



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – October 2020 – Issue #32

From the Desk of Head Coach Lance Pedersen

Good Evening,

We were not able to go 1-0 this week. With that we will not allow a single game to define our season. We are currently 5-1 and just fell out of the top 10. The top ten that NO ONE had us in for the preseason polls. I was and am proud of our coaches and players. This week was a very tough week for the Mount Vernon Football Family. With the sudden loss of Amy Hird, we had a lot of players whose hearts were hurting. On top of that we lost 11 starters from Monday until the end of the game on Friday.

With that being said I was proud of our boys and staff, we never gave up and played to the final whistle. The thing I was most impressed with was the amount of dignity and class our guys played with. They faced a lot of things and heard a lot of things on and off the field and they responded with class. I don't like to lose but when we do it should be done with class and I was proud of our guys for playing this game and all six games this way.

A couple of highlights from Friday's game. Our defense did a nice job keeping them out of the endzone in the first half. The score at half was within reach and with us receiving the second half kick-off we had a lot to play for in the second half. Our offense had a couple of real nice pass plays from Ketchum to Swantz and an amazing effort on a run play by Trenton Pitlik. We failed to put points on the board on two trips to the red zone and add two turnovers to the mix and that puts a lot of pressure on the team against a good opponent.

Our special teams played very well. Jake Coon came in and did a nice job on kick-offs and PAT's. We did a nice job on special teams on Friday night.

This week we play South Tama, they come to Mount Vernon with a 3-3 record with wins over Union, Saydel and Vinton Shellsburg. They play some good football, they are aggressive on defense often rushing 6-7 defenders and on offense they have a very good running attack with a talented quarterback and tailback.

Funeral

The funeral services begin at 2:00 on Monday. The coaching staff will be at the church parking lot at approximately 1:30. We would encourage any of our players 7-12 to join us in support of the family.

Monday:

After the funeral service we will plan having our varsity chalk talk at 3:30 with practice to begin after that. Our fresh/soph will play host Monday evening at First Street at 6:00. Fresh/soph will meet at 4:30 at the high school.

Player for a Day

This Friday we will offer a "Player for a Day" to our senior parents and I will be sending an email on Monday with all of the details.

Tickets

Also this Friday will be our last regular season game and Homecoming. I only have enough tickets to give each varsity player 4 tickets and each fresh/soph player one ticket. We have NOT had any games sold out, if you are a parent or community member please contact the Activities office to get a ticket. We would love for our players to have a sold out contest to play in front of for this first time this season. You are NOT taking someone's seat if you get a ticket. Come out and support the 5-1 Mustangs in their last regular season game.



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Mass-

One of the things that was very evident on Friday night and every game this season is that we have never been the bigger team on the field. Our kids are always just as strong and most often more mobile than our opponent but player for player we have always been out matched in mass. Our 175 pound guys will battle all night with the technique my coaches have taught them and with the heart in their chest but over time it is hard to win every battle being outsized by 40-50 pounds. As a staff we have discussed this at length and will discuss that even more as the season ends and the 2021 season begins. In the out of season Coach Preston Pedersen and I are going to line up outside speakers to come in and talk about proper nutrition and mass building for our players. We know these kids are multi-sport athletes and we have always and will always promote this. In addition over the next 9 months we are also going to help them learn how to put on size and mass so they can dig in and win the tough ones.

Covid-

This week our players have decided that they will be wearing masks for practices. We already wear them for meetings and bus trips and are now extending this to practices.

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: call or email me

Tuesday: call or email me

Wednesday: call or email me

This week our theme is Perseverance. Overcoming adversity is critical in everything we do and is something we must do throughout our lives. This past week we faced a lot of adversity and the same thing holds true for this week. We are going to do everything possible to finish this week 1-0 and finish the regular season 6-1. A 6-1 record most likely would mean a first round home game in the playoffs. This is something we have been very good with this season, defending our home turf.

As always it is a pleasure to be the head coach of this program. Take this week to persevere in your daily life the challenges you may face and have a great week.

It is a great day to be a Mustang!

- Head Coach Lance Pedersen



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Upcoming Dates [Online Football Calendar Link](#)

- 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

Player of the Week

Players of the Week

Week 5



OFFENSE
Tyler Panos



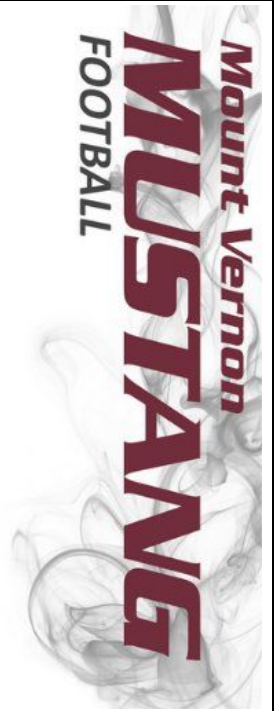
DEFENSE
Clark Younggreen



SPECIAL TEAMS
Leo Appleton



SCOUT
Zatyk Holub



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