



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – November 2020 – Issue #35

From the Desk of Head Coach Lance Pedersen

Good Evening,

What a finish to the last game of the season. That game could have gone either way and there is not one play or one player that determined the game. It was a team effort and I was proud of our players and coaches for the effort they put into that game.

Three of the 9 teams we played made it to the third round. Camanche is playing in the semi-finals. We played good competition this season. Our players had a lot of great learning experiences. We have a next man in philosophy when we lose a player to whatever it is in 2020. We had some kids who really stepped up for us this season. This made each victory even more special. By the end of the season we had 14 starters not playing. Instead of using it as an excuse to not perform well, we used it as an opportunity for everyone else to perform better.

Season Recap:

Week 1-Camanche 27-14- They are a state semi-final team, turns out to be a huge win to start the season. Our kids were hungry for revenge and well prepared for this opener.

Week 2-Oelwein 41-20 A completely different game than Camanche and the same outcome we finished the week 1-0. We didn't want to have to travel this far for the game but a lot of things happened when they changed our schedule and we are glad Oelwein agreed to play us.

Week 3 CPU 22-8- Keep this thing rolling a rainy night and the Mustangs come out on top.

Week 4 Vinton Shellsburg 21-13- A close one against a very underrated team.

Week 5 Union 36-0. A shutout for our defense is always sweet.

Week 6 Team to South 14-42 We didn't get it done down South, but this game does not define our season

Week 7 South Tama 41-27/ a lot of points scored in this game. But to finish 1-0 is a great thing.

Week 8 Vinton Shellsburg 25-15 First round of the new playoffs system. Great to be 1-0 after playing them early in the season. Always tough to beat a team twice in the same year.

Week 9 West Liberty 20-26 An overtime loss. A single play or a single player ever wins or loses a game. Tough loss in overtime but grateful for the comeback and the opportunity to play in the state tournament and overtime game.

Banquet:

I am going to postpone the banquet for right now. With the amount of kids in quarantine I think it is best. This is the first time in 17 years I am not going to hold a Sunday banquet after the state championship game. I cannot in good conscience just pass out the awards after school someday. We have the best banquet and I want to continue to do so. I am committed to giving the players and parents a first class send off and a message to the 2021 football team. I will begin looking for a time to continue the tradition and will let you know as soon as possible.



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Football Blitz Night:

I am excited to announce we are going to take a new approach to the Football Blitz Night for 2021. We will hold this in the fall of 2021. We are currently having conversations on how we want this to work. Ideas that have been considered are an outside venue, a band, our annual auction, meet the player night and more.

Nutritional Clinic:

In an attempt to change the fact that nearly every game in 2020 we were the smaller team on the field. Coach Preston Pedersen and I are teaming up to put together a Nutrition Clinic for athletes and parents. We are currently working to secure a couple of speakers. If you have something you think we should cover in this clinic please let me know and we will consider it.

Closing

So here we are with 2020 in the rearview mirror for football. I am grateful for the opportunity to have a football season. I am grateful for the amazing youngmen that I got to work with on a daily basis. I am grateful for an outstanding coaching staff and I am grateful for such a supportive group of parents and community members. Mount Vernon is a special place and I am glad I accepted the job seven years ago. We still have a lot of work ahead of us, but the future for Mustang football is very bright.

I am currently in the middle of 105 evaluations for our football program. I love to work on these after the season. Setting goals for 2021 and having a debrief session with the youngmen who dedicated themselves for the past four years to me and this football program. It is sad and it is exciting. I always hate to see the seniors take off their high school uniforms for one last time. It is a difficult thing to do. But life is about moving on and I equally love to hear former players come back and tell me about what they are doing now. The excitement of life after high school.

The 2021 season is one I am very excited to get started on. We lost some incredible seniors from this season. However, with the next man in mindset we have a lot of youngmen ready for their time. We will have the highest number of players ever at Mount Vernon High School this fall. Football is thriving and it is great to be a part of it.

Thank you for all of your support, thank you for your positive actions. As a society we face great challenges and we face a lot of unknown. Why not make the best of whatever we are faced with. With the support of our family and friends we can all do this together.

At this time we are talking about $E+R=O$ in class and I love to explain to our students how we have an influence in our outcomes by our responses. (I still have a lot of work to do with this.) I look at our theme this past season Get Better Today. Can you imagine if we would work to get better in all that we do on a daily basis and think before we respond to something knowing how we respond can have an influence on the outcome. Some very powerful stuff. It is great to know we do have the control.

Have a great Thanksgiving break, be kind, be grateful and be safe!

It is a great day to be a Mustang!

- Head Coach Lance Pedersen



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Upcoming Dates [Online Football Calendar Link](#)

Spring 2021 Football Banquet
Fall 2021 Football Blitz Night

TRAINING OPTIONS



Out of Season

In Season

TIER 1

Minimum if you are a mustang athlete.

During the School Year Expectation:

- Mustang Strength & Speed PE
 - Can take MSS PE both semesters.
- OR
- After School (If you are not in MSS PE Class.)
 - At least 3x/week, available M-Th.

Summer Expectation:

- Summer Camp

During the School Year Expectation:

- Mustang Strength & Speed PE
 - Can take MSS PE both semesters.
- AND / OR
- Team Lift
 - 2x/week before or after school.

Summer Expectation:

- Summer Camp

TIER 2

Championship Level work ethic. This is the STANDARD at Mount Vernon.

- Speed & Agility (2x/week)

AND / OR

- After School EXTRA
 - At least 3x/week, available M-Th.

- Speed & Agility (2x/week)

- Varsity athletes need in-season coach approval.

TIER 3

Not necessary, but I would love to help you if you want additional work.

- Individualized Supplemental Programming

- This tier is only considered an option when Tier 1 & 2 are consistently completed.
- Usually done at home, Elite, LBC, etc.

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Take advantage of the opportunity to get better!