



COACH SPEAK

MAY 2025

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

Dear Spartan Fans,
Spring practice and team camp are in full swing, and our Spartans are off to a strong start in developing our identity for the 2025 season. Just like each of our ten championship teams, we've seen another talented group of seniors graduate and move on to the next exciting chapters of their lives. While we'll certainly miss their leadership, the 2025 Spartans have already impressed us with their effort in the classroom, commitment in the weight room, and intensity on the field. Our staff is especially proud of the way many of our seniors have stepped into leadership roles as we continue to be #resilient and fight failure at every corner.

The Importance of Spring Football

Spring practice and team camp remain two of the most critical components in the development of our student-athletes. Repetition is the foundation of learning, and spring allows our players to accumulate valuable reps to improve. In fact, the number of practice reps we complete during spring ball and team camp nearly equals half a season's worth of live action—making this phase essential for growth and evaluation.

The OSSAA allows 10 padded practices in the spring, plus one team camp and two 7-on-7 tournaments during the summer. This year, we will host the 6th annual Bixby Team Camp, hosting programs like East St. Louis, Tulsa Washington, Edmond Memorial, and Broken Arrow. Our players will benefit from the

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Battle of the Burbs will be played this year on Thursday August 28th. We are excited about this game being our home game, and being the first high school football game played of the 2025 season!



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tremendous competition.

Hosting our own team camp not only provides our players with meaningful reps, but also allows us to save the Quarterback Club funds on travel, food, and camp fees. Most importantly, it gives our coaches the flexibility to script practices that ensure all our athletes—veterans and developing players alike—get the work they need.

SPA Begins June 16th

Following a well-earned week of rest after five intense weeks of spring training, we'll resume our summer schedule on Monday, June 16. From SPA sessions to passing leagues, 7-on-7 tournaments, and developmental training, the summer is where our players sharpen their skills and prepare for the rigors of football season.

Steak Eaters— A Tradition of Consistency

By now, you've probably heard of our infamous Steak Eater incentive. This tradition rewards players with 100% summer attendance (no questions asked) with a delicious steak dinner cooked by our coaching staff. Early on, only a handful of players earned this honor. Now, it's common to see 50+ players commit to all 38 summer workouts. It's a testament to their consistency, one of the core values of our program. The Steak Eater tradition celebrates those who show up, work hard, and do things the right way every day.

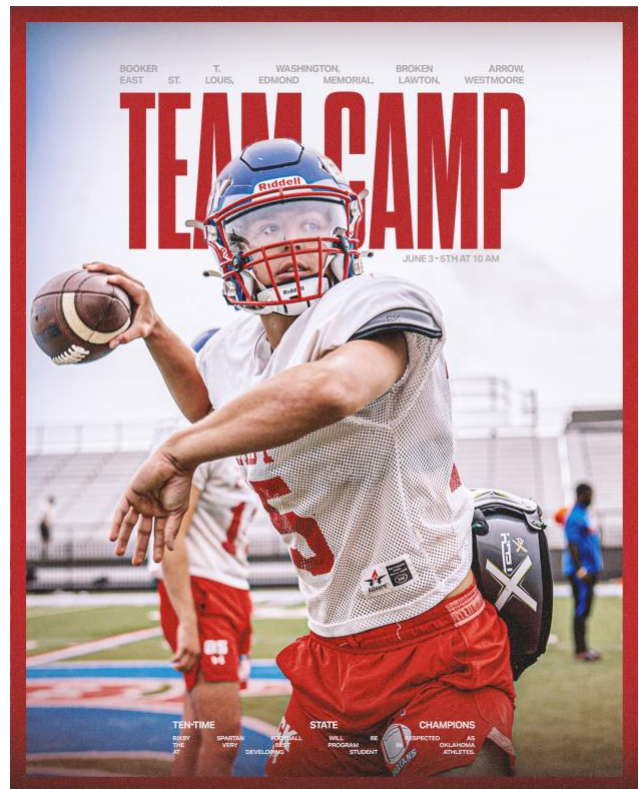
Final Thoughts

At Bixby, our mission is simple:

To be the most respected program in Oklahoma for developing student-athletes.

We achieve this by consistently pouring into our players and removing barriers to their success. As we head into summer, please help us reinforce the importance of consistent attendance and clear communication with our coaching staff. We understand that unexpected conflicts can arise, but timely communication allows us to continue operating at a championship level. Thank you to everyone who continues to support and invest in these amazing young men. The 2025 journey is just beginning—and we're ready to make it special.

**Sincerely,
Coach Montgomery**



We would like to thank everyone who came out to support our 14th Annual Bixby Quarterback Club Golf Scramble. This year's tournament was our biggest yet!

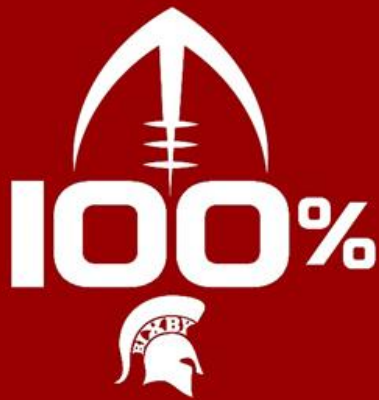
A special thank-you goes to Amy Nielsen and the incredible team of volunteers who helped make the event a fantastic experience for everyone involved. We're also grateful to Onis Pankey, Jeff Nielsen, Freddie Fondren, Tony Smith, and Mike Mathews for providing such amazing food—thank you for keeping everyone well-fed and happy!

And a huge shout-out to the *Momma Spartans*! This incredible group helped with sign-ups, raffles, hole spotting, photography, and the putting contests.

Bixby is special because of our selfless people. Thank you all!

BIXBY SPARTANS

2014 • 2015 • 2016 • 2018 • 2019 • 2020 • 2021 • 2022 • 2023 • 2024



STEAK EATER



SIGN UP NOW AT BIXBYSPARTANFOOTBALL.COM

CAMP BEGINS JUNE 16TH

[Sign up now!](#)

SPA Price Increases after June 1st.

DISCIPLINE COMMIT TO THE PROCESS

INTEGRITY COUNT ON ME

SELFLESS LESS ME MORE WE

CONSISTENT THE RIGHT WAY EVERYDAY

RESILIENCE FIGHT FAILURE



Summer training is fast approaching for Bixby Football. After a one-week break following team camp, we will begin SPA on **June 16**. The program will run for seven weeks, with a break during our designated dead week. This divides our summer into two distinct training phases: a 2-week phase followed by a 5-week phase.

Team sports present a unique and complex training environment. Unlike individual sports like track, where improvements in absolute speed and strength directly correlate with competitive success, football performance is multifaceted. While gains in speed and strength are valuable, they don't always translate to improved on-field performance unless developed within a broader, more sport-specific context.

When designing a training plan, it's easy to either overload it with too many objectives—resulting in little measurable progress—or focus too narrowly, which can make athletes fragile due to over-specialization. Our goal is to address a well-rounded set of physical qualities that specifically prepare athletes for the demands of the football season.

Key Physical Qualities for Football Preparedness:

- Max-Velocity Sprinting
- High-Speed Yardage Accumulation
- Aerobic Development
- Sprint Density / Sport-Specific Sprints
- Cognitive Agility
- Acceleration, Change of Direction (COD), and Deceleration Mechanics
- Contact Preparation
- Power Development
- Max Strength
- High-Incidence Injury Prevention
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Although this list may seem extensive, when structured properly, all these elements can be trained within a weekly cycle and progressed effectively throughout the summer.

Weekly Training Structure

We organize our weekly training using two key distinctions:

- **High/Low Intensity Days:** Also referred to as **Performance** (high) and **Support** (low) days. Performance days emphasize maximum output qualities like speed and power, while support days focus on conditioning and auxiliary work.
- **Hardware/Software Days:** Hardware days focus on mechanical skills, while software days emphasize reactive and game-like scenarios.
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Weekly Schedule Overview:

- **Monday & Wednesday:** Performance / Hardware
- **Tuesday & Thursday:** Support / Software

Daily Focus Breakdown:

Monday

1. Max-Velocity & Acceleration Mechanics
2. Max-Velocity Sprinting

Myers Monthly Minute Continued:

3. Lower Body Power Development (Plyometrics & Olympic Lifts)
4. Ankle & Hip Injury Prevention Work

Tuesday

1. Contact Preparation
2. Open Agility Games
3. High-Speed Yardage Accumulation
4. Upper Body Power
5. Upper Body Max Strength
6. Neck & Shoulder Prehab

Wednesday

1. Acceleration & COD Mechanics
2. Max Deceleration
3. Multi-Directional Plyometrics
4. Lower Body Max Strength
5. Groin & Hamstring Conditioning

Thursday

1. Contact Preparation
2. Open Agility Games
3. Aerobic Development (Phase 1)
4. Sprint Density / Sport Practice Prep (Phase 2)
5. Upper Body Strength
6. Upper Body Armor Building ("Look good, play good")
7. Neck & Shoulder Prehab

CAMP STARTS
TUESDAY
JUNE 24TH

CAMP ENDS
WEDNESDAY
JUNE 25TH

EASTERN OKLAHOMA
OFFENSIVE & DEFENSIVE LINEMAN CAMP
10AM EACH DAY

LEE SNIDER FIELD | 601 S. RIVERVIEW | BIXBY, OK 74008



STEAK EATER

Dalen Alvidrez
 Kade Arthur
 Carter Bell
 Landyn Bibb
 Bode Bright
 Landon Burr
 Bode Cairl
 Trent Castleberry
 Gage Cheatham
 Colton Christian
 Deonte DeJesus
 Sam Dewoody
 Brooks Dixon
 Beau Dixon
 Dob Doh
 Noah Engles
 Aiden Enriquez
 Kaiden Flowers
 Lincoln Fugate
 Hector Garcia
 Jack Gill
 Derek Gilson
 Michael Gilson
 Max Hackler
 Logan Haddon
 Andrew Havens
 Adam Helton
 Matthew Helton
 Alex Herring

Nathan Hobbs
 Jamel Holt
 Andrew Horvath
 Vincent Incremona
 Mason Ivey
 Asher Jolly
 Carson Kirby
 Trey McGlothlin
 Ty Montgomery
 Maverick Nance
 Colton Neuok
 Jake Nielsen
 Jesse Park
 Cooper Parker
 Kaeden Penny
 Braeden Presley
 Ben Puckett
 Brody Reagan
 Angel Rodriguez
 Cole Seager
 Broderick Shull
 Emory Snyder
 Alex Stanhope
 Bradley Thao
 Landon Thienhardt
 Pierce Vegher
 Ethan Williams
 Gavin Wineland
 Nohea Wold
 Tyler Wright