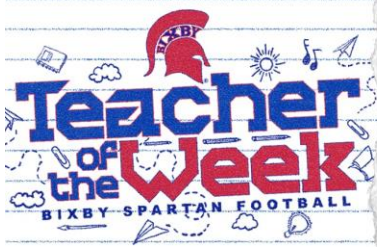
**The Strength Score** is made up of the following test: **1)** Back Squat Max Weight **2)** Back Squat Relative strength **3)** Trap Bar Deadlift Max Weight **4)** Trap Bar Deadlift Relative Strength **5)** Bench Press Max Weight **6)** Bench Press Relative Strength **7)** Clean Max Weight **8)** Clean Relative Strength

*How we evaluate the scores are shown below*

Points	Spartan Athletic Score Standards													
	Attendance	Movement Score	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
			Vertical Jump	Vertical Jump	Power (VJ)	Power (VJ)	Broad Jump	Broad Jump	Power (BJ)	Power (BJ)	Chin-Ups	Chin-Ups	Pistol Squat 1rep EL	Pistol Squat 1rep EL
5	95%+	9	33+	24+	7000+	5000+	108+	90+	18000+	13000+	20+	7+	45lbs	25lbs
4	90.00%	7-8	30	22	6,500	4,500	96	78	16,500	11,000	15	5	25lbs	10lbs
3	85.00%	5-6	28	20	6,000	4,000	84	66	15,500	10,000	12	3	10lbs	5lbs
2	80.00%	3-4	25	18	5,500	3,500	72	54	14,000	9,500	8	2	BW(1)	BW(1)
1	75.00%	1-2	22	15	5,000	3,000	60	42	12,000	9,000	5	1	X	X
0	>75%	X	X	X	X	X	X	X	X	X	X	X	X	X

Points	Spartan Strength Score Standards															
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
	Back Squat RS	Back Squat RS	Back Squat Club	Back Squat Club	TBDL RS	TBDL RS	TBDL Club	TBDL Club	Bench Press RS	Bench Press RS	Bench Press Club	Bench Press Club	Clean RS	Clean RS	Clean Club	Clean Club
5	90%+	90%+	450+	250+	90%+	90%+	500+	300+	90%+	90%+	300+	155+	90%+	90%+	275+	155
4	85.00%	85.00%	400	225	85.00%	85.00%	450	260	85.00%	85.00%	250	135	85.00%	85.00%	225	135
3	80.00%	80.00%	350	185	80.00%	80.00%	400	225	80.00%	80.00%	225	125	80.00%	80.00%	200	125
2	75.00%	75.00%	315	155	75.00%	75.00%	350	200	75.00%	75.00%	185	115	75.00%	75.00%	185	115
1	70.00%	70.00%	275	135	70.00%	70.00%	300	185	70.00%	70.00%	155	95	70.00%	70.00%	175	105
0	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X





**BIXBY  
FIGHT!**

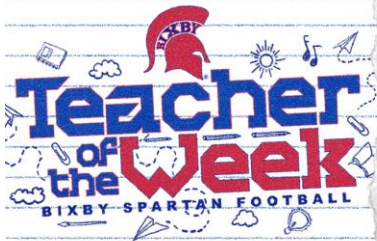


**TAMARA CRULL**

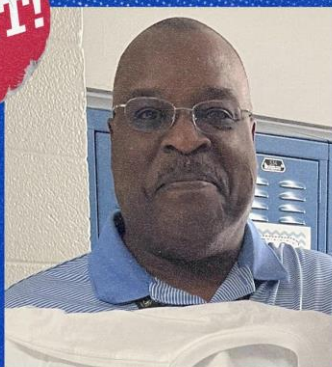


First Priority Bank

GO  
SPARTAN



**BIXBY  
FIGHT!**

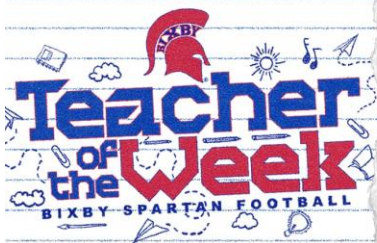


**JACK HAMILTON**



First Priority Bank

GO  
SPARTAN



**BIXBY  
FIGHT!**



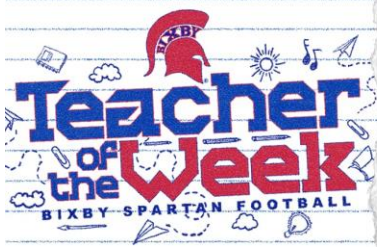
**HEIDI HANSEN**



First Priority Bank

GO  
SPARTAN





**BIXBY  
FIGHT!**

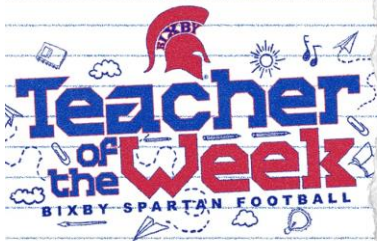


**KRISTYN KING**



First Priority Bank

GO  
SPARTAN



**BIXBY  
FIGHT!**

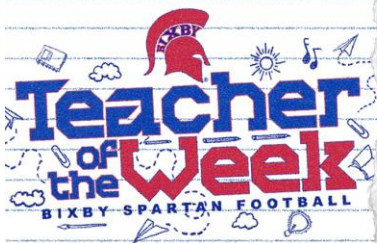


**CHARLENE ROBERTSON**



First Priority Bank

GO  
SPARTAN



**BIXBY  
FIGHT!**



**BECKY SCHOFIELD**



First Priority Bank

GO  
SPARTAN



**Teacher of the Week**  
BIXBY-SPARTAN FOOTBALL

**KRISTINA WILLIAMS**

First Priority Bank

Live Life Smiling

# NOWLIN

ORTHODONTICS

VS OWASSO | 42 - 16 W

**PLAYERS OF THE WEEK**

**KORDELL GOULSBY**  
OFFENSIVE

**HANK PUCKETT**  
DEFENSIVE

**TREY MCGLOTHLIN**  
SPECIAL TEAMS

**BRODY DUFFEL**  
LINEMAN

**BRANDON HOBBS**  
BIG HIT

**KORDELL GOULSBY**  
BIG PLAY

**NATE GONZALEZ**  
PRACTICE PLAYER

**JUSTIN KIRK**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDEFEATABLE

VS HAR-BER | 75 - 18 W

**PLAYERS OF THE WEEK**

**CORD NOLAN**  
OFFENSIVE

**JUSTIN KIRK**  
DEFENSIVE

**TROY NGUYEN**  
SPECIAL TEAMS

**EVAN MCCLURE**  
LINEMAN

**TREY MCGLOTHLIN**  
BIG HIT

**CORD NOLAN**  
BIG PLAY

**CLAY PETERS**  
BIG PLAY

**MICHAEL GILSON**  
PRACTICE PLAYER

**JETT TURNER**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDEFEATABLE



VS SAND SPRINGS | 61-7 W

## PLAYERS OF THE WEEK



**KORDELL GOULOSBY**  
OFFENSIVE



**JETT TURNER**  
DEFENSIVE



**KORDELL GOULOSBY**  
SPECIAL TEAMS



**JUSTIN KIRK**  
LINEMAN



**TYLER WRIGHT**  
BIG PLAY



**JETT TURNER**  
BIG HIT



**GETCHER DEHART**  
PRACTICE PLAYER



**CODY CRULL**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



VS NORMAN NORTH | 60-2 W

## PLAYERS OF THE WEEK



**GARRETT VAUGHN**  
OFFENSIVE



**COLTON KAISER**  
DEFENSIVE & BIG HIT



**CODY CRULL**  
SPECIAL TEAMS



**JUSTIN KIRK**  
LINEMAN



**CORD NOLAN**  
BIG PLAY



**BRANDON HOBBS**  
PRACTICE CAPTAIN



**ASHTON DIXON**  
PRACTICE PLAYER



**NOAH ENGLES**  
PRACTICE PLAYER



**STONE TURNER**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



VS SOUTHMOORE | 66-0 W

## PLAYERS OF THE WEEK



**JETT TURNER**  
OFFENSIVE



**BROOKS DIXON**  
DEFENSIVE



**BRAEDEN PRESLEY**  
SPECIAL TEAMS



**TYLER WRIGHT**  
BIG PLAY



**BROOKS DIXON**  
BIG HIT



**BRODY DUFFEL**  
LINEMAN



**JAMEL HOLT**  
PRACTICE PLAYER



**EVAN MCCLURE**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE



VS ENID | 79-7 W

## PLAYERS OF THE WEEK



**JETT TURNER**  
OFFENSIVE



**CODY CRULL**  
DEFENSIVE



**CODY CRULL**  
SPECIAL TEAMS



**JETT TURNER**  
BIG PLAY



**BRODY DUFFEL**  
BIG HIT



**EVAN MCCLURE**  
LINEMAN



**ETHAN WILLIAMS**  
PRACTICE PLAYER



**KASON HATLEY**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
6X STATE CHAMPIONS • UNDEFEATABLE





VS BROKEN ARROW | 51-7 W

## PLAYERS OF THE WEEK



**CARSON KIRBY**  
OFFENSIVE



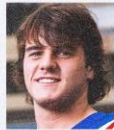
**YETXIEL PEREZ**  
DEFENSIVE



**CHASE KIRBY**  
SPECIAL TEAMS



**JETT TURNER**  
BIG PLAY



**BECKHAM HOOPER**  
BIG HIT



**KASON HATLEY**  
LINEMAN



**JACKSON SOMMER**  
PRACTICE PLAYER



**YETXIEL PEREZ**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDENIABLE



VS WESTMOORE | 78-28 W

## PLAYERS OF THE WEEK



**BLAKE HOGSHOOTER**  
OFFENSIVE



**HANK PUCKETT**  
DEFENSIVE



**CHASE KIRBY**  
SPECIAL TEAMS



**JETT TURNER**  
BIG PLAY



**KASON HATLEY**  
BIG HIT



**JUSTIN KIRK**  
LINEMAN



**BEN ROGALSKI**  
PRACTICE PLAYER



**GARRETT VAUGHN**  
PRACTICE CAPTAIN

BIXBY SPARTAN FOOTBALL  
BX STATE CHAMPIONS • UNDENIABLE

