

Dear Spartan Fans,

Our sixth week of S.P.A. is in the books, and we have just one week remaining with our 8th–12th grade athletes before we officially begin football practice on Monday, August 11th. Our players have been resilient throughout the spring and summer, and we are on pace to have over 65 athletes with perfect attendance. In our program, athletes with perfect attendance are known as "steak eaters."

Summers are extremely busy in our program. Our players grow in character, strength, and athleticism. We kick off summer each year with team camp at our facility. This summer, we hosted four passing league sessions, one of the largest OL/DL camps in the United States, the Skordle 7on-7 tournament, and wrapped things up with the Elite 7-on-7 in Springdale, AR. Our freshmen and 8th graders were also busy with multiple passing leagues and 7-on-7 events. In addition, we ran several youth camps, including the BYFA Pad Camp, the Youth OL/DL Camp, and the return of Chris Harris Jr.'s camp. We strive to give our athletes as many opportunities as possible to grow and develop in our program. Bixby will be the best program in Oklahoma at developing student-athletes.

The strength culture in Bixby is alive and well! This year at Night of Champions, we had 61 athletes clean 225 pounds or more—and five who cleaned over 300 pounds. This event is special because it (continued on page 2)





July Update continued from pg. 1

shows our youth athletes the importance of training. Night of Champions provides a big stage for our athletes to compete, and we believe it is vital for our kids to gain experience performing under pressure.

Fall practice is right around the corner. We begin Monday, August 11th. Our first four practices will be helmets only, and we'll go full pads for the first time on Friday, August 15th. We will once again host the JV Fall Classic on Thursday, August 21st, followed by the Bixby Fall Classic on Friday, August 22nd. Both events are excellent QBC fundraisers, and we'll be reaching out for volunteers to help work the gate. All gate receipts from these events go directly to the Bixby Quarterback Club.

We're very excited about our season opener. The fourth annual *Battle of the Burbs* will return to the University of Tulsa this year. It will be the first high school football game played in Oklahoma for the 2025 season. Kate Creekmore and our athletic administration worked hard to bring this special matchup back to TU. This will be our home game and a rematch of the 2024 state championship, so we're hoping for another big Bixby crowd!

Our first game at Lee Snider Field in Bixby will be Friday, September 19th, against Choctaw. Our first home game is always Military Appreciation Night, so make plans to attend this special event. Each year, we honor veterans, host a flyover, and celebrate the heroes who have sacrificed for our freedom.

Our Quarterback Club continues to provide the best playing experience in Oklahoma for our student-athletes. Because of our community's generosity, our players receive the best gear, the best nutrition, and benefit from the best strength and conditioning program in the state. Our QBC membership drive is well underway, and we encourage you to join here to help support the program. If you have any questions, you can contact Membership Director Kip Upton at kipuptonqbc@gmail.com.

Thank you to everyone who takes the time to read this newsletter and support our program. We are proud of our great young men, excellent coaches, and dedicated parents who help make Bixby Spartan Football the best program in Oklahoma at developing student-athlete

Sincerely, Coach Montgomery



Closing Out Summer & Preparing for the Season

As we wrap up our Summer Off-Season program and transition into the start of the season, our focus has been on preparing our athletes for the specific demands of football. Throughout the summer, we closely monitored total training volume and high-speed yardages for each position group using Titan GPS. This allowed us to progressively increase workloads in a controlled manner.

Our ultimate goal by the final week of SPA was to match or slightly exceed the distance demands of the first week of fall camp. By doing this, we exposed our athletes to repeated external stressors, allowing them to adapt and recover more efficiently. This strategy helps minimize performance dips and reduce injury risk as we prepare for The Battle of the Burbs and the long season ahead.

Now, we move into our in-season training block, which is one of the longest and most important uninterrupted training cycles of the year. In-season training is not just about maintenance—it's about continuing to build strength, speed, and power while managing fatigue from practices and games.

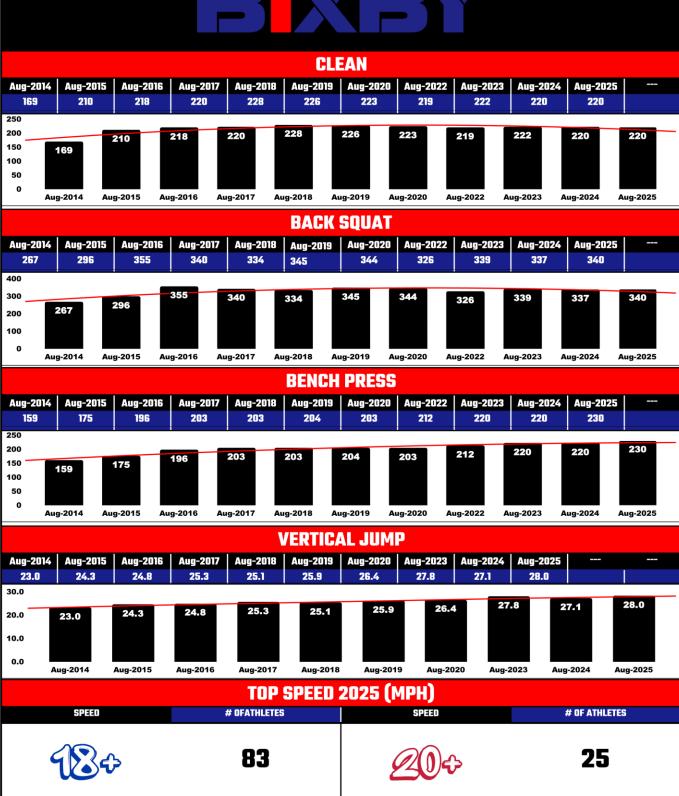
We will accomplish this by:

- Monitoring Training Volumes: Keeping total work in check to avoid overload.
- Maintaining High Intent: Every rep, sprint, and lift will be performed with purpose and intensity.
- Pushing the Needle Forward: Small, consistent improvements in strength and power will compound over the season.

By keeping intensity high and volume appropriate, we ensure that the physical qualities developed over the summer are not only maintained but enhanced. Our goal is for our athletes to finish the season stronger than they started—both physically and mentally.

























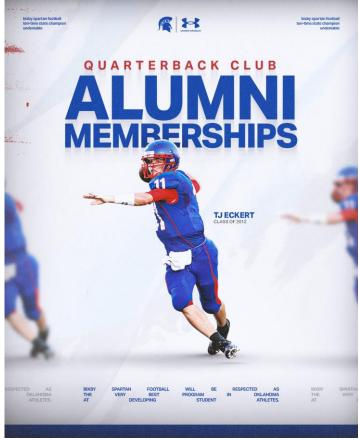


Dates to Remember

Printable H.S. Calendar Here
Printable 9th Grade Calendar
Printable 8th Grade Calendar

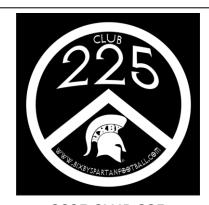
Monday	8-11-2025	Helmets Only Practice Begins 2-5pm
Friday	8-15-2025	Full Pads Practice 2-5pm
Saturday	8-16-2025	Mandatory Parent Meeting (8am 9GC Cafeteria) 8am
Thursday	8-19-2025	First Day of School
Thursday	8-21-2025	Bixby JV Fall Classic
Friday	8-22-2025	Bixby Fall Classic
Saturday	8-23-2025	Parent Son Breakfast 9am (Location TBA)
Thursday	8-28-2025	Battle of the Burbs Vs. Owasso (HA Chapman Stadium)











2025 CLUB 225 Night of Champions Team Average: 226

Madden, Dawson	Puckett, Ben
Bell, Carter	Campbell, Wyatt
Nance, Maverick	Hopkins, Karson
Crawford, Thane	Nielsen, Jake
Snyder, Emory	Thienhardt, Landon
Upton, Cooper	Wright, Tyler
Garcia, Hector	McGhee, Deuce
Incremona, Vincent	Snider, Steele
Moll, Jayson	DeArmon, Jimmy
Wilson, Gavin	Dennis, Joey
Presley, Braeden	Divin, Tate
Savant, Ben	Drechsler, Kaidon
Gill, Jack	Havens, Andrew
Guiptons, Jaidon	Hobbs, Nathan
Jones, BJ	Jolly, Asher
McGlothlin, Trey	Jones, Dylan
Cox, Hunter	Knight, Jack
Kirby, Carson	Montgomery, Guy
Arant, Connor	Nolan, Cord
Dorsey, Jaxon	Penny, Kaeden
Fugate, Lincoln	Reagan, Brody
Gilson, Derek	Seager, Cole
Haddon, Logan	Stanhope, Alex
Helton, Matthew	Sudler, Jacob
Holt, Jamel	Wineland, Gavin
Masters, McClain	Wold, Nohea
Montgomery, Tylan	Yarbrough, Chris
Neuok, Colton	Dewoody, Sam
Rogalski, Ben	Peters, Joe
Scarborough, Cimone	DeHart, Cetcher
Reagan, Brock	Dixon, Ashton
Blankenship, Gabe	Engles, Noah
Fontenot, Jayveon	Gonzalez, Nathan
Rodriguez, Angel	

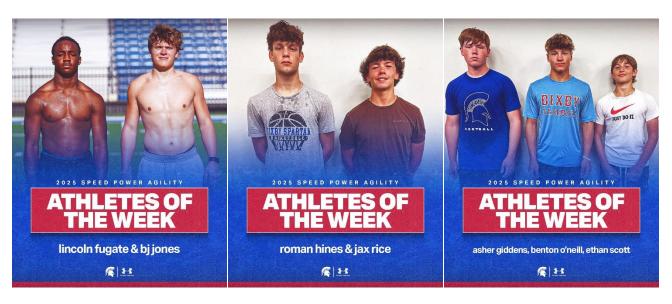








Week 3 SPA Athletes of the Week





Week 4 S.P.A. Athletes of the Week





Week 5 S.P.A. Athletes of the Week



