



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – September 2020 – Issue #31

From the Desk of Head Coach Lance Pedersen

Good Evening,

Another great night to go 1-0 and improve our season record to 5-0. This is the first 5-0 start in quite awhile, and we hope to improve this streak this week.

A couple of highlights from Friday's game. Our defense did a great job of keeping Union out of the endzone. With their backs against the wall 3 times we did not allow a score. It was a gritty performance in the first half to keep the momentum on our side. The second half the defense did an amazing job again of securing the shutout and playing stellar defense. It was the best game we had for open field tackles and tackling in general.

Our offense came out firing on all cylinders in the first quarter and put 15 points on the scoreboard. Union made some very good adjustments in the second quarter and stalled our offense. Some very good adjustments and some good offensive football in the second half resulted in over 400 yards of offense and a total of 36 points in the game.

Our special teams played very well. They executed a 2 point conversion and were able to force a turnover on our punt team.

This week we play the team to the South who is 3-2 on the season. They are arguably one of the top teams in the state coming off a State runner-up season in 2019. Our goal this week is to get better everyday and finish the week 1-0.

Our opponent does not have any seating restrictions and we would like to encourage our community to come out and support our Mustangs this Friday night. The weather looks to be great football weather.

Covid-

It is great to have our fresh/soph team back on campus and back on the football field. We have really missed these guys and look forward to seeing how they compete tonight against Union.

WEBSITE SPONSORS:

The website sponsors have expired, I am looking for new sponsors for this season. If you are interested in sponsoring an ad on our website please let me know. Each time I post an article we have well over 100 people read the article and even more visit our site everyday.

MEALS: The varsity team meals are served each week and cost \$10.00. Please make sure to make a \$70.00 payment for team meals or send \$10.00 each week.

Treats

Please contact me and let me know what day you would like to contribute. Everything will have to be pre-packaged this year. No one has signed up for this week.

This week:

Monday: Swantz

Tuesday:

Wednesday:



MOUNT VERNON HIGH SCHOOL **MUSTANG FOOTBALL**

This week our theme is Opportunity. This week we have the opportunity to go 1-0. We have the opportunity to play the game we all love. This week we have the opportunity to spend another week with our teammates and coaches. The opportunity is amazing and we are blessed to have it.

It is with great gratitude that I have the opportunity to coach your sons. I am blessed to have great players and great parents. Take the opportunity this week to be grateful for what you have in your life. Find joy in it and look at it as a gift and not a burden. How we approach the opportunities in life will tell our story. We can approach them with confidence and positivity or with negativity and resistance. The choice is yours, but the outcomes will be much different with the attitude that you choose. Don't count the days this week, make each day count.

It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

- October 2 Team to the South There**
- October 9 South Tama (Home Cornell - Homecoming)**
- October 16 First Round of Playoffs- Location TBD**
- October 23 Second Round of Playoffs**
- October 30 Third Round of Playoffs**



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Player of the Week

Players of the Week

Week 4



OFFENSE

O-Line



DEFENSE

Jake Coon



SPECIAL TEAMS

Logan Griebel



SCOUT

Tyler Stine



#GBT



