



COACH SPEAK

MARCH 2025

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 2024-2025 school year. The temperatures are rising, the redbuds are blooming, and spring football is on the horizon! Next week, our staff will begin meeting to plan our spring drills and practices. Official spring practice begins on May 19th, after the state track meet and state baseball tournament have concluded.

Before our official spring practices, we will begin spring drills during our 6th-hour athletic period starting Monday, May 5th. These sessions will be helmets-only and focus on basic installs for one hour with athletes who are not still participating in track or baseball.

The last day of school will be Thursday, May 22nd, and our Spring Game is scheduled for Friday, May 30th. Two years ago, we changed the format of our Spring Game to include alumni and school administration, and we had a fantastic turnout. As always, admission to the event is a case of Gatorade, which we will use throughout the summer and the 2025 football season!

We would also like to congratulate Coach Austin Embrey on being named the new Offensive Coordinator at Edmond Deer Creek High School. While we hate to lose Coach Embrey, this is a tremendous opportunity for his family to take the next step in their football journey. Coach Embrey has been an integral part of every state

(Continued on Page 2 March Update)

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 5th core value, or "calling card," for the upcoming year. This year, the Crucible settled on "Resilience" as our 5th core value and rallying cry for the 2025 season.

We are excited to see our players own this 5th core value and demonstrate resilience during the 2025 season!



Monday May 19th, 2025
 Indian Springs Country Club 9am
[Signup HERE](#)

March Update continued from pg. 1

championship we have won at Bixby, and we are incredibly grateful for his contributions to our program over the years.

Strength Culture

Strength culture is the foundation of our program at Bixby. For newcomers, we emphasize excellence on the field, in the classroom, and in the way our student-athletes carry themselves throughout the day. Club 225 is how we highlight our strength culture in the weight room. Athletes who achieve a 225-pound full clean earn a Club 225 car sticker, a T-shirt at the Night of Champions, their name on the annual 225 banner, and, most importantly, the pride of reaching this challenging benchmark. Club 225 has grown from just eight Bixby student-athletes in 2010 to over 90 in 2024. Stronger athletes make better athletes.

Post-Workout Nutrition

This offseason, the Quarterback Club has provided post-workout nutrition after every weight room session. The total cost per player through the end of the summer is approximately \$135. Many of you have already contributed to our [Chocolate Milk Campaign](#), and if you haven't yet, please consider donating to help offset the nearly \$15,000 expense.

Leadership Development

Our vision is to be respected as the best program in Oklahoma for developing student-athletes. We understand that there is no finish line when it comes to developing young men, so we continuously innovate and find ways to improve. One area we've been refining is leadership training.

We recently launched our "Crucible" Leadership Council Meetings, designed to identify and empower leaders who positively influence their teammates—not only during practice but in their everyday lives. Our leadership philosophy is simple: Culture is not just what you say or do; it's what you tolerate. We hope you see our athletes giving back by volunteering at elementary schools, participating in High-Five Fridays, and representing our community in a positive way.

Bixby Quarterback Club Golf Tournament

Registration for our 2025 Annual Bixby Quarterback Club Golf Tournament is now open! We are looking for title sponsors, hole sponsors, and foursomes. Each player who secures a sponsor or foursome will receive an Under Armour backpack embroidered with their last name.

This event is not only a great way to support our student-athletes, but it's also one of our biggest fundraisers of the year. If you're interested in volunteering or participating, you can sign up on our website or reach out to tournament director Amy Nielsen at bixbyqbcgolf@gmail.com.

Bixby Quarterback Club Membership Drive

We have kicked off our Bixby Quarterback Club Membership Drive and encourage all parents to join at any level. In 2024, qualifying seniors were eligible for a \$1,000 QBC scholarship to the university of their choice. Membership directly benefits our athletes by providing them with top-tier resources, including over \$50,000 in food, custom jackets, new uniforms, theater seating in meeting rooms, and more.

Higher-level memberships also include priority season ticket purchasing, parking passes, and exclusive Spartan gear. Please consider becoming a [Bixby Quarterback Club member](#) today!

Thank You

Thank you to everyone who continues to support our program. We truly believe that football is one of the most powerful tools for teaching core values such as Discipline, Integrity, Selflessness, and Consistency. While the road is not always easy, we are confident that our student-athletes will graduate from our program as stronger, more resilient individuals.

Sincerely,
Coach Montgomery



Spring Break was just a week ago, and we now have only eight weeks left in the scholastic calendar. Before entering this next block of training, we like to evaluate our athletes' strength to determine the best approach for the remainder of the school year. Typically, before Spring Break, we test our athletes on the clean, squat, and bench to assess their progress. However, due to the snow week this year, we decided to forgo testing before the break and instead continued with our training. We did, however, conduct rep-based evaluations in February.

While the clean, squat, and bench are not a perfect measure of overall strength development, they serve as reliable indicators—especially for high school athletes—of general strength levels. In addition to these lifts, we utilize a variety of other assessments, including vertical jumps, broad jumps, mobility tests, and bodyweight movements, to gain a more comprehensive understanding of our athletes' progress. However, because these metrics take longer to develop, we do not test them as frequently. Strength, particularly in high school athletes, can improve week to week, making regular evaluations essential.

Below is a comparison of last year's testing in March versus this year's testing in February.

Two key points to consider: we now rely almost exclusively on rep testing outside of the clean, which can result in higher projected numbers. Additionally, this year's test results were gathered with two to three fewer weeks of training compared to last year's numbers. Overall, I am pleased with the progress we've made this offseason.

March Data (2024)		February Data (2025)	
225 Club		225 Club	
55		52	
Clean Breakdown (AVG)		Clean Breakdown (AVG)	
TOTAL OVER 200	204	TOTAL OVER 200	202
200+	73	200+	73
225+	18	225+	21
250+	38	250+	36
300+	14	300+	12
	3		4
Bench Breakdown (AVG)		Bench Breakdown (AVG)	
TOTAL OVER 200	207	TOTAL OVER 200	215
200+	76	200+	94
225+	23	225+	35
250+	32	250+	29
300+	18	300+	20
	3	300+ (2 x400lbs)	10
Squat Breakdown (AVG)		Squat Breakdown (AVG)	
TOTAL OVER 300	313	TOTAL OVER 300	319
300+	79	300+	90
350+	39	350+	47
400+	24	400+	22
500+	12	500+	16
	4		5

Dates to Remember

Date:	Day:	Event:	Time:
4-9-25	Wednesday	April QBC Meeting	6:30pm
5-5-25	Monday	Helmets only spring drills begin	3-4pm
5-14-25	Wednesday	May QBC Meeting	6:30pm
5-19-25	Monday	Padded spring practice begins	3-5pm
5-19-25	Monday	QBC Golf Tournament @ Indian Springs	9am
5-27-25	Tu-Thur	Jr. High Skills Camp (8 th & 9 th Grades) 7-8:30am	7am
5-30-25	Friday	Spring Game (Gatorade Admission)	6pm
6-2-25	Monday	Spring Practice #10	8am
6-3-25	Wed-Fri	Varsity Team Camp	10am-
6-9-25	M-Fri	Off Week- (Coaches and Players Off Week)	--
6-16-25	Monday	SPA Week 1	7-9am
6-16-25	Monday	Passing League 1 @ Bixby (Jr. High Noon/ Varsity 1-	Noon
6-17-25	Tuesday	Tuesday Passing League @ Bixby	1-2:30

