



COACH SPEAK

APRIL 2024

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

Dear Spartans Fans,

We began our helmets-only spring drills on Monday! Spring sports are in their final stretch, and we have many athletes still competing in second or even third sports! Numbers in our program continue to grow, and we are excited about having the ability to get all of our players multiple reps in spring practice and team camp. We plan to enter four teams in our team camp and play two JV games each Monday in 2024 to ensure that we are the best program in Oklahoma at developing our student-athletes.

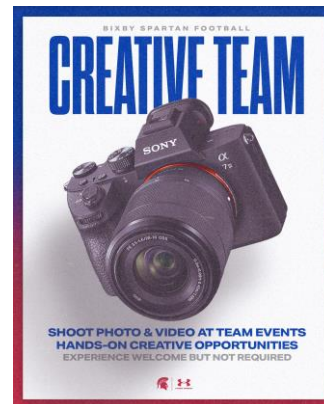
College recruiters have been coming to our campus for their one spring visit and this is so exciting for our players. College recruiters have given us the feedback that this is the first place many of them come when recruiting. They know our players take care of business in the classroom and have been coached well. This is becoming even more important for universities as they no longer have the time to develop players for multiple years. Players have to be ready to play sooner.

There continue to be so many exciting areas of improvement within our program. We recently hosted the Frontier Valley Conference track meet and were able to show off our new track facility and video board. Furthermore, our new athletic building is going up quickly, and we hope to be in that facility by our first home game! Our players and coaches will have the best locker rooms in Oklahoma and maybe the United States!

[\(Continued on Page 2 April \(Update\)\)](#)

We Need Golfers

Our 13th annual Golf Tournament will be held on May 21st and is getting close. This annual fundraiser is one of our largest QBC fundraisers. Please consider either entering a foursome for \$600 or sponsoring a hole for \$300. If you don't play golf, you can still sponsor a hole and your student athlete will receive a custom Under Armour backpack courtesy of the Bixby Quarterback Club. Sign up [HERE!](#)



[Ring Ceremony Pics Here](#)
[Spring Drills Day 1](#)

April Update continued from pg.

There are many bright spots when looking ahead to our 2024 football team! We have record-breaking lifts in the weight room, our largest roster ever headed into spring, and a lot of players with high football IQs who understand the importance of consistency. It has been exciting to observe our class of 2027 in the weight room. They are the first group that participated in in-school Strength and Conditioning, and they are moving and lifting extremely well!

On Monday, May 13th we will officially begin spring practice with pads. We will do two weeks of padded practice that will culminate with our spring game on the last day of school, May 23rd at 6 pm. We will treat May 24th like an in-season Saturday with treatment, lifting, and film. The following week we will host team camp. East St. Louis, Midwest City, Edmond Memorial, Lawton, and Union will join us this year for what has become one of the best team camps in the state. We divide into four teams to ensure our players get as many reps as possible. We believe the more reps you get in football, the better you get. This is one of those opportunities that is critical for the development of our team.

S.P.A. (Speed, Power, Agility) is also a critical time for our program. We train Monday-Thursday each week. However, our summers are so much more than just strength and conditioning. During the summers, we spend time with our athletes doing 7-on-7 drills, lineman drills, team building, leadership, and even eating together in our cafeteria. Consistent (the right way every day) is a core value of our program, and summer is a great time for our players to practice this. High School players with perfect attendance, no questions asked, will be STEAK EATERS. This means that these players will be fed a delicious ribeye dinner by our staff and wear the coveted 100% Steak Eater T-shirt. If you haven't signed up for SPA yet, you can do it [HERE](#). We had over 600 boys and girls grades 1-12 attend S.P.A. last year. It is truly the best thing going!

In addition to our normal summer workouts, we will host an intrasquad 7-on-7 tournament, the Skordle 7-on-7 tournament, Monday and Tuesday passing leagues, and the 21st Eastern Oklahoma OL/DL camp. We had 600 campers in attendance for our 2023 EOOLDL camp! Also, for the first time, we will attend the Cowboy Clash, a 7-on-7 tournament held at OSU's practice fields and indoor facility on June 15th. Summers in Bixby are really busy, but really fun!

We encourage everyone to get involved with our program. Joining the QBC, volunteering, playing in our golf tournament, or attending a game all support our student-athletes. Your support helps us become the best program in Oklahoma at developing student-athletes!

Sincerely,
Coach Montgomery

**BIXBY SPARTAN
SUMMER CAMPS**

SPA
SPEED • POWER • AGILITY

SPA: Grades 8th - 12th
SPA: Grades 5th - 7th
SPA: Grades 1st - 4th

SIGN-UP NOW

SIGN UP NOW AT BIXBYSPARTANFOOTBALL.COM

CAMP BEGINS JUNE 10TH

[Sign up now!](#)

S.P.A. Price Increases after June 1st.

DISCIPLINE COMMIT TO THE PROCESS
INTEGRITY COUNT ON ME
SELFLESS LESS ME MORE WE
CONSISTENT THE RIGHT WAY EVERYDAY
ELEVATE RISE AS ONE



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 championship game. 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



The Purpose of 5-minute football is to increase the football I.Q. of our program by sharing common language that is aligned at all levels of our program. Smarter football players are better football players!

- [Brilliant Play](#)
- [Hustle Play](#)
- [Punt or Go for it?](#)



We would like to thank our senior moms for organizing an amazing ring ceremony at beautiful Lee Snider Field! We were able to celebrate our 2023 team one last time! It is always great to see our seniors who are not often on campus during the spring semester.



We appreciate softball and baseball for allowing us to host our annual Spring BBQ before senior night! We loved being able to visit with all our great fans who were out to support our baseball team! Go Spartans!



MYERS MINUTE

STRENGTH & CONDITIONING UPDATE

This is a busy time of the year in high school athletics. Track, baseball, and soccer are all getting ready for their playoff push, and spring ball for football is right around the corner. It's important to understand the increased sporting demands and the increased stress from playing higher-stakes games in these times. In strength and conditioning, this means we have to reduce the volume of work in the weight room while also maintaining or even increasing Intensity. It's a common mistake for athletes and coaches to confuse going "light" while also hitting moderate volume as a version of backing off in order to peak their performance. This is one of the worst things you can do. I will forgo the long physiological talk and present a simple math equation to show how lifting heavy weight is more ideal than lifting light weight with moderate volume. In the example below, the athlete has a max squat of 300lbs. Option A is high intensity, low volume (how I approach late-season training) and option B is low intensity, moderate volume, (a common programming mistake made in order to back off).

Option A: 4 sets @ 1 rep @95%, or 4 reps at 285

Option B: 4 sets @ 3 reps @65%, or 12 reps at 195

Option A total volume of work = 1,140lbs

Option B total volume of work = 2,340lbs

The total volume of option B is 1,200lbs higher than option A and thus equals more stress on the body, especially in times of high volume coming from sport. Option A will also enhance physical qualities such as strength and power due to the intensity being high enough to elicit adaptations. Option B will more than likely produce no positive adaptations and add unnecessary stress to the body.

This example can be highlighted in our approach of the last 2-3 weeks with all sports. The majority of our sets have been 1-3 reps on all of our big primary lifts, as well as our jumps. The intensity has been anywhere from 80-90%. This fits well with our in-season and off-season athletes at this point in the school year, and it allows us to make progress in times of high stress.

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 9 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

