



COACH SPEAK

FEBRUARY 2024

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

Dear Spartans,

What an exciting time in our program! Our student-athletes are making tremendous gains in the off-season, construction on our football facility is well underway, 7-on-7's are going strong, and athletes are transitioning to our spring sports.

On February 7th, we had more athletes sign National Letters of Intent to play college football than ever before. We had eleven student-athletes sign up to play at the next level. In the crazy world of recruiting, Bixby has become a place where college coaches know they can come to recruit players who are developed both physically and mentally. College programs have less time to develop now, so they tell us that recruiting a Bixby player allows them to get an athlete who can play sooner in their program! Bixby Football will be the best program in Oklahoma at developing student-athletes.

We have begun the second phase of our off-season strength and conditioning. We are always amazed at how fast our players begin to transform their bodies. The players who are consistent and detail-oriented are the ones who make the biggest strength gains. We stress the championship inventory with our players by asking these three questions: 1.) Did you eat breakfast? 2.) Did you sleep 8 hours last night? 3.) Did you drink at least 1 gallon of water yesterday?

(Continued on Page 2 - Feb. Update)

NSD'24

	Brody Duffel Tulsa
	Jett Turner Nebraska Kearney
	Kordell Gouldsby Hutchison C.C.
	Evan McClure Oklahoma
	Payton Hawkins Colgate
	Hank Puckett Central Oklahoma
	Garrett Vaughn Oklahoma Baptist
	Kason Hatley Evangel
	Brandon Hobbs Southern Nazarene
	Yetxiel Perez-Gilbes Coffeyville C.C.
	Sam McCormick Princeton

(February Update continued from pg. 1)

Furthermore, our detail-oriented athletes take advantage of nutrient timing. Experts suggest that an athlete who consumes 50% of their body weight in carbohydrates and 25% of their body weight in protein (in grams) during the window immediately following a strenuous workout will maximize hormonal response (recovery and muscle building). Chocolate milk, recovery shakes, and meals prepped ahead of time are things many of our players do to take advantage of nutrient timing. For those poor planners, Coach Myers offers a punch card for \$10 that will get an athlete 10 Muscle Milk shakes or 10 Gatorade recovery bars. \$1 per shake or bar is a great deal -- these are over \$3 at convenience stores.

We have begun our Crucible meetings. Our Crucible is “the mold that casts the leaders of our team,” and it is our leadership development program. Our coaches have identified players who have demonstrated the ability to positively affect the behavior of those around them. We have included 30 8th - 12th graders who will meet for 10 mornings during this off-season to be taught in-depth lessons on leadership. We expect these athletes to lead in football, in the classroom, and in their time outside of school. Some of our best players over the years have been our best leaders, and that is when a team has a chance to excel! Jack Puckett, Brennan Presley, Cade Cavender, and Dylan Hasz are just a few names that come to mind!

We encourage all of our parents to get involved with the Quarterback Club. We meet the second Wednesday of each month at 6:30 pm in Home of the Spartans. Our Quarterback Club provides the best playing experience for players and resources for coaches in the State of Oklahoma. I encourage everyone to become a member and reach out to our QBC president, Gentry Parker, at gparker@cox.net if you are interested in volunteering or helping out financially. There is a wide range of volunteer opportunities within the club where we could use your help.

Finally, our football facility expansion is well underway. Our target move-in date is September 1st. We are excited because our new locker rooms and coaches’ offices will be the best in Oklahoma, and maybe the United States. The new facility will include a 150-locker varsity locker room, a 120-locker 8th-grade locker room, and a 120-locker 9th-grade locker room. Our coaches’ offices will be on one level with access to the locker rooms, and we will also have two enormous state-of-the-art equipment rooms. We appreciate our administration and our community recognizing the profound impact that extra-curricular activities have on students!

Sincerely,
Coach Montgomery

2024 CALENDAR

The 8th Grade, 9th Grade, and High School calendars are up on our website. Go [here](#) to help plan the upcoming spring and summer!



13th Annual QBC Golf Tournament
Tuesday, May 21, 2024
Indian Springs Country Club
9AM Shotgun Start
Click [HERE](#) to Sign up!

BIXBY SPARTAN ALL-STATE FOOTBALL

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

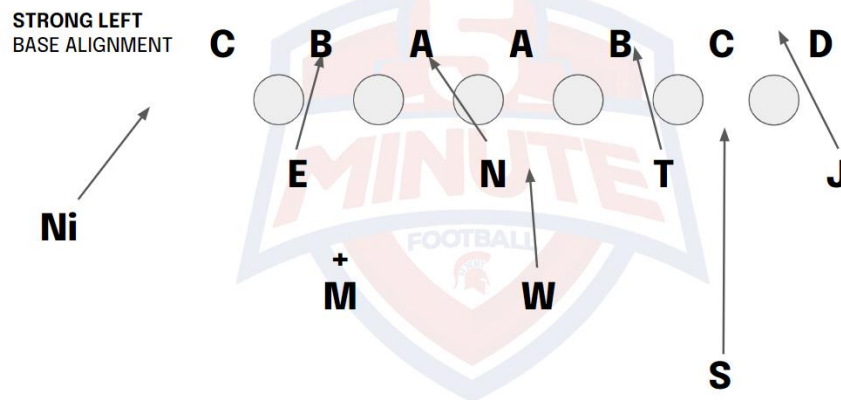


The voice of Bixby Spartan Football Shawn Tiemann has created the Bixby Stadium Podcast. A twice-monthly podcast where Spartans come to talk about their how and why. Current Bixby High School coaches and Spartan alum sit down for conversations about Bixby athletics and their personal journeys. Fed by Doc's Country Mart.

- 09-12-23 Stadium Podcast with [TJ Eckert](#)
- 10-10-23 Stadium Podcast with [Shane Roller](#)
- 10-31-23 Stadium Podcast with [Connor Myers](#)
- 11-29-23 Stadium Podcast with [Jarred Glover](#)
- 01-12-24 Stadium Podcast with [Tyler Schneider](#)
- 02-28-24 Stadium Podcast with [Nic Swanson](#)



• Fits - Lever - Spill



What is a fit?

- Refers to the gap that a specific defensive player is responsible for occupying
- Being “gap sound” means the defense has each gap accounted for

• What does it mean to “Spill”?

- To fit an inside gap = forcing the ball to bounce to the sideline

• What does it mean to “Lever”?

- To fit an outside gap = forcing the ball to stay in the middle



MYERS MINUTE

STRENGTH & CONDITIONING UPDATE

The past month has had its challenges in building some consistency due to external factors such as holidays and snowstorms. The spring semester always poses programming challenges due to the nature of the school calendar, weather, and multiple sports. A strength coach needs to be adaptable. It's important to meet the athletes in training and not to have the athletes meet you. What this means is that when we cannot build extra days into the program, it's important to not progress volumes and intensities too quickly, and even in some instances, the volume and intensities should remain the same. The past month has shed light on the importance of having an adaptable program. Our goal here at Bixby is to have a program that can accommodate schedule changes. High school is inherently chaotic in terms of scheduling in the first place. It is important to build a robust program that is agile in its planning so we can adjust on the fly without veering too far off our ultimate goals. We accommodate changes in schedule by emphasizing three main training principles: 1.) Using exercises with a large training economy 2.) Using rollover scheduling 3.) Building redundancy in the program.

The first principle we use is programming exercises with a large training economy. This means exercises that are the biggest bang for your buck. These can include, but are not limited to, exercises such as the clean, squat, deadlift, bench press, and chin-up. We make sure these movements are emphasized because they will check a lot of boxes. These exercises are big global movement patterns, and they can be trained heavy, fast, or for reps. This changes the adaptation we are chasing without changing the exercise.

The second principle is using rollover scheduling methodologies. This means that whatever day you miss you start on that day the next time you train. We will primarily follow this if one day is missed. If multiple days are missed, we combine this principle with the large training economy principle, and we train the most valuable movements from multiple days on one day.

Lastly, we want redundancy in the program. The biggest driver of adaptation for high schoolers is the frequency of movements. The more frequently you can perform an exercise the better you will become at it. The principle of redundancy means we will not have much variation in a training block, and we will train movement patterns multiple times per week. This helps if a training session is missed or is canceled. We may not train the physiological adaptation we want, but we are still hitting the movement. An example of this is that last month's program had high-intensity-based squats on Monday and moderate-intensity squats on Friday. If the athlete missed Friday, we still were able to train the squat pattern on Monday.

All these principles sync up to help make a program that is adaptable and makes it easier to train in hectic high school schedules. Our athletes are doing an amazing job in the weight room. Please encourage them to eat breakfast, drink a gallon of water per day, and get at least 8 hours of sleep each day. This will allow them to capitalize on all the hard work they are investing in the weight room!

World All-World All-World

TULSA WORLD 2023



BIXBY SPARTAN FOOTBALL
OK STATE CHAMPIONS - UNDEFEATABLE



State All-State All-S

OKLAHOMA COACHES ASSOCIATION OKLAHOMA COACHES ASSOCIATION OKLAHOMA COACHES ASSOCIATION



offensive line
first team
Brody Duffel
first team
Hank Puckett
first team
Kordell Gouldsby
first team

BIXBY SPARTAN FOOTBALL
OK STATE CHAMPIONS - UNDEFEATABLE



State All-State All-S

TULSA WORLD 2023



offensive line
first team
Brody Duffel
offensive line
first team
Justin Kirk
offensive line
first team
Hank Puckett
offensive line
first team
Kordell Gouldsby
offensive line
first team

BIXBY SPARTAN FOOTBALL
OK STATE CHAMPIONS - UNDEFEATABLE



State All-State All-S

TULSA WORLD HONORABLE MENTION 2023



BIXBY SPARTAN FOOTBALL
OK STATE CHAMPIONS - UNDEFEATABLE



BIXBY SPARTAN FOOTBALL WILL BE RESPECTED
AS THE VERY BEST PROGRAM IN OKLAHOMA
AT DEVELOPING STUDENT ATHLETES
Football will
at program
student

2024

BIXBY SPARTAN FOOTBALL

HOME | AWAY



8.23 Fall Classic
Lee Snider Field



8.29 Owasso
Battle of the Burbs



9.6 Sand Springs
Lee Snider Field



9.20 Choctaw
Bill Jensen Field



9.27 Jenks
Lee Snider Field



10.4 Norman North
Harve Collins Stadium



10.11 Edmond North
Lee Snider Field



10.17 Southmoore
Moore Stadium



10.25 Mustang
Bronco Stadium



11.1 Moore
Lee Snider Field



11.8 Enid
Lee Snider Field

BIXBY