



# COACH SPEAK

MARCH 2024

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

Dear Spartans,

We have begun the final nine weeks of the 2023-2024 school year. The temperatures are rising, the sand bass are running, and spring football is on the horizon in our program! Next week our staff will begin meeting to plan our spring drills and practices. Official spring practice begins May 13<sup>th</sup>, after the state track meet and state baseball tournament have concluded. Prior to our official spring practice, on Monday April 29<sup>th</sup>, we will start using our 6<sup>th</sup> hour athletic hour to do spring drills. These sessions will be basic helmets-only installs for 1 hour with the athletes who are not still in track or baseball.

The last day of school will be on Thursday, May 23<sup>rd</sup>. We will also have our spring game that evening at 6pm. We changed the format of our spring game last year by inviting alumni and school administration, and we had a great turnout for the event. As always, admission to the event is a case of Gatorade that we will use during the summer and 2024 football season!

We would like to congratulate Coach Chris Cole on being named the new Head Football Coach at Bristow High School. Coach Cole lives in Bristow and coached on that staff prior to coming to Bixby. Furthermore, Coach Cameron Palmer has signed on to be Bristow's offensive coordinator. Although we hate to lose great coaches, this is a great opportunity for both

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**DISCIPLINE** COMMIT TO THE PROCESS  
**INTEGRITY** COUNT ON ME  
**SELFLESS** LESS ME MORE WE  
**CONSISTENT** THE RIGHT WAY EVERYDAY

During our off-season, our Crucible (leadership council) has worked diligently to refine and put meaning to our core values. This allows for a strong and stable team identity for our players and allows our student-athletes to constantly emphasize the core tenants of Bixby Spartan Football.

Each year, our leadership council identifies a 5<sup>th</sup> core value, or "calling card," for the upcoming year. This year, the Crucible settled on "Elevate" as our 5<sup>th</sup> core value. The callback is "rise as one." We love it and can't wait to see our 2024 team "rise as one."



Tuesday, May 21<sup>st</sup> 9am @ Indian Springs C.C.

[Signup HERE](#)

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coaches to grow professionally. We wish them the best of luck and will be checking out the Purple Pirates score each week.

We have hired two coaches to replace Coach Cole and Coach Palmer, along with two additional coaches to our staff. Coach Dakota Evans will replace Coach Cole as our safeties coach. Coach Evans has been the defensive coordinator at Pryor since 2015 and will bring a wealth of knowledge to our defensive staff. We have hired Coach Traveyon Armstrong from Sandra Day O'Connor High School in Phoenix, AZ and Coach Luke Brummett from Skiatook High School as new additions to our freshmen staff. Finally, we have hired Coach Andrew O'Neill from Rogers, AR as an 8<sup>th</sup> grade assistant. These coaches have impressive backgrounds along with a reputation of being developers of student athletes. We look forward to getting each of these coaches on campus and working with our players.

Strength Culture is the foundation of our program. For anyone who is new to our program, Club 225 is how we recognize our student athletes who can full clean 225lbs. Those athletes who hit 225 receive a Club 225 car sticker, a t-shirt, their name on the annual 225 weight room banner, and most importantly, the pride associated with earning this challenging weight room benchmark. Club 225 has grown from eight students when we arrived in 2010, to 99 Bixby student athletes in 2023. Stronger athletes are better athletes!

Our program's vision is to be respected as the very best program in Oklahoma at developing student athletes. As a staff, we realize that there is no finish line to this vision, so we continue to innovate and find better ways to develop our student athletes. An area that we continue to develop is leadership training. If you have been around our program, you have probably noticed the #Team21 moniker. The goal of our leadership program is to develop leaders who can positively affect the behavior of our athletes, not only during the three hours a day they are with our staff, but also the 21 hours each day they are beyond our walls. Hopefully you see our athletes volunteering at elementary schools, participating in High-Five Friday, and being great representatives for our program in general.

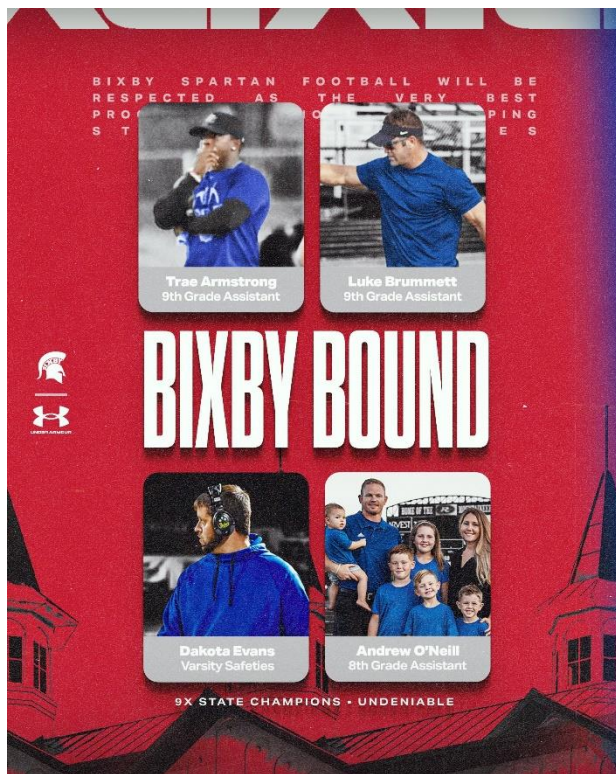
Finally, we have begun our Bixby Quarterback Club membership drive. We encourage our parents to join the QBC each year at any level. Our 2023 qualifying seniors are eligible for a \$1,000 QBC scholarship to the university they plan to attend. Being a QBC member helps provide our student athletes with the best resources in the state. For instance, last year our QBC provided over 50 meals, pullovers, t-shirts, new uniforms, custom bumper plates, headsets, and much more for our players. Additionally, this year the QBC will outfit our new facility meeting rooms with customized stadium seating for position and team meetings! Being a member of the QBC not only benefits our athletes, higher level memberships receive advanced purchasing season ticket opportunities! If you haven't joined, go [HERE](#) to join for the 2024 season.

Thank you to everyone who continues to believe in and support our program. We truly believe that football is the most powerful tool to help teach our core values of Discipline, Integrity, Selfless, and Consistent. We understand that road is sometimes bumpy, but we believe that our student athletes will become better people after graduating from our program. It's a great day to be a Spartan!

Sincerely,  
Coach Montgomery

# Dates to Remember

Date:	Day:	Event:	Time:
4-10-24	Wednesday	April QBC Meeting	6:30pm
4-29-24	Monday	Helmets only spring drills begin	3-4pm
5-8-24	Wednesday	May QBC Meeting	6:30pm
5-13-24	Monday	Padded spring practice begins	3-5pm
5-21-24	Tuesday	QBC Golf Tournament @ Indian Springs	9am
5-23-24	Thursday	Spring Game (Gatorade Admission)	6pm
5-24-24	Friday	Film/ Workouts	9am
5-28-24	Tuesday	Spring Practice #10	8am
5-28-24	Tu-Thur	Jr. High Skills Camp (8 <sup>th</sup> & 9 <sup>th</sup> Grades) 7-8:30am	7am
5-29-24	Wed-Fri	Varsity Team Camp	10am-1pm
6-3-24	M-Fri	Off Week- (Coaches and Players Off Week)	--
6-10-24	Monday	SPA Week 1	7-9am
6-10-24	Monday	Passing League 1 @ Bixby (Jr. High Noon/ Varsity 1-2:30pm)	Noon
6-12-24	Tuesday	Tuesday Passing League @ Bixby	1-2:30



We will again be hosting the Skordle Eastern Oklahoma 7-on-7 tournament on Friday, June 21st this year! The tournament will be an all-day tournament consisting of 5 pool play games followed by a single-elimination bracket. Coach Suffal has done an excellent job securing 20 talented teams to compete that Friday!

Pool A	Pool B	Pool C	Pool D
Bixby 1	Stillwater	Bixby 2	Kiefer
Derby, KS	Sapulpa	Gravette, AR	Meeker
Owasso	Collinsville	Wagoner	Jones
Sand Springs	Lawton Ike	Cushing	Bristow
Bartlesville	Bishop Kelley	Glenpool	Checotah





# MYERS MINUTE

STRENGTH & CONDITIONING UPDATE

## Myers monthly minute

Spring Break was just a week ago, and we only have 8 weeks left on the scholastic calendar. Before we enter this next block of training, I like to evaluate the strength of our athletes to get an idea of how I want to approach the last 8 weeks of school. So, before spring break, I will let our offseason athletes attempt 1 rep maxes on the Clean, Squat and Bench so we can get an idea of where they are at. The Clean, Squat and Bench are not a panacea for testing overall strength development, but they are a very solid marker for athletes, especially high school athletes, in displaying general strength levels. We also use a battery of different tests such as vertical jumps, broad jumps, mobility tests, and body weight movements to paint an overall picture of where we are, but because these take a little longer to develop, we do not test these as often. Strength, especially in high schoolers, can sometimes increase week to week. So, it is important to evaluate often. Most of the time we take a rep max or just update a max based on how a certain percentage of a max is moving, but the most accurate test is a 1 rep max test. I will let our athletes do these 2-3x a year. It is also interesting to compare groups. Below is a comparison of our Football team last spring vs our football team this spring. Last year was a large senior class and had some extremely strong linemen. This year's class is a little bit different in make-up, so it was important to emphasize gaining strength and size the past 10 weeks before spring break. Below is a comparison of both Teams.

March Data (2023)		March Data (2024)	
<b>225 Club</b>		<b>225 Club</b>	
52		55	
<b>Clean Breakdown (AVG)</b>	<b>208</b>	<b>Clean Breakdown (AVG)</b>	<b>204</b>
TOTAL OVER 200	68	TOTAL OVER 200	73
200+	16	200+	18
225+	28	225+	38
250+	24	250+	14
300+	0	300+	3
<b>Bench Breakdown (AVG)</b>	<b>209</b>	<b>Bench Breakdown (AVG)</b>	<b>207</b>
TOTAL OVER 200	67	TOTAL OVER 200	76
200+	28	200+	23
225+	17	225+	32
250+	15	250+	18
300+	7	300+	3
<b>Squat Breakdown (AVG)</b>	<b>315</b>	<b>Squat Breakdown (AVG)</b>	<b>313</b>
TOTAL OVER 300	67	TOTAL OVER 300	79
300+	37	300+	39
350+	18	350+	24
400+	9	400+	12
500+	3	500+	4

# BIXBY SPARTAN

# SPRING FOOTBALL

4.29 spring drills 3 - 4 pm	4.30 spring drills 3 - 4 pm	5.1 spring drills 3 - 4 pm	5.2 spring drills 3 - 4 pm	5.3 spring drills 3 - 4 pm
5.6 spring drills 3 - 4 pm	5.7 spring drills 3 - 4 pm	5.8 spring drills 3 - 4 pm	5.9 spring drills 3 - 4 pm	5.10 spring drills 3 - 4 pm
5.13 spring practice #1 3 - 5 pm	5.14 spring practice #2 3 - 5 pm	5.15 spring practice #3 3 - 5 pm	5.16 spring practice #4 3 - 5 pm	5.17 spring practice #5 3 - 5 pm
5.20 spring practice #6 3 - 5 pm	5.21 spring practice #7 3 - 5 pm	5.22 spring practice #8 3 - 5 pm	5.23 spring game 6 pm	5.24 lift & film 8 am
5.27 memorial day	5.28 spring practice #10 8 - 10 am	5.29 team camp day #1 10 am - 1 pm	5.30 team camp day #2 10 am - 1 pm	5.31 team camp day #3 10 am - 1 pm

**BIXBY SPARTAN FOOTBALL**  
9X STATE CHAMPIONS • UNDENIABLE

BIXBY SPARTAN FOOTBALL WILL BE RESPECTED AS THE VERY BEST PROGRAM IN OKLAHOMA THAT DEVELOPS STUDENT-ATHLETES

# 2024

## BIXBY SPARTAN FOOTBALL

# 2024

HOME | AWAY

**8.23 Fall Classic**  
Lee Weaver Field

**8.29 Owasso**  
Smith of the Valley

**9.6 Sand Springs**  
Lee Weaver Field

**9.20 Choctaw**  
Lee Weaver Field

**9.27 Junko**  
Lee Weaver Field

**10.4 Norman North**  
Lee Weaver Field

**10.11 Edmond North**  
Lee Weaver Field

**10.17 Southmore**  
Lee Weaver Field

**10.25 Mustangs**  
Edmond Stadium

**11.1 Moore**  
Lee Weaver Field

**11.8 Eid**  
Lee Weaver Field

# BIXBY