



COACH SPEAK

SEPTEMBER 2025

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

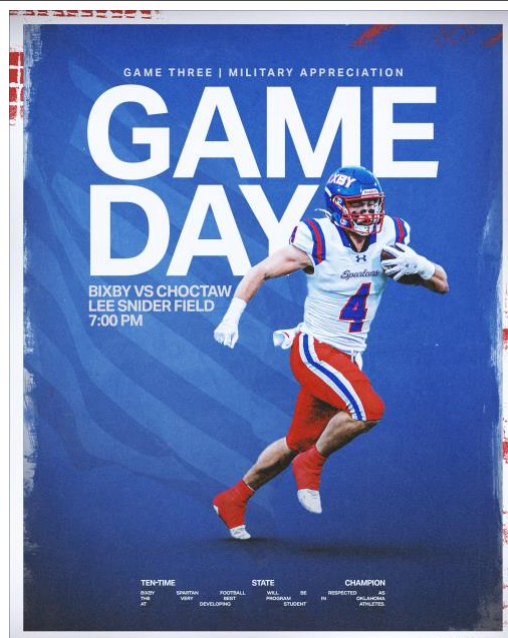
Dear Spartans,

We are now headed into district play with a record of 4-0 overall and 1-0 in the district. We opened district play last Friday in Jenks with a 66-35 victory over the Trojans at Allan Trimble Stadium. We played in front of approximately 10,000 fans in what turned out to be a very exciting ballgame. It was great to come out with a win to start district play.

We kicked off the season with a 49-21 victory over Owasso in the *Battle of the Burbs* at TU's H.A. Chapman Stadium. This event, sponsored by QuikTrip, is a phenomenal opportunity for our community as well as the entire city of Tulsa. Attendance this year was reported at nearly 20,000. We are very grateful to both QT and the University of Tulsa for helping make this happen.

Our Week 1 matchup against Sand Springs ended with a 56-7 victory, giving us momentum heading into our first home game at Lee Snider Field against the defending 6All State Champion Choctaw Yellowjackets. We had an amazing crowd for *Military Appreciation Night* and came out with a 57-7 win. A special thanks goes to Wendall and Michelle Nolan for organizing the flyover and other events to recognize and honor our veterans. This night is always a special one for so many in our community.

See September Update Pg. 2



Military Appreciation Night Honorees:

Master Sergeant Marcus Campbell- USAF 2011
 Captain Rich Davis- USMC 2001
 Master Sergeant Greg Finley- 2005
 Staff Sergeant Christi Finley- USMC 2005
 E5 Sergeant Loren Gerber- USA 2008
 Captain Jamel Holt Sr. USA Present
 E6 Specialist 5th Class Garry M. Ivey 1970
 Sergeant Bobbie Jones- USA 2006
 Staff Sergeant Christopher Jones 20014
 First Sergeant George Lawrence- USA 1997
 Major Meagan Lawrence- USA Present
 Sergeant Robert Mallett- USN 1980
 Captain Jason Motes- USN Present
 Corporal Bob Nance- USMC 1970
 Specialist 5th Class Tommie Nolan- USNG 1970
 Specialist 4th Class Charles W Rodes- USA 1972
 Colonel Chris French- USMC 2015
 Chief Warrant Officer 4 Bill Tinney- USMC 2018

September Update continued from pg. 1

“Selfless – Less Me, More We” is our third core value. To help instill this, we’ve assigned each of our players to a BYFA team to visit and pass out football cards. The cards, high-fives, and opportunities to connect with our youth program play an important role in sustaining the long-term success of Spartan Football.

Part of sustaining success also means helping our players beyond their time at Bixby High School. As a coaching staff, we love hearing about our alumni graduating from college, getting married, earning promotions, and finding success in life. This year, we’ve added a new way to celebrate those who are still competing. Each week, Coach Rogers sends out the “Rogers Report,” which we share on social media. The report highlights all the college games our alumni are playing in and how you can tune in. Last Saturday, we had 28 Spartans competing on college rosters—what a great way to keep up with our former players!

Our Junior Varsity and middle school teams are also off to strong starts. Our vision is to be respected as the best program in Oklahoma at developing student-athletes, and part of that vision is providing as many opportunities as possible for reps. We’re proud to be the only school in the state that fields three 8th-grade schedules, three 9th-grade schedules, and two Junior Varsity schedules. Each Monday night, Bixby Spartan Football has six games spread across eastern Oklahoma. While dividing our players and staff is challenging, the experience and development our athletes and coaches gain is well worth it.

Finally, with so many teams and games, our QBC and team moms are working tirelessly to keep our players fed and cared for. With over 300 student-athletes in grades 8–12, keeping them nourished and hydrated takes significant financial support and sweat equity. Please consider volunteering to serve meals, provide drinks, or joining the Quarterback Club if you haven’t already. The Bixby QBC truly provides the best playing experience in Oklahoma for our student-athletes.

Sincerely,
Coach Montgomery



If you have missed the Chick-fil-A Weekly
Coaches’ Show, you can catch them on
YouTube:

[Week 0 Vs. Owasso-](#)

Player of the Week- Braeden Presley
Practice Players- Dawson Madden, Gabe Blankenship
Youth Team- 6th Grade Silver

[Week 1 Vs. Sand Springs-](#)

Player of the Week- Tyler Wright
Practice Players- Hector Garcia, Matt Kohnstam
Youth Team- 4th Grade Silver

[Week 3 Vs. Choctaw-](#)

Player of the Week- Nate Gonzalez
Practice Players- Sam DeWoody, Gage Cheatham
Youth Team of the Week- 7th Grade Red

LIVE GAME BROADCASTS

97.1 FM The Sports Animal

[Listen Online Here](#)



Chick-Fil-A Bixby

Bixby Coaches Replay Show



Wednesday 8:00p.m. Cox Channel 3

<https://www.bixbyspartanfootball.com/coaches-show/>

Weekly Coaches Radio Show

Chick Fil A Bixby Central

Tuesday Nights 6pm

Live from Chick Fil A Bixby

97.1 FM



Spartan Family,

As we move deeper into the season, one of our main objectives—both in the weight room and on the field—is balancing performance development with player health. Our in-season strength and conditioning model is designed to keep athletes fast, durable, and prepared for the demands of Friday nights.

A key part of this process is our use of Titan GPS sensors. These allow us to monitor every athlete's workload daily—tracking player load, total distance, and high-intensity efforts. By closely watching weekly volume trends, we can quickly identify spikes or unusually heavy sessions. Managing these acute-to-chronic workload ratios helps us avoid overtraining while still preparing our athletes for the speed and intensity of competition.

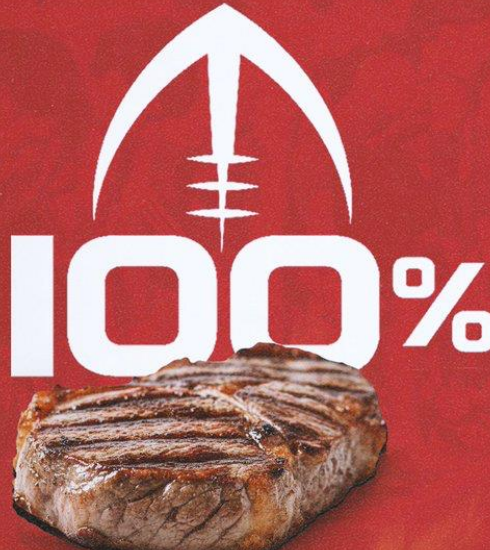
But monitoring alone isn't enough—we also train speed in-season. Each Spartan has a recorded max velocity, and we know how critical it is to hit high speeds regularly. Ideally, players should reach at least 85% of their top speed two to three times per week. Research on training residuals shows that if high-speed running isn't trained every 3–5 days, the ability to reach those outputs begins to decline.

To ensure we meet that benchmark, we've partnered with the football staff to implement a weekly "Team Flex" speed session. This session is specifically for players who haven't yet reached the 85% threshold, giving them the opportunity to get quality sprint exposures. This keeps their nervous systems sharp and their bodies ready for competition.

The result? We're not just maintaining speed during the season—we're continuing to build it. This approach reduces injury risk, enhances readiness, and ensures our athletes stay explosive all the way through the playoffs.

We're proud of how our Spartans have embraced this process and the consistency they've shown in their preparation. Their commitment to detail—both in monitoring and in training—continues to set the standard for what it means to be a Bixby Spartan.

— Coach Mo & the Strength Staff



100%

STEAK EATERS

ASA ANKERSHEIL	VINCENT INCREMONA	EMORY SNYDER
CARTER BELL	ASHER JOLLY	ALEX STANHOPE
GABE BLANKENSHIP	B.J. JONES	JACOB SUDLER
LANDEN BURR	DYLAN JONES	LANDON THIENHARDT
GAGE CHEATHAM	CARSON KIRBY	WILLIAM TIPTON
COLTON CHRISTIAN	MATTHEW KOHNSTAM	COOPER UPTON
JACKSON COOPER	TEAGAN MACHADO	GAVIN WILSON
HUNTER COX	REECE MADDEN	TYLER WRIGHT
THANE CRAWFORD	LANDON MARTIN	CHRIS YARBROUGH
JIMMY DEARMON	TREY MCGLOTHLIN	TRAE ARMSTRONG
CETCHER DEHART	KYLER MCGUIRE	DOUG BEHRENS
JOEY DENNIS	GUY MONTGOMERY	CORBIN BURCHETT
SAM DEWOODY	TYLAN MONTGOMERY	CHRIS COLE
BLAKE DISHMAN	MAVERICK NANCE	BRIAN DOUGLAS
NOAH ENGLS	COLTON NEUOK	DAKOTA EVANS
KOBE EVANS	JAKE NIELSEN	RODNEY FLOWERS
KAIDEN FLOWERS	MILLER OUSLEY	DRAKE GAMMON
JAYVEON FONTENOT	KAEDEN PENNY	MIKE INCREMONA
LINCOLN FUGATE	JOE PETERS	KADEN JACKSON
JACK GILL	BRAEDEN PRESLEY	WILL MAAS
DEREK GILSON	BEN PUCKETT	LOREN MONTGOMERY
SEAN GILSON	BROCK REAGAN	DAKOTA MORAN
COLTON GREEN	RYNNICK RIDER	TERRY QUIGLEY
MAX HACKLER	ANGEL RODRIGUEZ	MIKE ROGERS
LOGAN HADDON	COLE SEAGER	SHAD SCARBOROUGH
MATTHEW HELTON	BRAYDEN SECREST	ZACH STEPHENS
JACE HIGHTOWER	CIMONE SMITHERMAN	TAYLOR SOLOMON
NATHAN HOBBS	ELIJAH SMITHERMAN	TREVOR SUFFAL




Bobby spartan football
two-time state champion
undermads

Bobby spartan football
two-time state champion
undermads

THIS WEEKEND'S TV SCHEDULE

NEXT LEVEL SPARTANS



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

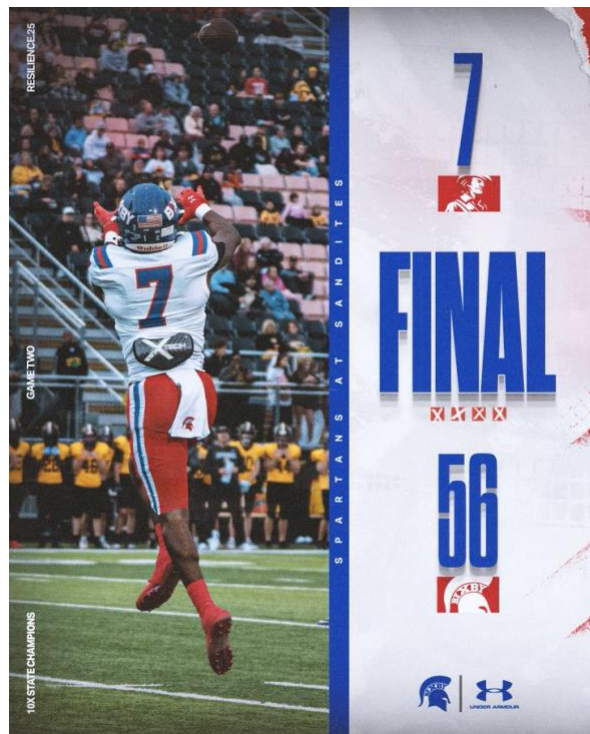
10X STATE CHAMPION
GAME FOUR
RESILIENCE.25



SPARTANS AT TROJANS

66
FINAL
35





BIXBY

TOP SPEED • TITAN GPS • WEEK THREE

1	JAYSON MOLL	21.28
2	BRAEDEN PRESLEY	20.15
3	NATHAN GONZALEZ	19.21
4	DYLAN JONES	19.18
5	TYLER WRIGHT	19.14

UNDER ARMOUR

BIXBY

TOP SPEED • TITAN GPS • WEEK FOUR

1	BRAEDEN PRESLEY	21.49
2	TYLER WRIGHT	20.77
3	DYLAN JONES	20.52
4	JAYSON MOLL	20.37
5	NATHAN HOBBS	19.81

UNDER ARMOUR

SIXBY SPARTANS **SIXBY SPARTANS** **225**

VS OWASSO | W 49-21

PLAYERS OF THE WEEK

 BRAEDEN PRESLEY OFFENSIVE	 NATHAN HOBBS DEFENSIVE	 BRADLEY THAO SPECIAL TEAMS	 NATE GONZALEZ BIG PLAY
 CONNOR ARANT BIG HIT	 GAVIN WILSON LINEMAN	 GABE BLANKENSHIP PRACTICE PLAYER	 DAWSON MADDEN PRACTICE CAPTAIN

WALDO'S
CHICKEN & BEER

Live Life Smiling
NOWLIN
ORTHODONTICS



VS SAND SPRINGS | W 56-7

PLAYERS OF THE WEEK



CARSON KIRBY
OFFENSIVE



TYLER WRIGHT
DEFENSIVE



BEN PUCKETT
SPECIAL TEAMS



TYLER WRIGHT
BIG PLAY



BEN PUCKETT
BIG HIT



JOE PETERS
LINEMAN



MATT KOHNSTAMM
PRACTICE PLAYER



HECTOR GARCIA
PRACTICE CAPTAIN



Live Life Smiling
NOWLIN
ORTHODONTICS



VS CHOCTAW | W 57-7

PLAYERS OF THE WEEK



OFFENSIVE
CARSON KIRBY

DEFENSIVE & LINEMAN
DAWSON MADDEN

SPECIAL TEAMS & BIG PLAY
NATHAN GONZALEZ

BIG HIT
JACK GILL



PRACTICE PLAYER
GAGE CHEATHAM

PRACTICE CAPTAIN
SAM DEWOODY

