

COACH SPEAK FEB 2020

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



Dear Spartans,

We are in our eighth week of off-season for the second semester! Our athletes are working hard in the classroom and in the weight room. We are preparing for the third phase of our off-season programming, with a continued emphasis on hypertrophy (mass building).

Our student athletes' body compositions are beginning to change during these early stages of hypertrophy training. The volume phases of training are very grueling as the volume and time under tension are very high.

We would like to congratulate eight of our seniors that recently signed National Letters of Intent to extend their athletic careers. We would also like to thank each of these young men for moving our program forward during their careers at Bixby High School.

We are excited about our continued partnership with Domestic Violence Intervention Services of Tulsa. Each Wednesday we cover a topic from the [Coaching Boys Into Men](#) curriculum. Topics include: respecting others, personal responsibility, insulting language, and disrespectful behavior towards women and girls. Coach Rogers has also begun the implementation of CBIM with our first hour 8th Graders.

The months of January and February are very

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Brennan Presley
Wide Receiver
Oklahoma State University



Jordan Reagan
Defensive Back
Oklahoma State University



Brody Sartin
Linebacker
Northeastern State University



Caleb Parker
Lacrosse
Indianapolis University



Kobe Williams
Offensive Line
Northeastern A&M



Dalton Perry
Offensive Line
University of Georgia



Reis Vernon
Kicker/Punter
Kansas University



Bear Daniel
Baseball
Seminole State College

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important for “continuous education” for high school football coaches. Continuous improvement is a pillar of our program, and that certainly applies to our coaching staff, as well as our players. We recently hosted our 10th annual free Wednesday night clinic in Bixby and had two excellent speakers: [Beau Trahan](#) and [Luke Olson](#) from the University of Tulsa. Coach Trahan is the quarterbacks’ coach and covered squeeze and bunch formations. Coach Olson covered Tulsa’s three safety package.

Additionally, our staff has attended and presented at numerous coaching clinics already this spring. Attending and speaking at these clinics allows them to network and develop relationships with the best coaches in the United States. It is imperative that everyone in our program is constantly trying to improve and find better avenues to accomplish our mission.

Our 11th annual Foundations program is up and running. We have an excellent group of both elementary and middle school athletes participating. Workouts take place on Mondays, Tuesdays and Thursdays. Our Foundations program teaches our athletes proper movement patterns, and introduces our athletes to the strength culture that is so evident in Bixby Spartan Athletics.

Finally, we would like to thank everyone for believing in the foundation of Bixby Spartan Football. We recently voted in our new Quarterback Club board positions and are actively recruiting new committee volunteers. We encourage you to become active and volunteer! We have the best QBC in Oklahoma because we have great volunteers! If you are interested please contact Tim Williams, our new QBC president, at tcwilliams228@cox.net or lmontgomery@bixbyps.org.

Sincerely,
Coach Montgomery

SAVE THE DATE



9th Annual QBC Golf Tournament

Monday May 18th, 2020

Indian Springs Country Club

9AM Shotgun Start



Check out the 2020 Calendar [HERE](#)



BIXBY SPARTAN ALL-STATE FOOTBALL

YEAR	PLAYER	COACH	YEAR	PLAYER	COACH
1958	Mark Gibson	Red Rogers	1995	Jared Williams	Rick Rogers
1959	John Porterfield	McKenzie	1996	Jeff Taylor	Rick Rogers
1960	Jerry Lawhorn	Snider	2002	Shane Davison	McGrew
1965	Danny Willis	Snider	2005	Ben Tucker	McGrew
1965	John Giles	James	2006	Marshall Fraley	McGrew
1967	Roger Dicus	James	2007	Chase Boles	McGrew
1970	Robert Cox	Davis	2007	Chris Harris	McGrew
1970	Butch Davis	Davis	2008	Beau Bentley	McGrew
1977	Ed Johnson	Graham	2008	Jake Morgan	McGrew
1978	Marshall Goff	Graham	2009	DeWitt Jennings	McGrew
1978	Kevin Stringfellow	Graham	2012	DeAndre Jennings	Montgomery
1980	Tim Gibbs	Snider	2013	Chandler Miller	Montgomery
1983	Victor Moore	Snider	2013	Matthew Dreyer	Montgomery
1983	Todd Krehbiel	Snider	2014	Austin Grotts	Montgomery
1984	Brad Best	Snider	2014	Kyle Rhine	Montgomery
1986	Roger Gibbs	Koester	2015	Cade Cabbiness	Montgomery
1986	Gill Johnson	Koester	2016	Tanner Griffin	Montgomery
1988	Keith Roller	Koester	2016	Brendon Evers	Montgomery
1988	Jason Stubbs	Koester	2017	Bryce Bray	Montgomery
1989	Tim Sefcik	Koester	2017	Coby Tillman	Montgomery
1992	Jimmy Roller	Rick Rogers	2018	Cade Cavender	Montgomery
1993	Tancy Evans	Rick Rogers	2018	Ethan Hall	Montgomery
1993	Jeremiah Johnston	Rick Rogers	2019	Brody Sartin	Montgomery
1994	Mitch Minik	Rick Rogers	2019	Brennan Presley	Montgomery
1995	Jeremy Meadors	Rick Rogers			





In an effort to increase our football team's football IQ, and improve common language among our players, we have begun "Five Minute Football" each day during Sixth hour (before our workout). Below is an example of a lesson that Coach Maas shared at the beginning of the semester.

Below is a sample of the daily Five Minute Football unit "Kick Rules" that we covered one day during 6th hour football. We spend time discussing the rule, give examples, and then show film of each example we have covered. Many of our fans remember the [Thanksgiving Day](#) special teams debacle committed by the Dallas Cowboys years ago!

Our staff has identified many terms that we feel are important for all of our players to know and understand. We hope to continue building on these ideas and lessons using voice over software and film that we can use all the way down to our BYFA youth coaches. This will only allow better alignment throughout our program!

Punt Return "Live Ball"

- Any ball punted beyond the line of scrimmage should be treated as a live ball and we should "fan" to the sidelines
- "Peter"
- Any punt blocked behind LOS should be "scooped and scored"
- The ball is always live until the official blows his whistle to end the play
- Any ball punted beyond the line of scrimmage, or blocked by the defense
- Every attempt should be made to keep the team from "scooping and scoring"
- When we "down" the ball we pick the ball up and hand it to the official