



COACH SPEAK

MAY 2026

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 we are off to a great start to our 2026 campaign. This is a critical time in our program for us to determine what our team identity will be. What personnel groups on both offense and defense put us in position to get our best 11 on the field and maximize the talent we have on our roster? Just like our previous 11 state championship teams, we graduate a lot of impactful talented seniors. While we will miss the leadership of our outgoing seniors, we are excited to see a new group of leaders and playmakers emerge. We've already seen an impressive effort in the classroom, weight room, and intensity on the field. As a staff, we are excited to see how this year's team develops and demonstrates UNITY this 2026 season.

The Importance of Spring Football & Team Camp

Spring practice and team camp remain two of the most critical development pieces for our student-athletes. Repetition is the foundation of learning, and spring allows our players to accumulate valuable reps in a non-threatening environment. In fact, the amount of reps our team accumulates in spring ball and team camp nearly equals half a season's worth of live action. Simply put, the experience our players gain in the spring helps put them in position to succeed in the fall.

The OSSAA allows 10 padded practices in the spring, plus one team camp and school-led 7-on-7 tournaments before July 15. This year we will

(Continued on page 2)



BIXBY SPARTAN SUMMER CAMPS

SPEED. POWER. AGILITY.

camp runs June 15th - July 30th
runs Monday - Thursday
off week 6.29 - 7.3
football skills & team camp fee of \$1 is included

SPA: Grades 8th - 12th
SPA: Grades 5th - 7th
SPA: Grades 1st - 4th

SIGN-UP NOW

VIEWING ON YOUR PHONE? save photo, press & hold to access the QR code





May Update continued from pg. 1

We will host the 7th annual Bixby Team Camp, which has become one of the premier team camps in the country. This year's attendees will include East St. Louis, Broken Arrow, Edmond Memorial, Lawton, and Tulsa Washington. Our players will benefit by competing against such great talent.

Hosting our team camp not only provides our players with critical reps, but it also allows us to save the Quarterback Club money that would otherwise be spent on food, travel, and camp fees. Most importantly, it allows our coaches to script sessions to ensure that all of our players receive the work they need.

SPA Begins June 15th

Following a much-earned week off after team camp, we will resume S.P.A. (Speed, Power, Agility) on Monday, June 15th. Summers are extremely busy. We not only train, but we also participate in passing leagues, 7-on-7 tournaments, and skills camps. The summer is where our players sharpen their axe and prepare for the rigors of football season.

Steak Eaters — Consistent

By now, you've probably heard about or seen our infamous Steak Eater Club. This tradition rewards players with 100% pure summer attendance (no questions asked) with a delicious steak dinner cooked by our coaching staff. In our early years, only a handful of players earned this honor, but last year we had over 60 "steak eaters" on the high school roster. It's a testament to our players' commitment to the core values of consistency and hard work. The Steak Eater tradition celebrates those who show up, work hard, and do the things the right way every day.

Mission

Bixby Spartan Football will be respected as the very best program in Oklahoma at developing student-athletes. We will achieve this together by demanding high standards and helping remove barriers to consistency that our student-athletes might face. As we head into summer, please help us reinforce the importance of consistency and the importance of communicating with our staff should a situation arise. It's a great day to be a Spartan!
Sincerely,
Coach Montgomery



We would like to thank everyone who came out to support our 15th Annual Bixby Quarterback Club Golf Scramble. This year's tournament was our best 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 • 2025



STEAK EATER

**BIXBY SPARTAN
SUMMER CAMPS**

SPA
SPEED • POWER • AGILITY

SPA: Grades 8th - 12th
SPA: Grades 5th - 7th
SPA: Grades 1st - 4th



SIGN-UP NOW

SIGN UP NOW AT BIXBYSPARTANFOOTBALL.COM

CAMP BEGINS JUNE 15TH

[Sign up now!](#)

SPA Price Increases after June 1st.





Now that Spring Ball and team camp are in full swing, our training within the weight room has shifted. Over the 16-week offseason, we lifted on a 5-day split in addition to five days of linear speed, change-of-direction, and conditioning work on the field. As we transitioned into two weeks of spring football drills, our training moved to a 4-day lifting split with abbreviated field work following practice.

We always want to keep the main thing the main thing, so as football practice begins, we want our athletes to be at their best and performing well on the field. We moved to a 4-day split, and now a 3-day-per-week lifting schedule, in order to keep the guys fresh and performing at a high level while still checking all the boxes necessary in our training to ensure we maintain — and continue to move the needle forward in — strength, power, and conditioning qualities.

What this looks like in our spring ball training is ensuring our athletes are exposed to a bilateral strength emphasis through squatting and pressing movements, while also including derivatives of the Olympic lifts to continue building power output. These Olympic lift derivatives help keep our athletes fast and explosive while also ensuring their bodies feel their best by limiting extra squat volume and pulling from the floor.

Within our accessory work during spring ball, we focus on sagittal- and frontal-plane unilateral work, horizontal and vertical pressing and pulling, and finally incorporating enough lower-body posterior chain work to keep soft tissue resilient without creating excessive fatigue. This helps us maintain health throughout a heavier period of football activity. Altogether, this covers all of our bases to provide the stimulus we need to perform while continuing to build so we are ready to hit the ground running once SPA begins on June 15th.

As we move into our summer training during SPA, our athletes will work incredibly hard, as this is the most crucial training period of the year leading directly into the season. We will train in the weight room Monday through Thursday, with linear speed, change-of-direction, contact prep, and conditioning work on the field. Below is an overview of what our weekly summer training schedule will look like this year.

MONDAY

- Linear speed development through horizontal and vertical plyometrics, acceleration, and max-velocity training
- High CNS power Olympic emphasis in the weight room
- Secondary pressing, both vertical and horizontal
- Horizontal pulling and posterior chain development
- Neck, shoulder, trunk, hip, and lower-leg development and prehab

S&C Update Continued:

TUESDAY

- Secondary bilateral squatting with a dynamic-effort emphasis
- Olympic pulls from the floor
- Frontal-plane unilateral work
- Vertical pulling, in addition to developing body armor within the upper body (chest, triceps, back, and biceps)
- Neck, shoulder, trunk, hip, and lower-leg development and prehab
- Low-level plyometrics on the field for lower-leg tissue resiliency, finishing with lactic power and capacity conditioning through our Spartan Cone Test

WEDNESDAY

- Change-of-direction drills on the field, preparing the movements and tissues for gameplay our athletes will see in season
- High CNS speed-strength Olympic emphasis in the weight room
- Max-effort upper-body press
- Secondary horizontal pulling
- Hip girdle development (abduction and adduction strength)
- Neck, shoulder, trunk, hip, and lower-leg development and prehab

THURSDAY

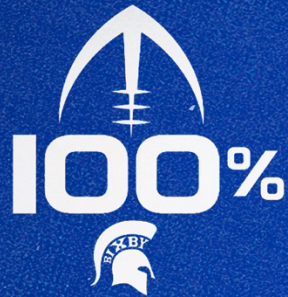
- Max-effort lower-body training in the weight room
- Sagittal-plane unilateral work
- Upper-body armor development (chest, triceps, back, and biceps)
- Vertical pulling
- Neck, shoulder, trunk, hip, and lower-leg development and prehab
- Contact prep, aerobic conditioning, and lactic power/capacity conditioning on the field

CAMP STARTS
TUESDAY
JUNE
23RD

CAMP ENDS
WEDNESDAY
JUNE
24TH

2026

EASTERN OKLAHOMA
OFFENSIVE & DEFENSIVE LINEMAN CAMP
LEE SNIDER FIELD | 601 S. RIVERVIEW | BIXBY, OK 74008



STEAK EATER

Asa Ankershell
Carter Bell
Gabe Blankenship
Landen Burr
Gage Cheatham
Colton Christian
Jackson Cooper
Hunter Cox
Thane Crawford
Jimmy DeArmon
Catcher DeHart
Joey Dennis
Sam Dewoody
Blake Dishman
Noah Engles
Kobe Evans
Kaiden Flowers
Jayveon Fontenot
Lincoln Fugate
Jack Gill
Derek Gilson
Sean Gilson
Colton Green
Max Hackler
Logan Haddon
Matthew Helton
Jace Hightower
Nathan Hobbs
Vincent Incremona
Asher Jolly
B.J. Jones
Dylan Jones
Carson Kirby
Matthew Kohnstam
Teagan Machado
Reece Madden
Landon Martin
Trey McGlothlin
Tyler McGuire
Guy Montgomery
Tylan Montgomery
Maverick Nance

Colton Neuk
Jake Nielsen
Miller Ousley
Kaeden Penny
Joe Peters
Braeden Prasley
Ben Puckett
Brook Reagan
Rynnick Rider
Angel Rodriguez
Cole Seager
Brayden Secrest
Cimone Smitherman
Elijah Smitherman
Emory Snyder
Alex Stanhope
Jacob Sudler
Landon Thienhardt
William Tipton
Cooper Upton
Gavin Wilson
Tyler Wright
Chris Yarbrough
Trae Armstrong
Doug Behrens
Corbin Burchett
Chris Cole
Brian Douglas
Dakota Evans
Rodney Flowers
Drake Gammon
Mike Incremona
Kaden Jackson
Will Maas
Loren Montgomery
Dakota Moran
Terry Quigley
Mike Rogers
Shad Scarborough
Zach Stephens
Taylor Solomon
Trevor Suffal

**JULY
20TH**

6:00PM - 8:00PM

YOUTH

EASTERN OKLAHOMA

OFFENSIVE & DEFENSIVE LINEMAN CAMP

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



SIGNED
GABE BLANKENSHIP
 NORTHEASTERN STATE UNIVERSITY

NORTHEASTERN STATE UNIVERSITY

SIGNED
VINCENT INCREMONA
 SOUTHWESTERN COLLEGE

SOUTHWESTERN COLLEGE

bixby spartan football eleven-time state champion undeniable

NSU ATHLETICS CLASS OF 2025

HALL of FAME

LOREN MONTGOMERY
 HEAD COACH

NORTHEASTERN STATE UNIVERSITY ATHLETICS 2025 HALL OF FAME
 LOREN MONTGOMERY WAS A MAINSTAY ON THE NORTHEASTERN STATE UNIVERSITY OFFENSIVE LINE DURING THE PROGRAM'S FIRST YEAR AS AN NCAA DIVISION II MEMBER. IN 1991, WHEN HE HELD THE SOUTHWESTERN COLLEGE FOOTBALL PROGRAM IN OKLAHOMA. IN THE 1990S HE CONCLUDED HIS FOUR-YEAR CAREER HELPING GUIDE NORTHEASTERN STATE TO THE DIVISION II PLAYOFF SEMIFINALS. A TEAM THAT WAS INDUCTED INTO THE NSU ATHLETICS HALL OF FAME. POST-MONTGOMERY WENT ON TO LEAD THE BEST FOOTBALLS, WHERE HE HAS GUIDED TEAMS TO TEN STATE TITLES OVER THE LAST 11 SEASONS, ALONG WITH A STATE-RECORD WIN STREAK OF 56 GAMES.

bixby spartan football eleven-time state champion undeniable

FRIDAY, MAY 29TH AT 6 PM

SPRING GAME

THANK YOU TO OUR SPONSORS

- Fieldhouse Gear
- Spartan Nutrition
- Rib Crib in Bixby
- Simple Simon's in Bixby
- J+K Design
- Scott's Hamburgers
- Twisted Soul Sisters
- Sweet O's
- Johnson's Stepping Stone Cafe
- The Real Taco
- Blush Flowers & Gifts
- Bixby Flower Basket
- Pizza Shoppe
- Loony Bin Comedy
- Roast House
- Aroma Nails & Spa
- Mt. Fuji Sushi

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