

## Bixby Lady Spartan Spring Summer Itinerary

### Girls Basketball

July 8-August 16    Strength training & open gyms (10,000 Shot Club progress)  
Vacations; Family time; Travel Ball; Pool time

TBD                    fundraisers, community service, team-bonding events

### **A look ahead to 2019-2020**

August 20    first day of school-preseason workouts during 6<sup>th</sup> hour/no before or after  
school practice

Oct. 1            before & after school, practice begins

2019-2020 Varsity Tournaments:

Dec. 5-7        Bixby Invitational

Dec. 26-28    Mustang Invitational

Jan. 9-11       Putnam City Invitational

### DISC Leadership

#### **D**ISCIPLINE

- Do the right thing, the right way, everytime
- A commitment is a promise

#### **I**NTEGRITY

- Who you are when no one else is looking
- Leadership is influence

#### **S**ACRIFICE

- Strength comes from the Spartan next to me
- What are you willing to give up?

#### **C**ONFIDENCE

- Only the hard...only the strong
- Believe in yourself

### Spartan Specs

1. Accept responsibility for your actions on and off the court.
2. Always communicate positively with your coaches and your teammates
3. Acknowledge effort, play verbally and with body language; point to the passer, pick up teammates after hustle plays.
4. Respect authority at all times; look at the person addressing you, hand the ball to the official.
5. Bring energy, effort and enthusiasm every day; be ready so you do not have to get ready.
6. Be a fierce competitor: win every loose ball, every hustle play, every rebound...win the day.
7. Defense dictates pace; be defensive minded so we can get easy buckets.
8. It's not WHO you play, it's HOW you play.
9. You attitude is contagious; make sure it's worth catching.
10. REMEMBER WHO YOU ARE!

# Bixby

Womens Basketball

## Spartan Alert



## EXCELLENCE

### Spartan Code

Bixby Lady Spratan Basketball will be respected as the very best program in 6A at developing young ladies.

### Team Motto

"In whatever you do, work at it with all your heart..."

### Program Goals

Faith, Family, Academics,  
Excellence, Fun

## Summer Fun

Your varsity Lady Spartans took first place in a pool of over 40 teams at the Sonic Freedom Shootout in Bolivar MO. We enjoyed a great day of bonding and fun at Silver Dollar City in Branson along the way! We survived our hotel stay with a scare of bed bugs (bug in bed), experienced great competition, frozen yogurt stop, and such enjoyable comradery! We look forward to a bright future with this amazing group of young ladies.

### ORU ALL-STAR TEAM

**Kate Bradley**

### Coaching Staff Additions

Annie Coffey-9<sup>th</sup> Grade

Mariah Knox-8<sup>th</sup> Grade



Dear Spartan Family,

Wow! What an intense summer thus far. We began with our annual post/guard shooting camp the last week of May, followed by our skills camp where your amazing Lady Spartans served as coaches to the younger girls. They were outstanding in that role! I can honestly say that is one of my favorite times of the year. To watch the love of the game, instruction, skill and fun percolate through the generations.

Summer league at Bishop Kelly provided some great court time experience for many upperclassmen. We began Academy after skills camp in which our purpose is to refresh and improve upon our skills and to prepare for team camps. My outstanding staff each took their groups and worked diligently to instruct, encourage, motivate and prepare each team. Varsity shot off to Bolivar in mid-June for the Sonic Freedom Shootout while the rest stayed and continued to prepare for ORU. We had four teams with 33 total girls improving and competing at ORU. The outlook is bright for the Bixby Lady Spartans!

The last week of June we had five coaches pour into four teams at ORU team camp. The coaches are looking at many different things during this time. We try to win as many games as possible as we evaluate players, look at combinations for chemistry and even sometimes create challenging circumstances to see how they respond. We are very intentional and thoughtful about the many factors they will encounter as they progress through the program. There is an intentional process as we create the best program we possibly can. Players will move through this at different rates. We ask you to trust this process. We truly look out for the best interest of the program as well as each individual young lady we are blessed to work with.

We have added two outstanding coaches in Mariah Knox and Annie Coffey. We are fortunate to have them and look forward to the upcoming season. We have missed an integral part of our staff this summer. Coach Pankey has been out with back problems and will have surgery in early July. He will return as soon as the doctors release him. We are praying for a flawless surgery and speedy recovery for this pillar of our program.

We wish you a blessed, fun, safe summer and look forward to reuniting with our girls in August.

Sincerely,

Coach Thomas



