



COACH SPEAK

AUGUST 2025

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

Dear Spartans,

Football season is finally here! The very first T-shirt we made back in 2010 when we arrived in Bixby stated: *"If I had 8 hours to chop down a tree, I'd spend 7 sharpening my axe."* That analogy speaks volumes about the preparation our players, parents, and staff invest each year. The 2025 Spartans had an excellent off-season and are ready to kick off the season.

On Saturday, August 16th, we hosted our intrasquad scrimmage and mandatory parent meeting. We had an excellent turnout with over 300 parents in attendance. It was great to host the meeting in the brand-new community room at the high school. Each year I enjoy meeting parents and building relationships that help us better develop our student-athletes. If you were unable to attend, you can review the presentation slides [HERE](#).

Last week, we hosted our JV and Varsity Fall Classics at Lee Snider Field. Our players gained valuable experience against Stillwater, Edmond Santa Fe, Broken Arrow, and Jenks. On Friday's Varsity Fall Classic, we defeated Edmond Santa Fe in a half-game. We collected great film, and it provided an excellent teaching opportunity for our players.

On Saturday, following the Bixby Fall Classic, our Spartan Moms hosted the annual Parent-Son Breakfast for all football players in grades 8–12. This year, the event was held in the new high school cafeteria. The meal was outstanding, and

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2025

spartan football

8.22 Fall Classic	Lee Snider Field
8.28 Owasso	Lee Snider Field
9.5 Sand Springs	@ Sand Springs
9.18 Chickadee	Lee Snider Field
9.26 Jenks	@ Allen Venable Stadium
10.3 Moore	Lee Snider Field
10.10 Edmond North	@ North HS Stadium
10.16 East	Lee Snider Field
10.24 Mustang	@ Briscoe Stadium
10.31 Deer Creek	Lee Snider Field
11.7 Norman	Lee Snider Field

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BIXBY SPARTAN FOOTBALL WILL BE RESPECTED AS THE VERY BEST PROGRAM IN OKLAHOMA AT DEVELOPING STUDENT-ATHLETES.

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the space easily accommodated nearly 400 people. Thank you to everyone who volunteered or provided food—it was truly appreciated.

After breakfast, we welcomed our guest speaker, Tony Swart. Tony has shared his message about the importance of being a good father for many years. We believe it's vital that our young men consistently hear the value of leadership, consistency, and fatherhood. I also want to commend our coaching staff for being strong role models and father figures for many of our players throughout their high school careers.

We are now in our second week of school. Our student-athletes are expected to excel in the classroom, on the field, and during the 21 hours of the day they are not with our program. This week, we began grade checks. Any athlete who does not maintain a 70% or higher in all subjects will be placed on our academic team and receive morning academic counseling at 7:45 a.m. We are fortunate to have outstanding teachers at Bixby High School, and our athletes are expected to maintain positive relationships with them while striving for academic success.

We will open our season Thursday, August 28th, against the Owasso Rams in the Battle of the Burbs at TU's H.A. Chapman Stadium. This much-anticipated matchup is a rematch of the 2024 State Championship game. Both teams return strong players, and it promises to be an exciting game.

Please also mark your calendars for our first home game in Bixby—Friday, September 19th—when we host Military Appreciation Night against the 6All State Champion Choctaw. This event is always a highlight of the season, as we honor our friends and family who have served in the armed forces. Former superintendent Rob Miller plays an important role in this evening, along with many others who have given so much for our freedom.









The strength culture in Bixby is alive and thriving. We are excited to announce new additions to our strength staff. We now have two full-time and two part-time strength and conditioning coaches. Coach Dakota Moran and Coach Drake Gammon have joined as full-time S&C coaches, while Coach Solomon has moved to a half-day role alongside newcomer Tom Scarborough, who is also in a half-time position. At Bixby, all student-athletes in grades 7–12 participate in our strength and conditioning program—the best tool we have for developing student-athletes.

Finally, if you are reading this newsletter, you are likely one of the many supporters of the Bixby Spartan Football Program. Thank you for your support and belief in our mission to be the best program in Oklahoma at developing student-athletes. Bixby Public Schools believes that students connected to extracurricular activities perform better in school. It is our hope that our student-athletes leave this program not only as better athletes, but as better people. Thank you again for your continued support!

Respectfully,
Coach Montgomery


BIXBY

Spring-Summer Comparison

Percentage Change	Back Squat		Bench Press		Clean		Vertical Jump	
	Average 5.12%	Max 33.3%	Average 6.38%	Max 22.45%	Average 8.14%	Max 45.16%	Average 4.62%	Max 31.37%
								
Overall Top Lifts/Jumps	Back Squat		Bench Press		Clean		Vertical Jump	
	Maverick Nance	580	Maverick Nance	450	Maverick Nance	345	Trey McGlothlin	38.6
	Carter Bell	555	Carter Bell	450	Dawson Madden	345	Jacob Sudler	38.4
Top Increases	Back Squat		Bench Press		Clean		Vertical Jump	
	Cruz Vergara	33%	Haddon Lee	22%	Kaldon Drechsler	45%	Gavin Tipton	31%
	Elijah Scarborough	19%	Brock Reagan	21%	Jayson Moll	39%	Gavin Wineland	31%
	Back Squat		Bench Press		Clean		Vertical Jump	
	Jayveon Fontenet	18%	Nate Hoyda	19%	Asa Ankershell	24%	Angel Rodriguez	28%



bixby spartan football
ten-time state champion
undefeated




2025 NINTH GRADE SPA
TOP FIVE

1st	kai turner
2nd	gio jones
t-3rd	jaxton rice
t-3rd	hilkyah sampson
4th	colton treat

BIXBY THE AT SPARTAN VERY FOOTBALL BEST WILL BE IN RESPECTED AS OKLAHOMA ATHLETES.

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2025 EIGHTH GRADE SPA
TOP FIVE

1st	jordan mcfarlin
t-2nd	graham gill
t-2nd	brady morrow
3rd	griffin gill
t-4th	herschel bryant
t-4th	jp carollo
t-4th	forrest nicholson

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2025 SPEED POWER AGILITY

ATHLETES OF THE WEEK


jayveon fontenot & nate gonzalez




2025 SPEED POWER AGILITY

ATHLETES OF THE WEEK



100% SUMMER ATTENDANCE
 kaleb blankenship • connor dingman • oscar funk
 jt halbert • derek jones • weston kamolz
 benton o'neill • kamdon post • bodie strawn
 landon udcoff • asher whiteley

2025 SPEED POWER AGILITY

ATHLETES OF THE WEEK

100% SUMMER ATTENDANCE
 tripp bakker • mason ballard • cooper cornwell
 kale dejesus • justin gilmor • landry flowers
 cannon myers • jai robins • colton treat
 asher shepard • kai turner • blaze wood





SPA 2025 WEEK SIX

THE RACK

BRAEDEN PRESLEY EMORY SNYDER DYLAN JONES
 NATHAN HOBBS JACK GILL JACOB SUDLER

billy spartan football
two-time state champion
undefeated



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DAKOTA MORAN, HEAD S&C COACH

STRENGTH & CONDITIONING UPDATE

bixby spartan football
ten-time state champions
undeniable



As we move into the heart of the fall, our strength and conditioning program continues to push forward with purpose and precision. After completing our summer testing, we created Eccentric Utilization Ratio (EUR) profiles for all of our athletes. These profiles give us valuable insight into how well each athlete transitions between *eccentric* and *concentric* muscle contractions.

To break it down:

- **Eccentric contractions** occur when a muscle lengthens under tension (think controlling your body as you land from a jump).
- **Concentric contractions** happen when a muscle shortens while producing force (like exploding upward during a jump or sprint).
- The balance between the two is critical for speed, power, and durability. Athletes who can efficiently absorb force (eccentric) and rapidly turn it into explosive movement (concentric) tend to be faster, more powerful, and better prepared for the demands of football.

By tailoring training around these EUR profiles and implementing more eccentric rate-of-force development work, we've already seen outstanding results. Leading into the *Battle of the Burbs* against Owasso, 83 of our athletes beat their summer-best vertical jump numbers, showing just how quickly this type of training is paying off.

We also began the school year with movement assessments to ensure that every athlete has an individualized mobility and stability plan. We looked closely at three key areas for performance and injury prevention:

- **Shoulder Flexion** – critical for overhead stability and safe tackling mechanics.
- **Ankle Dorsiflexion** – essential for sprinting, cutting, and absorbing impact during change of direction.
- **Hip Mobility (flexion, internal/external rotation)** – foundational for efficient running mechanics, squatting, and overall lower-body health.

These assessments allow us to prescribe targeted mobility protocols so that our athletes can move more efficiently, reduce injury risk, and maximize performance on the field.

We're excited about the momentum in the weight room and on the field. The buy-in from our athletes has been tremendous, and we're confident this attention to detail will continue to give the Spartans an edge as the season progresses.

— Coach Mo & the Strength Staff