

## **BIXBY SPARTANS**

*“To provide student-athletes with the opportunity to compete at the highest level while fostering and contributing to the development of high athletic standards in the course of personal growth and development through leadership, competition and sportsmanship. Student-athletes will be developed into well-rounded, healthy and productive citizens to be the BEST in 6A and beyond. This will be done at all facilities and environments where we compete/practice all day, every day, and for life”*

### **Values of Spartan Athletics** (See: Spartan Agoge)

#### ***Team***

- We are a Team before All else... the Team before Self

#### ***Education***

- We will do All things Great... It Starts in the Classroom

#### ***Win***

- We will Become Our very Best... Individually & as a Team

#### ***Fun***

- We Coach & Play because it is Fun... Never Lose Sight of it

### **Characteristics of a Spartan** (#DISC)

#### ***Discipline***

- Do the Right Thing, the Right Way, every Time
- A Commitment is a Promise

#### ***Integrity***

- Who are You when no One is Looking
- Public...Private...Personal Self-Awareness

#### ***Sacrifice***

- The Spartan next to Me... Respect & Honor
- Faith first, Others second and I'm Third

#### ***Courage***

- Only the Hard...Only the Strong
- Believe in Yourself

## **This is Sparta!!!**

### **Bixby School History 101**

(1911 – 2014)

In 1911, a two-story brick schoolhouse was built on Main Street (very near to Bixby Central Elementary today). Bixby would never settle on a school nickname. The football team was known as the Ripsnorters (in 1922, coached by Dewey "Snoter" Luster), the Midgets (the next two years because of the small size of the players) and the Bruisers (beginning in 1925). None ever gained popular support...in 1933, since Jenks were the Trojans, Bixby decided to be the Spartans (See: Trojan War).

- Wikipedia & Daily Oklahoman (Aug. 24<sup>th</sup> 1984)

### **Spartan History 101**

(900 BC – 192 BC)

Sparta was a city without walls... Their defense rested solely on their commitment to each other and skill in hand-to-hand combat.

#### **The Shield ("Hoplón"):**

- Made of wood, covered in bronze, measuring from the chin to knee and weighing up to 35 pounds... often with the upside down "V" (Lambda: first letter of their capital Laconia)!!
- **Soldiers ("Hoplites")** would cover the soldiers to their left, leaving themselves unprotected to attackers.
- Woman would give the shield and say: **"With this or upon this"** (Win or Die Trying), quitting was never an option.

#### **Training (Spartan "Agoge"):**

- The process to become a citizen/soldier (Hoplite)...
  - o 7-12... in community with other kids, given only one article of clothing: the red cloak. *\*students were fed just enough to get nourishment but still be hungry (this fully prepared them for life in the battle)*
  - o 13-17... matched with a mentor (seasoned hoplite), continued training. *\*Severely beaten for stealing*
  - o 18-20... special training: often 'secret police' to the slaves ("helots") to maintain order and protection.
  - o 21, if passed, could fully take part in the '**Syssitia**' a meal with the soldiers and go to war.

### **Main Focus of all training:**

- Loyalty & Character (**Team**)
- Communication: speaking, reading & writing (**Academics**)
- Military, Stealth & Pain Tolerance (**Win**)
- Hunting, Dancing & Singing (**Fun**)

\*Spartan women were the most free of any woman in the known world at that time. They participated in athletics, worked out with the men each morning and even ran their own businesses. They were wealthy, influential and even given a “proper burial” (a tombstone) upon death.

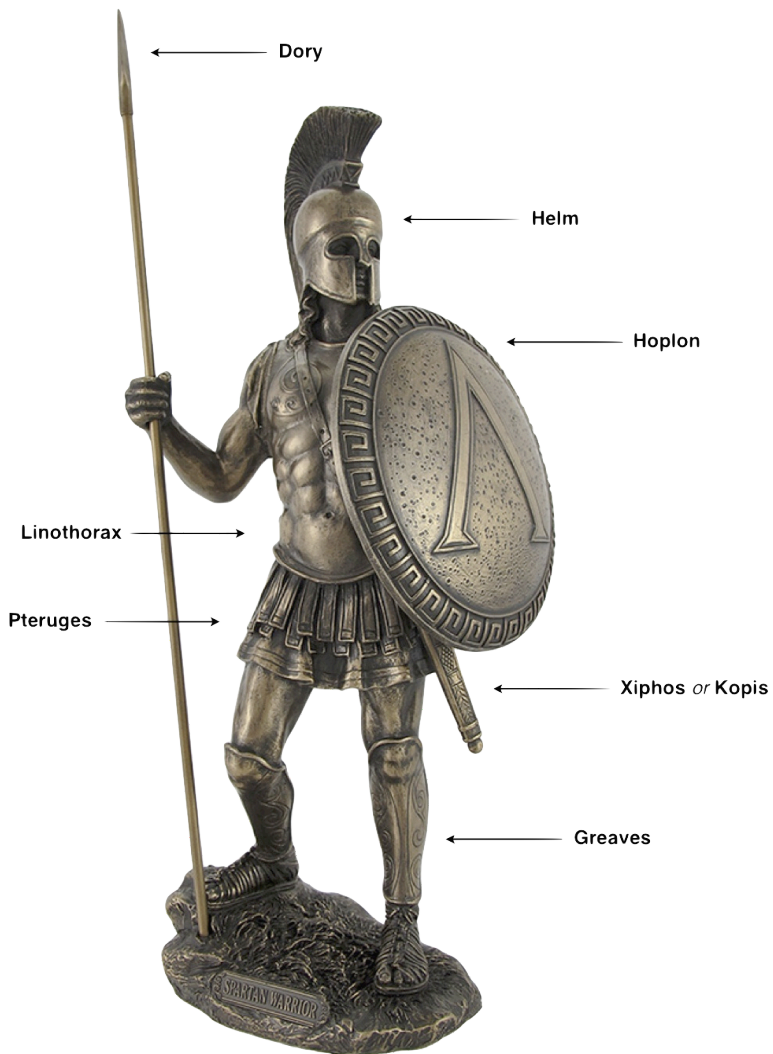
**\*“Phalanx”** Two lines of Hoplites (8-16 men per line and could be as deep as desired but often 2 deep), front row for defense (shield) and the second row for offense (spears over the first row’s shoulder)... With the shields covering the man to your left making the right side extremely vulnerable. Thus, the most experienced (often “officers”) would position themselves there honoring his brother to the left!! ***Later other armies started using the same technique and the victor came down to who was the most disciplined and courageous!!*** *\*The promachoe (front-liners) had to be physically and psychologically fit to sustain and survive the clash between other Phalanxes*

**\*“Dynamis”:** The ‘will’ or ‘ability to fight’ was used to express the drive that kept hoplites in formation at all times.

### **The Battle of Thermopylae (“Spartan’s Finest Hour”):**

The Battle of Thermopylae was the battle depicted in ‘300’ (King Leonidas and 7,000 men marched against the Persian Empire (300,000 to 3,000,000 men), after days of fighting a traitor (Ephialtes) revealed a small path that led the Persian army behind the Greek lines... So Leonidas dismissed the bulk of the army leaving, 300 Spartans (700 Thespians & 400 Thebans) to take on the entire army!!

***Spartan’s weren’t the biggest (size or number) or the strongest BUT they were known as the most disciplined & courageous soldiers in the entire world!!***



Dory: the spear, "*walls of Sparta were its men, its borders the points of their spears.*"

Helm: the helmet, wore to protect the head (Corinthian commander seen above).

Hoplōn: the shield, given to every soldier...taught: "*above all else never let it go.*"

Linothorax: the breastplate, armor passed down from father to son, often personal.

Pteruges: the skirt, worn with 'feathers' of leather to protect yet give quick access.

Xiphos: the sword, double-edged blade typically shorter than your arm.

Kopis: the alternative weapon, used for hacking, seen as the 'badboy' weapon.

Greaves: the shin guard, protecting the tibia, a consistent injury in medieval battle.

## **Program Goal #1: Team**

***We are a Team before All else... the Team before Self***

**team** *noun* \ 'tēm \

: a group of people who compete in a sport, game, etc.

: a group of people who work together

Being a Team is more than playing a sport... it means we care about each other and look out for each other on and off the field. Our bond will get thicker the longer you are a part of a program, stick it out through the tough stuff and become an encourager of others. Help us develop special bonds putting others before self.

*"The main ingredient of stardom is the rest of the team"*

– John Wooden

*"There are no problems we cannot solve together, and very few that we can solve by ourselves"* – Lyndon Johnson

*"People acting together as a group can accomplish things which no individual acting alone could ever hope to bring about"* – Franklin Roosevelt

**Total commitment to your team (person on your left)**



King Demaratos in explaining why losing a shield was a dishonor while losing other equipment was not as big a deal: *"Because the latter they put on for their own protection, but the shield for the common good of the whole line."*

## **Program Goal #2: Education**

***We want to do All things great in our Lives and know that  
Excelling in the Classroom is the springboard***

**ed·u·ca·tion** *noun* \,e-jə-'kā-shən\

: the knowledge, skill, and understanding that you get from attending a school, college, or university

If you are serious about being somebody in this world you have to be serious about your academics. In all areas of life we want to reach our full potential and it starts in the classroom.

Don't say you don't have enough time. You have exactly the same numbers of hours per day that were given to: Aristotle, Leonardo daVinci, Isaac Newton, Benjamin Franklin, Abraham Lincoln, Albert Einstein & Martin Luther King Jr.

*"The roots of education are bitter, but the fruit is sweet"*  
– Aristotle

*"An investment in knowledge pays the best interest"*  
– Benjamin Franklin

*"Education is the most powerful weapon which you can use to change the world"* – Nelson Mandela

### **Your Personal Progress Report:**

List your classes and grades at the end of each month... Don't know? Then this is a great time to start staying aware.

<u>Classes</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Nov.</u>	<u>Dec.</u>	<u>Jan.</u>	<u>Feb.</u>	<u>Mar.</u>	<u>Apr.</u>	<u>May</u>
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### **Program Goal #3: Win**

***We want to Become our very Best as Individuals And as a Team***

**win** verb \ 'win \

: to achieve victory in a fight, contest, game, etc.

: to get (something, such as a prize) by effort

Winning is a by-product of doing things right and doing them hard. If you are becoming your very best as an individual and you are putting the team before yourself... we will win! Do you believe in what you are doing and whom you are doing it with? If so, we are developing an atmosphere of success and we will win!

*“Don’t tell me how rough the waters are...BRING IN THE SHIP”*

#### **ALWAYS BE YOUR BEST**

*“When you think it doesn’t matter*

*if you fail or pass the test.*

*Keep in mind the reasons why  
you should always be your best.*

*While the whole world may not notice*

*if you tried to give your all,  
there is a person in you  
to whom it matters if you fall.”*

*The little voice inside you –  
which directs your thoughts each day –*

*will make the final judgment  
if you won or lost each day.*

*Never can you fail yourself  
if you give it all you’ve got.*

*The world extends a hand to you  
when you give life your best shot.*

*For all the really matters  
when you’re finished with your test,  
is not the final score at all –  
but did you do you best?”*

**- Tom Krause**



## **Program Goal #4: Fun**

***We Coach and Play the Game because it is Fun... We must  
Never Lose Sight of this***

**fun** *noun* \ 'fən \

: something that is amusing, an enjoyable experience

: an enjoyable or amusing time

Being a Spartan is all about having fun... When being a Team is first, our Education is second and finding Wins is happening, Fun always follows! We want to have fun in everything we do. There's a place for messing around and joking but real fun is much deeper and more rewarding.

*“When he worked, he really worked. But when he played, he really PLAYED” – Dr. Seuss*

*“You must win, but you also must have fun or what's the use?  
Sports are but a small part of all of our lives”  
– Bum Phillips*

*“Do you know what my favorite part of the game is? The opportunity to play...It's as simple as that. God, I love that opportunity” – Mike Singletary*

### **Decision-Making**

Am I Doing the Wrong Thing   
for the Wrong Reason?

Am I Doing the Wrong Thing  
for the Right Reason?

Am I Doing the Right Thing  
for the Wrong Reason?

Am I Doing the Right Thing  
for the Right Reason?

**What are you most looking forward to this season?**



## **What is Leadership?!**

***“He who thinks he leads and turns around to no one following him is only taking a walk.”***

*“The prominent leader of any group is quite easily discovered.*

*Just observe the people as they gather. If an issue is to be decided, who is the person whose opinion seems most valuable?*

*Who is the one other’s watch the most when the issue is being discussed? Most importantly, who is the one the others follow?*

*Answers to these questions will help you discern who the real leader is in a particular group.” – John Maxwell*

You maybe wondering whether or not you are a leader – the answer is yes. Everyone has influence with someone. We are all leaders in some areas and are being led in others.

*“If your actions inspires others to dream more, learn more, do more and become more... You are a leader” – John Q. Adams*

### **The Foundation of Leadership is Character.**

*“Leadership is more judgment than knowledge, more art than science, more human relations than savvy. This is why it cannot be learned like a formula or conferred like a title.”*

*– Kristen Neuschel*

### **Leadership is who you are more than what you say.**

*“Every message that people receive is filtered through the messenger who delivers it. If you consider the messenger to be credible, then you believe the message has value.” – Maxwell*

As we thought about what it takes to be a true leader, we narrowed it down to four essential **characteristics**. If you develop these virtues, your influence will be great and your foundation for leading in all areas of life will be real and lasting.

## **Are you worthy to carry the D.I.S.C.!?**

## **Leadership Characteristic #1: Discipline** ***“Doing the Right Thing, the Right Way, All the Time”***

**dis·ci·pline** *noun* \ 'di-sə-plən \

: a way of behaving that shows a willingness to obey

: behavior judged by how well it follows a set of rules

Bob Knight and many others have said that Discipline is *“doing the right thing the right way and doing it all the time.”* Tom Landry said it in another way – Discipline is *“Making yourself do what you don’t want to do in order to achieve what you want to achieve.”* However you say it... Discipline is crucial to success!

We are our own worst problem.

*“When we are foolish we want to conquer the world...*

*When we are wise we want to conquer ourselves.”*

\*What do you need to start doing now to begin conquering?

**Discipline is an essential character quality of leadership.**

*“All great leaders have understood that their #1 responsibility was for their own discipline and personal growth. If they could not lead themselves, they could not lead others. Leaders can never take followers farther than they have gone themselves, for no one can travel without until he or she has first traveled within.”* – John Maxwell

*“Choose between what you want now and what you want most”*

– Augusta Kantra

An old man wandering around the Olympic Games looking for a seat was jeered at by the crowd until he reached the seats of the Spartans, whereupon every Spartan younger than him, and some that were older, stood up and offered him their seat. The crowd applauded and the old man turned to them with a sigh, said:

***“All Greeks know what is right, but only the Spartans do it”***

## **Leadership Characteristic #2: Integrity**

***“Who You are When, You Think, no one is Looking”***

**in·teg·ri·ty** *noun* \in-'te-grə-tē\

: the quality of being honest and fair

: the state of being complete or whole

*“The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office”*

– Dwight D. Eisenhower

Who are you really... When you are at school are you different than when you are at home? Are you different in class than you are at home? Are you different when you are with the team?

A leader is going to be found out. Whether you are in a public arena, among close friends or the stuff deep down in your heart... at some point your true person will be revealed. Don't let your private self get to far away from your public self, it will be hard to recover. Decide who you are and be that person. Be consistent.

*“It is never too late to be what you might have become”*

– George Elliot

Integrity Decisions: Integrity takes time to develop...the key is the ‘want’ to have it. Thus, when you get into a situation or have a decision to make that would compromise your integrity (whether anyone would ever find out or not) make the right choice and write it down. The right thing is usually the most difficult thing to do but is always the best thing to do.

**\*Let these remind YOU that doing things right is always best.**

1)

Date:

2)

Date:

3)

Date:

### **Leadership Characteristic #3: Sacrifice**

***“One’s True Strength is the Spartan Next to Me. So give Respect and Honor to Them, and it Will be Returned to You.”***

**sac·ri·fice** *noun* \ 'sa-krə-, fīs, also -fəs or -, fīz\

: the act of giving up something that you want to keep especially in order to get or do something else or to help someone

*“Only when players come together and give up their own agendas can a team move up to a higher level. That’s the kind of sacrifice required for teamwork” – John Maxwell*

Sacrifice is arguably the most difficult character trait to possess and to develop. It is difficult to truly live this characteristic out for two major reasons: Our Nature and Our Society.

Our nature is one of self-preservation. We instinctively want to take care of our own needs before the needs of others. We think of ourselves first in every situation. Then society inundates us with the mentality of “me.” We live in a world that encourages selfishness. We are to lookout for ‘number one.’ This is wrong!!

#### **Special Teams...Winning Teams...They Serve Each Other**

*“The way to achieve what you want to achieve is by helping others achieve what they want to achieve.” – Zig Ziglar*

*“Treat your soldiers like you own beloved son and they will walk through the valley of death with you.” – Sun Tzu*

**‘I’m Third’:** Faith First... Others Second... I’m Third  
Put something first that will never let you down... Not put others next... and finally put self third. How does that change things?

**Sacrifice Challenge:** Before the season is over do something significant for someone who will never know what you did and tell no one. (Take a few moments however and write about it: how did you feel, what happened, why did you do it, etc.)

## **Leadership Characteristic #4: Courage**

***“Only the Hard and Strong may Call themselves Spartans...  
Only the Hard. Only the Strong”***

**cour·age** *noun* \ˈkər-ij, ˈkə-rij\

: the ability to do something that you know is difficult  
: mental or moral strength to venture, persevere, and  
withstand danger, fear, or difficulty

Courage is one of the most important character qualities in terms of making it in this world. Scott Peck wrote in ‘A Road Less Traveled’: “*Life is difficult,*” and he is right. Think about your life starting in Middle School and how brutal kids were. Think about the intensity of peer pressure. To survive at all takes courage. Remember what Nelson Mandela said: “*Courage is not the absence of fear, but the triumph over it.*” May we strap on fear, whatever that might be for you, and move forward this year.

*“Courage is the willingness to move in a direction in spite of the emotions and thoughts that bid you to do otherwise”*  
– Andy Stanley

### **Courage through preparation.**

When you are prepared for a situation, when you have done everything possible to put yourself in the best position possible for success you will be confident. In confidence comes courage.

*“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen”* – Winston Churchill

People will follow you if they know that you believe in yourself and know where you are headed. Do you have both? Sometimes courage is finding the right person to follow or having the perseverance to do it all over again tomorrow.

*“It is not fear that grips him. Only a heightened sense of things”*  
– 300: the movie

## Spartan Expectations

*“We are Committed to Excellence in-season and out of season”*

As a Bixby Spartan you are now a part of very special family. In order for us to live and play in harmony with one another we must have an understanding of the kind of code we will live by in our athletic programs. There are two basic concepts that if you honor you will not only live within the ideals of the programs, but will also be known as a person of character and class.

The first concept is to **Do Right**. Life is full of choices and the reality is that you can be influenced differently by different people in various situations, the bottom line however, is that you ultimately control your own actions. You decide whether to do right or wrong. You have the opportunity to do the right thing, the right way, all the time, and to the best of our ability in every situation you encounter.

The second concept is to **Be First Class** in everything you do. Class in this sense is not a reflection of a social or economical status. Class is the way in which you hold yourself. First Class people not only do things right but they do them the best. First Class people have very high standards for themselves and they have integrity and self-discipline to hold themselves to this standard.

*“Watch your **Thoughts**,  
they become your Words. ®  
Watch your **Words**,  
they become your Actions.  
Watch your **Actions**,  
they become Habits.  
Watch your **Habits**,  
they form your Character.  
Watch your **Character**,  
**It’s your Destiny!”**  
– Lao Tzu*

## **Spartan Champions**

***“Those who Commit will be Champions”***

*“I hated every minute of training, but I said, ‘Don’t Quit’.  
Suffer now and live the rest of your life as a Champion”*

- Muhammad Ali

## **State Champions**

Baseball: 1978 & 2008

Basketball – Girls: 1957

Golf – Boys: 2003 & 2004

Softball: 1997

Cheer: 2003, 2004 & 2007

Swimming – Boys: 2009, 2012 & 2013

Wrestling: 1987

## **State Runner-up Champions**

Baseball: 1984

Basketball – Girls: 1990 & 2013

Football: 1978, 2005 & 2007

Golf – Boys: 2009

Cheer: 2002 & 2005

Swimming – Boys: 2010

Swimming – Girls: 2009

Wrestling: 1975

## **Bixby Spartan Fight Song ®**

Cheer Cheer for Old Bixby High

Pick Up the Ball Boys Don't let em by

Spartan Team is here to win

We've got spirit, say it again,

We never stumble, we never stall,

We never fumble, we never fall

As our royal team goes marching onward to victory.

Rah, Rah, Rah!!



## **DISC Leadership**

*(Great Expectation's Life Principles)*

### **Discipline\***

Attitude  
Courtesy  
Diligence  
Excellence  
Initiative  
Resiliency  
Responsibility  
Temperance

### **Sacrifice**

Charity  
Compassion  
Empathy  
Friendship  
Generosity  
Giving  
Respect  
Service

### **Integrity\***

Character  
Common Sense  
Dependability  
Honesty  
Humility  
Justice  
Loyalty  
Propriety

### **Courage\***

Commitment  
Cooperation  
Flexibility  
Fortitude  
Optimism  
Patriotism  
Perseverance  
Tenacious

----- Thankfulness -----<sup>®</sup>

