



COACHSPEAK

JANUARY 2024

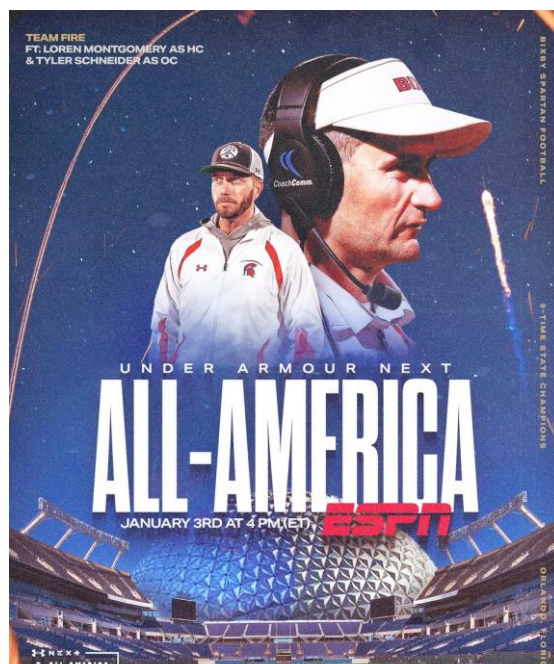
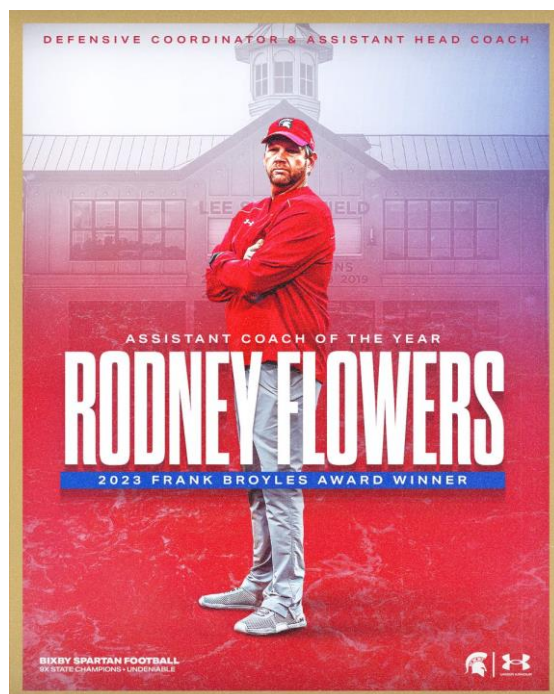
Bixby Spartan Football will be respected as the very best program in Oklahoma at developing student-athletes.

Dear Spartan Fans,
Happy 2024. Our team is off to a great start this off-season. We currently have the biggest roster we have ever had and are working hard to make sure each one of our players develops and we retain every one of them! The spring semester marks an important time for the refinement of our processes and the continuous improvement of our staff and players. We understand that we must always try to build on our momentum and find ways to improve our program. There is a price for getting stronger, there is a price for getting faster, and there is a price for staying just the same.

Each offseason, our coaching staff meets each Wednesday morning before school to begin preparation for the upcoming season. These staff meetings include revisiting core values, discussing each player on our roster, and a book study. This year instead of a book study, Coach Flowers had the idea of doing a program study. Each coach on staff has chosen a high school or small college program that has had sustained success. Each coach will dive deep into that program by researching and even reaching out to the staff to learn the dynamics of their teams. Our staff has been excited about this exercise and I would anticipate our program picking up some really good ideas.

Our players and coaches are proud of another state championship season. This year's senior class will go out with an overall record of 49-1 throughout their high school careers. It's human nature to believe all the great things that people say about us and that we read on social media; however, we must guard against complacency in our program at all costs. This requires our coaches, players,

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administrators, and even parents to work even harder to make sure we maintain our current momentum. We understand that to have success we must never stop trying to be qualified for our job. We hope that each day when you look into our program you see players and coaches who are trying to make Bixby Spartan Football better. We will be the best program in Oklahoma at developing student-athletes, and we will be relentless in this pursuit.

Each day during the off-season, we work to develop the whole student-athlete. This includes our #Team21 initiative. We have students in football for roughly 3 hours a day. What type of person are they in the other 21 hours of the day? Our athletes in offseason football begin each day with a core value lesson, a 5-minute football lesson, and then we do speed, agility, and contact prep work on the field. We understand there is no finish line to developing young people, and we work tirelessly to improve student-athletes in all areas.

We are so fortunate at Bixby to have many student-athletes who are being recruited by college programs nationwide. Furthermore, college programs recognize our program as a top national program whose players have been developed on and off the field, so they are prepared for the rigors of college football. If your child wants to play at the next level, our [recruiting informational slides](#) will help you get an idea of what the recruiting process looks like. Furthermore, never hesitate to reach out to me or any of our coaches on staff to help you.

Our program prides itself on attracting, developing, and retaining the best coaches in Oklahoma. We are so proud to announce that Coach Rodney Flowers has been recognized by the Oklahoma Coaches Association as the [Frank Broyles Assistant Coach of the Year](#). Coach Flowers has been a part of Bixby Spartan Football for 12 years, and works tirelessly for the betterment of Bixby Spartan Football. Coach Flowers represents our program in the most positive light, and he will also represent the entire State of Oklahoma!

Our program prides itself on being the best program in Oklahoma at developing student-athletes. If at any time you have questions, or concerns, or would like to volunteer to help our student-athletes, please reach out. Bixby is a special community, and it takes a village to continue to move our program forward!

Sincerely,

Coach Montgomery



BIXBY SPARTAN OCA ALL-STATE

YEAR	PLAYER	COACH	YEAR	PLAYER	COACH
1958	Mark Gibson	Red Rogers			
1959	John Porterfield	McKenzie	2006	Marshall Fraley	McGrew
1960	Jerry Lawhorn	Snider	2007	Chase Boles	McGrew
1965	Danny Willis	Snider	2007	Chris Harris	McGrew
1965	John Giles	James	2008	Beau Bentley	McGrew
1967	Roger Dicus	James	2008	Jake Morgan	McGrew
1970	Robert Cox	Davis	2009	DeWitt Jennings	McGrew
1970	Butch Davis	Davis	2012	DeAndre Jennings	Montgomery
1977	Ed Johnson	Graham	2013	Chandler Miller	Montgomery
1978	Marshall Goff	Graham	2013	Matthew Dreyer	Montgomery
1978	Kevin Stringfellow	Graham	2014	Austin Grotts	Montgomery
1980	Tim Gibbs	Snider	2014	Kyle Rhine	Montgomery
1983	Victor Moore	Snider	2015	Cade Cabbiness	Montgomery
1983	Todd Krehbiel	Snider	2016	Tanner Griffin	Montgomery
1984	Brad Best	Snider	2016	Brendon Evers	Montgomery
1986	Roger Gibbs	Koester	2017	Bryce Bray	Montgomery
1986	Gill Johnson	Koester	2017	Coby Tillman	Montgomery
1988	Keith Roller	Koester	2018	Cade Cavender	Montgomery
1988	Jason Stubbs	Koester	2018	Ethan Hall	Montgomery
1989	Tim Sefcik	Koester	2019	Brody Sartin	Montgomery
1992	Jimmy Roller	Rick Rogers	2019	Brennan Presley	Montgomery
1993	Tancy Evans	Rick Rogers	2020	Mason William	Montgomery
1993	Jeremiah Johnston	Rick Rogers	2020	Tanner Doyle	Montgomery
1994	Mitch Minik	Rick Rogers	2021	Braylin Presley	Montgomery
1995	Jeremy Meadors	Rick Rogers	2021	Jack Puckett	Montgomery
1995	Jared Williams	Rick Rogers	2022	Cale Fugate	Montgomery
1996	Jeff Taylor	Rick Rogers	2022	Luke Hasz	Montgomery
2002	Shane Davison	McGrew	2023	Kordell Gouldsby	Montgomery
2005	Ben Tucker	McGrew	2023	Brody Duffel	Montgomery

4.0

Congratulations to these student athletes for having a 4.0 G.P.A. during the Fall '23 Semester!

Garrett Vaughn	Chase Kirby	Cole Breneman	Asher Jolly
Sam McCormick	Trenton Castleberry	Sam Dewoody	Brandon Hobbs
Cord Nolan	Trey Pawley	Payton Hawkins	Ethan Williams
Cody Crull	Wyatt Campbell	Matthew Helton	Evan McClure
Brooks Dixon	Hank Puckett	Michael Villarreal	Brody Duffel
Nohea Wold	Jackson Sommer	Alex Stanhope	Broderick Shull
Cooper Parker	Drew Gilleland	Thane Crawford	Troy Nguyen

2024 Important Dates:

Date:	Day:	Event: High School Calendar	Time:
5-13-24	Monday	Padded Spring Football Practice Begins	3-5pm
5-23-24	Thursday	Spring Game (Last Day of School)	TBA
5-28-24	Tuesday	Team Camp Begins (Tuesday-Friday)	10:00am
6-3-24	All Week	Off the entire week of June 3 rd	---
6-10-24	Monday	SPA Begins	7am
6-10-24	Monday	Passing League Begins	TBA
6-11-24	Tuesday	Bixby Passing League Begins	1pm
6-15-24	Saturday	Stillwater 7on 7 Tournament	All Day
6-18-24	Tuesday	Eastern OK OL/DL Camp (@ Bixby)	10am-3pm
6-19-24	Wednesday	Eastern OK OL/DL Camp (@ Bixby)	10am-3pm
6-21-24	Friday	Skordle 7 on 7 Showdown (@Bixby)	8am-6pm
7-1-24	All Week	OSSAA Dead Period the entire week of July 1	---
8-12-24	Monday	1 st Official Day of Football Practice	TBA
8-17-24	Saturday	Intrasquad Scrimmage, Team Pictures,	TBA
8-22-24	Thursday	JV Fall Classic Scrimmage @ Bixby	TBA
8-23-24	Friday	Fall Classic Scrimmage @ Bixby	TBA
8-30-24	Thursday	Week 0 @ Owasso	TBA





MYERS MINUTE

STRENGTH & CONDITIONING UPDATE

The spring semester has started and as usual, things don't always go according to plan. I know I have touched on it before in the other monthly talks, but it is important to always create a program that is flexible and adaptable to situations that may arise, especially at the high school level. During our first month of school, we had 4 snow days, a holiday, and pep assemblies that disrupted our weekly flow of the program. As a strength coach, you can throw your hands up and continue to program for perfect scenarios, or you can program in a more adaptable manner that allows you to keep progressing athletes during the busy training year.

We create an adaptable program in several ways, but mainly, there are two ways to program that make it easier to adjust and allow us to maintain our progression throughout the year:

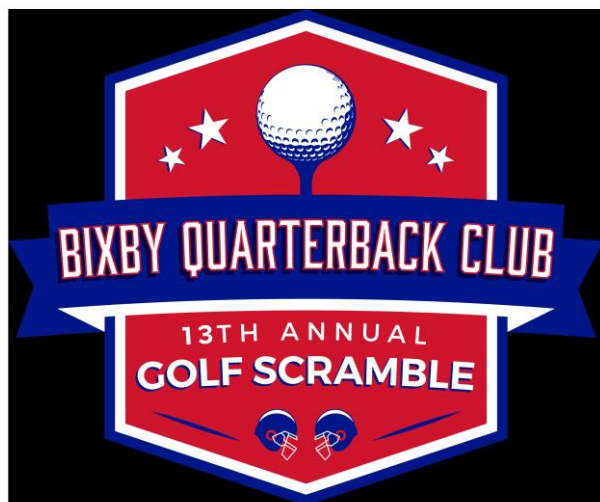
1. Vertical Integration of the daily Template
2. We use APRE (Auto Progressive Regulatory Exercise) and consistent weight updates

Vertical Integration is a fancy term that means we train several qualities every day and weekly instead of just one day or a certain time of the year. Below is an example of the template that is used every time I set up a workout. An example of a non-vertically integrated program, would be to focus on strength one day, speed on another, and hypertrophy another day. Or where you would only focus on strength for a month, or muscle gain for a month, etc. This is great in theory and works well in environments that are optimal and consistent (think preparing/training at the Olympic training center). In high school, days will be missed for all sorts of reasons, and this template allows us to train all qualities year round and consistently.

The second method we use is called APRE (Auto Progressive Regulatory exercise). In reality, you never know how the body is going to adapt and be prepared for the weight you assign athletes each day. You can make a very good guess, but in a chaotic environment, it's good to have built-in protocols that can adjust each athlete's weight based on relative daily performance, and that is what we do with APRE. An athlete is prescribed a weight, and then they do that weight for a certain rep goal. If they hit or fall short of that rep goal, they either increase or decrease the weight on the bar. They do this for two more sets. If the athlete is feeling good, then it allows them to use more weight. If they are fatigued or have missed some training, it allows them to go down in weight to have a better training effect. Below is the chart we use for all of our athletes:

APRE Guidelines					Theme	Order of Workout																																																																			
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SAVE THE DATE



Tuesday, May 21st, 2024
9am Shotgun Start Indian Springs C.C.

