



COACH SPEAK

AUGUST 2026

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

Dear Spartans,
Our 2026 football season has begun! We opened Week 0 last Friday with a 35–27 victory at Owasso. It was great to get out on the field and begin to establish what our identity will be this season. After graduating 17 starters from the 2025 team, we have a lot of new faces stepping into starting roles for the first time.

On Thursday and Friday, August 20–21, we hosted the annual Bixby Fall Classic and JV Fall Classic. Deer Creek and Shiloh Christian played a half game, and we faced Sand Springs in our half. We got off to a slow start but pulled away in the second quarter to defeat the Sandites, 24–7. The Fall Classic is a great opportunity to get on the field, see live competition, and hopefully work out some of the early-season kinks.

On Saturday following the Fall Classic, we held our annual Parent-Son Breakfast for all players in grades 8–12. A delicious breakfast, provided by our players' moms, was served in the high school cafeteria. Following breakfast, we welcomed a good friend of mine, Rick Hogle, Senior Vice President of Guild Mortgage.

Mr. Hogle shared with our young men how he overcame a difficult upbringing through belief, discipline, and resilience to become a successful parent and professional. Each year, we use this Saturday as an opportunity to enjoy time with our players and their parents while emphasizing our responsibility as men to become great fathers, regardless of the circumstances we may face.

See August Update Pg. 2

DATE	OPPONENT	LOCATION
8-21 FALL CLASSIC	AT SAND SPRINGS	
8-28 OWASSO	AT OWASSO	
9-4 STILLWATER	AT STILLWATER	
9-11 JENKS	AT JENKS	
9-28 MUSTANGS	AT MUSTANGS	
10-3 WESTTOWNE	AT WESTTOWNE	
10-9 EDWARDS MEMORIAL	AT EDWARDS MEMORIAL	
10-16 NORMAN NORTH	AT NORMAN NORTH	
10-23 EDMOND NORTH	AT EDMOND NORTH	
10-30 BROKEN ARROW	AT BROKEN ARROW	
11-6 EASTTOWNE	AT EASTTOWNE	

August Update continued from pg. 1

We are now in our third week of school. Our schedule has been challenging for our players with the newly adopted OSSAA heat policy. We have practiced each morning at 6:00 a.m. because the Wet Bulb Globe Temperature (WBGT) does not allow us to practice when temperatures exceed the established threshold. Our players have done an excellent job adapting to the schedule and adjusting to the early-morning practices.

This week will be our home opener against the Stillwater Pioneers, the No. 1 team in 6A-II. Stillwater is an excellent program that has been a perennial power over the last decade. Once again, this year, our home opener will also be Military Appreciation Night. Many of our players will have family members and loved ones who have served in the military recognized at this event.

This event is very special to me personally because my grandfather, a World War II veteran, loved coming to our games and being recognized for his service to our country. We would like to thank everyone who has served or is currently serving our country. We are grateful for your sacrifice and commitment to our nation.

Our strength culture in Bixby continues to be a cornerstone in the development of our student-athletes. We now have three full-time, certified strength coaches who serve our student-athletes. Furthermore, we have added an additional strength and conditioning hour that allows both our seventh- and eighth-grade athletes to train in the weight room five days per week.

Strength and conditioning, when done the right way, continues to be a competitive advantage in high school athletics. We appreciate our administration allowing us to invest in and remain on the cutting edge of player development.

Finally, if you are reading this newsletter, you are likely one of the many supporters of Bixby Spartan Football. That support comes in many forms: [Quarterback Club membership](#), volunteering your time, getting players to practices, coming to games, and sometimes simply letting our players know how much you appreciate their hard work.

We are extremely grateful for your continued support and encourage you to keep investing in these great young men. Together, we can continue to build something special at Bixby Spartan Football.

Respectfully,
Coach Montgomery



SIXTY SPARTAN FOOTBALL
SIXTY-ONE STATE CHAMPION
UNDEFEATABLE

SPARTANS AT RAMS | TONIGHT AT 7 PM

CAPTAINS



NATHAN HOBBS
SR TE/LB



KAEDEN PENNY
SR OL/DL



BEN PUCKETT
SR TE/LB



COLTON TREAT
SO TE/LB

SIXTY-ONE STATE CHAMPION
UNDEFEATABLE

SIXTY SPARTAN FOOTBALL
SIXTY-ONE STATE CHAMPION
UNDEFEATABLE

CORE VALUE AWARDS

2026 SPEED POWER AGILITY



ISAIAH BUTCHER IV
DISCIPLINE
COMMIT TO THE PROCESS
JR #10 QB/LB



NATHAN HOBBS
INTEGRITY & UNITY
COURT ON ME & STRONGER AS ONE
SR RB TE/LB



GAVIN WILSON
SELFLESS
LESS ME MORE WE
JR #79 OL/DL



JAXON DORSEY
CONSISTENT
THE RIGHT WAY EVERY DAY
SR #55 OL/DL

SIXTY-SIX PLAYERS RECEIVED VOTES

SIXTY SPARTAN FOOTBALL
SIXTY-ONE STATE CHAMPION
UNDEFEATABLE

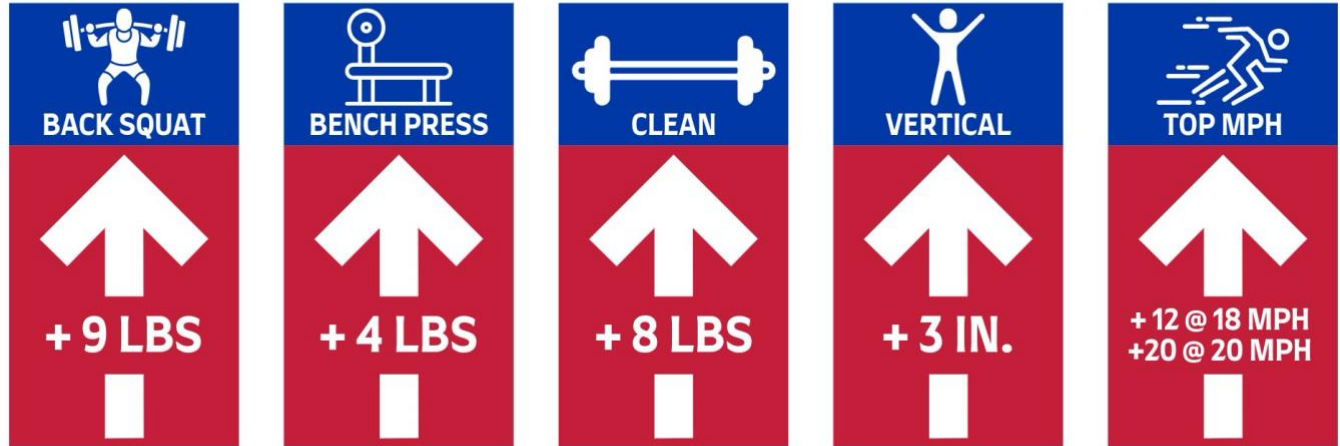
100%

STEAK EATERS

TRIPP BAKKER	CADEN HILL	ASHER SHEPARD
MASON BALLARD	NATHAN HOBBS	COOPER SIMIC
LOGAN BLANKENSHIP	KARSON HOPKINS	LANDON THIENHARDT
CAIN BRACKNEY	JACK KNIGHT	WILLIAM TIPTON
BAYNES BRUMBLE	MATTHEW KOHNSTAMM	MADDEN TRAVIS
ISAIAH BUTCHER	BLAYZE LAKEY	COLTON TREAT
ISAIAH CANNON	ETHAN LARSEN	GAVIN WILSON
GAGE CHEATHAM	REECE MADDEN	GAVIN WINELAND
JACKSON COOPER	KYLER MCGUIRE	TRAE ARMSTRONG
COOPER CORNWELL	GUY MONTGOMERY	DOUG BEHRENS
HUNTER COX	TY MONTGOMERY	CORBIN BURCHETT
JIMMY DEARMON	JAKE NIELSEN	CHRIS COLE
JOEY DENNIS	ZAIN NOFAL	SHAWN DEBOSE
BLAKE DISHMAN	MILLER OUSLEY	TRENTON DERAMUS
JAXON DORSEY	KAEDEN PENNY	DRAKE GAMMON
BRENNEN DUFFEL	LUCAS POTERAS	MIKE INCREMONA
OSCAR FLORES	BEN PUCKETT	WILL MAAS
KAIDEN FLOWERS	ZANDER REYNOLDS	JACK MESERVY
LANDRY FLOWERS	JAX RICE	LOREN MONTGOMERY
LINCOLN FUGATE	RYNNICK RIDER	ANDREW O'NEILL
JAKE GERMAN	ZANE RYAN	TERRY QUIGLEY
JACK GILL	CIMONE SCARBOROUGH	CONNOR SEABA
COLTON GREEN	ELIJAH SCARBOROUGH	TREVOR SUFFAL
REED HAACK	WILLIAM SCHAUDT	
MAX HACKLER	BRADEN SEACREST	
LOGAN HADDON	COLE SEAGAR	
ANDREW HAVENS	BRAYDEN SECREST	
JACE HIGHTOWER	JUAN SERRANO	

BIXBY

SUMMER IMPROVEMENTS



bixby spartan football eleven-time state champion undefeated

TOP FIVE

2026 EIGHTH GRADE SPA

1st	ryland wolfenberger
2nd	caden campbell
3rd	nic incremona
4th	tre'shawn mason
5th	dristyn crabtree

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

bixby spartan football eleven-time state champion undefeated

TOP FIVE

2026 NINTH GRADE SPA

1st	karson barbay
2nd	brady blankenship
3rd	griffin gill
4th	joseph carollo
5th	forrest nicholson

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



AUGUST S&C UPDATE

The in-season training phase is the longest, uninterrupted training period of the year. Because of that, we still need to be moving the needle to not only keep our guys healthy, but drive performance in strength, power, and tissue resiliency. Our focus is to keep outputs high for performance on the field, and make sure we implement a well-rounded, comprehensive training program throughout the season that addresses common areas of injury, and ensure all boxes are checked so no asymmetries develop through the long season.

What this looks like in more detail is programming a squat, hinge, press and pull both bi-laterally/uni-laterally and vertically/horizontally. Additionally, ensuring the program includes multi-planar movements. We expose the team to max effort, upper and lower work properly periodized through the season to maintain and build strength. We will peak them at certain times of the year and deload them to keep them strong but still feeling fresh and ready to play on the field. In addition to strength work, we still want to train and maintain their power qualities. While they get most of this on the field with a lot of sprinting, jumping, stopping and starting, we still have one rate of force development day to move light weight fast, and one primer day closer to the game to potentiate the nervous system for competition.

Finally, we closely monitor our athlete's bodyweight while in-season to make sure they are retaining if not building lean body mass. Training to address this will look like higher volume body building style training, being more single joint isolated movements. Higher percentages of lean body mass in relation to total body weight is a huge factor in injury prevention. We want our guys maintaining their weight and retaining the muscle mass we built in the off-season that serves as body armor especially in a contact sport.

The image below shows a snapshot at how we undulate some of our intensities on our main movements in-season, to peak at the right times, but at the same time keep the guys fresh and ready to perform.

WEEK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
POWER	70.00%	75.00%	75.00%	65.00%	75.00%	80.00%	85.00%	65.00%	70.00%	75.00%	70.00%	75.00%	80.00%	80.00%	85.00%	60.00%	65.00%	65.00%
STRENGTH	75.00%	80.00%	85.00%	70.00%	80.00%	85.00%	90.00%	70.00%	75.00%	80.00%	75.00%	80.00%	85.00%	85.00%	90.00%	70.00%	65.00%	65.00%
REP	8-12				6-10			10-15			8-12			6-10			8-12	
EFFORT/ACCESSORIES	RPE 7				RPE 9			RPE 5-6			RPE 7			RPE 9			RPE 5-6	