



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – October 2020 – Issue #33

From the Desk of Head Coach Lance Pedersen

Good Evening,

Another week down and we finished this week 1-0. It was a great night for football and the team came out and played 3 good quarters of football.

A couple of highlights from Friday's game. Our defense was able to force three turnovers on the night helping us win the turnover battle. Leo Appleton had two interceptions and Kayden Pendergrass came up with one interception and returned it 20 yards before being run out of bounds.

Our offense had a couple of real nice pass plays from Ketchum to Swantz again this week. This combination was good for a couple of touchdowns. Ketchum also did a nice job of getting the ball to 4 other receivers and finishing the night 18-25 for 215 yards and 3 touchdowns. Trenton Pitlik had an explosive night running the football gaining 286 yards on 22 carries. This is an average of 13 yards a carry. This also resulted in 2 touchdowns. The offense had a total of 538 yards on the night. Pitlick's performance ranks him first all-time in rushing yards in a game. He topped Ivan Kuntz, who ran for 275 yards in 1975 against Clear Creek. Congratulations Trenton!

Our special teams was led by Jake Coon who came in after a severely sprained ankle and did a nice job on kick-offs and PAT's.

This week we play Vinton-Shellsburg at home at 7:00. The last time we played the Mustangs won 21-13 in a week 4 contest. Vinton Shellsburg went to finish the regular season with a 2-5 record with wins over Columbus Catholic and Union.

This will be a tough opponent for our football team. Whenever you play a team the second time it is always much more difficult to get the win. They beat us in almost every category last game and we had three turnovers. We have a lot of work to do this week to get better and to strive to be 1-0. This is a new season for us with every week from here on out being survive and advance.

Pizza- Thank you for the post game meal. The guys loved driving up to the school and having food and parents sitting there for them. We appreciate your support.

Monday: Our fresh/soph game is at home tomorrow against South Tama starting at 6:00. We hope you will come out and support our 3-2 fresh/soph team to a victory. There are no ticket restrictions.

Post Season Fresh/Soph: We will be inviting select players to join us for the postseason. In the past we made this available to all players. This year because of covid we will be limiting that number.

Tickets

This Friday there will be 1,000 tickets available on a first come first serve basis. At this time I will not be passing out the tickets like in previous weeks. If this changes I will let you know.

Covid-

Last week our players 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.



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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.

A new season is upon us. It is great to be back in the state tournament. It is great to still be playing football. I am excited to have the opportunity to spend at least one more week with these guys.

This week our word of the week is courage. We have had some courageous efforts by a lot of players on our football team. We face a tough opponent this week and the toughest may be ourselves and doing the right thing and eliminating mental mistakes. Having courage in the face of adversity. We will have 5 different players on the field this week as compared to the first time we played Vinton.

I challenge you to be courageous this week in all that you do. Show no fear in facing the daily adversities that you may face this week. Have a great week. It is my pleasure to be the head coach of this football program and to be able to spend so much time with your amazing kids.

It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

October 16 First Round of Playoffs- Vinton-Shellsburg HOME

October 23 Second Round of Playoffs

October 30 Third Round of Playoffs

Player of the Week

Players of the Week

Week 6



OFFENSE

Brady Ketchum



DEFENSE

Trenton Pitlik



SPECIAL TEAMS

Jake Coon



SCOUT

Jackson Rhomberg



#GBT



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