



# COACH SPEAK

JUNE 2025

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

Dear Spartan Fans,

We've been out of school for five weeks, and it's already been a busy and productive summer. As we head into the mandatory OSSAA dead period, we're proud of all that we've accomplished. Summers in the Bixby Spartan Football program are intense—filled with rigorous training, team camps, passing leagues, 7-on-7 tournaments, and lineman camp. These activities are demanding, so it's crucial that our athletes use this upcoming week to recover. Rest, sleep, and proper nutrition are key to staying healthy, growing, and peaking as we approach the season.

Starting in May, we held two weeks of helmets-only spring drills, followed by 10 days of full-contact practice, and concluded with three intense days of team camp against some of the best competition in the country. This year's camp proved to be the most competitive yet, as we hosted East St. Louis (IL), Edmond Memorial, Broken Arrow, Tulsa Washington, Westmoore, and Lawton. Our coaching staff believes that this volume of high-level reps is essential to developing our players the right way.

Our [S.P.A. \(Speed, Power, Agility\)](#) program began on June 16, and we've now completed eight strong days of summer training. We've competed in several passing leagues and hosted the [Skordle 7-on-7 Tournament](#), where we once again came away as champions. On June 24–25, we hosted the [21st Annual Eastern Oklahoma](#)

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## SELFLESS



Bixby Spartan Football defines core value Selfless as “less me more we.” We would like to thank our child nutrition team who serves 400-1,000 meals daily to our students in Bixby.

The Bixby Child Nutrition Department applied for the Federal Summer Feeding Grant that provides meals for all children under 18 years old during the summer months. Our 9<sup>th</sup> Grade Center cafeteria is open each day from 8am-Noon and offers high quality meals for children in our community!

The Summer Feeding Program is a great resource to ensure Bixby families, summer school students, and athletes are fed during the summer months. Furthermore, it allows our wonderful nutrition team to continue summer employment without having to go outside the school district for hours. We have the best cafeteria staff, and we want to ensure they are retained in Bixby to nurture and support our wonderful students!

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Offensive & Defensive Line Camp, which was the largest in history with over 650 campers! This camp provides critical development, and many of our big athletes experience "light bulb" moments as they compete against top talent from the region.

The summer of 2025 marks a record year for S.P.A. participation—with more than 700 athletes from 1st to 12th grade attending daily. As both a coach and a parent, I can confidently say that S.P.A. is the best athletic development program in Oklahoma. Our coaching staff is stronger than ever, and our athletes are being developed not only as better players on the field, but as better people during their “other 21” hours each day.

“The Rack” competition continues to be a powerful motivator. We evaluate performance on the field, in the weight room, and in leadership. Each week, the top six athletes earn a spot on The Rack—recognized with golden barbells, helmet stickers, and, most importantly, control of the AUX! Please help your athlete stay on track by ensuring daily attendance, along with commitment to our Championship Inventory: a healthy breakfast, at least 8 hours of sleep, and a gallon of water per day. The little things add up.

When we return from the OSSAA dead period on July 7, we'll jump right back into a packed schedule leading up to the start of official fall practice on Monday, August 11. Upcoming activities include two more weeks of passing leagues, the Elite 7-on-7 Tournament in Springdale, AR, and, of course, our [Night of Champions](#) on Wednesday, July 16. This is always a highlight for our players as they push for personal records in front of their teammates and families. Our cheer and dance teams, along with our BYFA players, will also be on the field, making it a great night for the entire Spartan community.

Our Quarterback Club membership drive is off to a strong start. Kip Upton (kipuptonqbc@gmail.com) is leading this effort and is available to answer any questions. The Bixby Quarterback Club helps provide the best football experience in Oklahoma. Last year, QBC contributions supported meals, hydration, team camps, 7-on-7 tournaments, coach development, weight room equipment, post-workout nutrition, headsets, software, stadium seating, graphics, and more. Your membership makes all this possible—and QBC members also receive priority selection for reserved season tickets. If you haven't already, please consider signing up [\[HERE\]](#).

Lastly, to our parents: thank you for trusting us with your most prized possession. Football is hard, but it teaches invaluable life lessons—discipline, toughness, teamwork, and how to overcome adversity. We believe your child will leave this program a better person because of the sport, our dedicated coaches, and the incredible Bixby community. We hold our athletes to high standards, but the rewards are lifelong. The benefits of football go far beyond a few Friday nights each fall.

**Discipline, Integrity, Selfless, and Consistent**—these are our core values. And Bixby Spartan Football will continue to be known as the top program in Oklahoma for developing student-athletes.

Have a great and safe 4th of July!

Sincerely,  
Coach Montgomery





**DISCIPLINE** COMMIT TO THE PROCESS

**INTEGRITY** COUNT ON ME

**SELFLESS** LESS ME MORE WE

**CONSISTENT** THE RIGHT WAY EVERYDAY

**RESILIENCE** FIGHT FAILURE



: [OL/DL Camp Photos](#)



### QUARTERBACK CLUB MEMBERSHIP KICKOFF

- Multiple membership levels are available
- Legacy, Diamond, Platinum members receive priority season ticket selection
- Multiple benefits are provided to members, including a gift from the team store
- Priority ticket selection in June: Legacy members pick first, followed by Diamond and then Platinum



<https://www.bixbyspartanfootball.com/membership>



Summer training is underway, and we are excited to continue building momentum with our athletes as we lay the foundation for the season ahead. With this being my first write-up for the program, I wanted to take the opportunity to introduce myself, share my background, and give insight into the direction and philosophy of our Strength & Conditioning department moving forward.

I currently hold certifications including CSCS (Certified Strength & Conditioning Specialist), USAW (Weightlifting Performance Coach), FRCms (Functional Range Conditioning Mobility Specialist), CSAC (Certified Speed & Agility Coach), and RPR Level 2 (Reflexive Performance Reset). I earned my master's degree in health & kinesiology from Northeastern State University and have had the privilege of coaching across a variety of competitive levels. Prior to joining this program, I served as the Director of Strength & Performance at Casady School, the Assistant Director of Strength Training & Nutrition at Pittsburg State University (working directly with Football and Women's Basketball), and as the Director of Strength & Conditioning at Iowa Western Community College overseeing all sports. My journey also includes time at Northeastern State University (Olympic sports), O'Gorman High School (Football), and the University of Texas-Austin (Football).

My philosophy is simple but purposeful — develop the fastest, most explosive, and most physical team possible while building athletes who are prepared to thrive under the stressors of competition. Every training decision we make, from warm-up to weight room to sprint mechanics, is made to enhance performance in the game. Sprinting is the foundation of speed development; that's why we sprint and sprint often. In the weight room, our ground-based, development driven approach ensures strength training directly supports speed, power, and durability on the field.

As we look ahead, there are exciting additions to our program. This year, we are implementing a year-round emphasis on speed development — not just in the summer, but in every phase of training. Speed wins games, and our goal is to make our athletes the fastest versions of themselves.

We are also integrating Titan GPS technology into our program deeper than before. This system allows us to monitor and track the workload and movement demands of our athletes in real time. With this data, we can make smarter decisions regarding volume, intensity, and recovery ensuring our athletes are prepared for the exact physical demands of their position while reducing the risk of overtraining and injury.

Our mission is to help every student-athlete maximize their potential through science-based methods, smart progressions, and intentional coaching. Myself, along with our staff — Coach Taylor Solomon and Coach Drake Gammon — are committed to doing whatever it takes to give our athletes the very best in training, because that's exactly what they deserve. This is about more than lifting weights or running. We appreciate the support of our community and are excited for the growth, progress, and success that this training year will bring.







## Week 1 SPA Athletes of the Week



## Week 2 SPA Athletes of the Week

