



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – December 2020 – Issue #36

From the Desk of Head Coach Lance Pedersen

Good Evening,

All-State: We had a great representation for the class 2A all-state football team. Receiving first team all-state was Kean Kamerling offensive line, Collin Swantz Receiver, and Trenton Pitlik defensive utility. Receiving second team all-state was Brady Ketchum quarterback. Receiving 3rd team all-state was Aidan Nosek defensive line.

Congratulations to these players on earning this great award.

Des Moines Register also honored Kean Kamerling and Collin Swantz for first team all-state

All-District Teams: First Team All-district: Brady Ketchum, Collin Swantz, Trenton Pitlik, Kean Kamerling, Aidan Nosek, and Clark Younggreen.

Second team all-district: Leo Appleton, Henry Ryan and Kayden Pendergrass

Honorable Mention all-district: Adam Deeb and Jake Coon

District MVP

Brady Ketchum-Offensive Skills

Kean Kamerling-Offensive Line

Trenton Pitlik-Defensive Skills

Strength Training:

Nutritional Clinic: Mark your calendars, we have secured a date and time for our nutrition clinic. We are pleased to announce on **December 21st at 6:00** via Zoom, Korey Van Wyk will be our guest speaker on nutrition and strength and conditioning. Korey currently works for a private strength and conditioning company.

Korey was a professor in Kinesiology and strength and conditioning coach at Northwestern College in Orange City, Iowa. He teaches courses on strength and conditioning, nutrition, anatomy, personal training and general fitness. He also spent time at Iowa State as a nutrition research assistant. He holds a Masters degree from Nebraska-Lincoln as well as a bachelor's degree in exercise science from Central College.

This will be a Zoom meeting, I will be sending a link out on Sunday December 20th. When you join us I will do a brief talk, turn it over to Coach Preston Pedersen for the introduction followed by the presentation. After the presentation has concluded we will open it up for a question and answer session. When you join the meeting and up to the question and answer session please make sure to mute your Zoom session.

We are extremely excited to have him as a speaker. We are going to encourage players from grades 6-12 and their parents to join in on the clinic. If you have topics or questions you would like to see covered, please contact me via email at lpedersen@mvcisd.org. Please join us for a very informative night. With nine months to go before kick-off the time is now to have a nutrition plan in place to give your son and our team the best opportunity to be successful on game nights.

Coach Pedersen vs. LBC/Elite:

I absolutely love the fact that our youngmen want to workout at the new LBC and Elite Fitness. It is critical that they lift with Coach Pedersen as well. Lifting with an educated professional is critical to the proper development of



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

your son. Coach Preston Pedersen is the best in the business and will give your son the best chance to be successful while in the weight room.

If your son chooses to do extra lifts on their own at a different facility we will not discourage that. A couple things to keep in mind. Rest and recovery is important to muscle production. If recovery time is not proper it can have reverse effects of what we are trying to accomplish. The second thing I think is critical is that the team that lifts together, the team that works out together is the team that easily trusts one another and knows they can depend on one another. Lifting with Coach Pedersen is critical, lifting with your teammates is critical and anything after is acceptable.

Out of Season Expectations: It is important to understand that we will provide multiple opportunities to become a better football player over the next 9 months. None of these will be required for your son to attend. However, we highly recommend that your son is active in the weight room on a regular basis, if they are not involved in a sport at this time their sport is strength training. They need to have a plan of attack on how to get bigger and stronger. If they are in a sport then they will follow the plan from Coach Timm or Coach Light.

Recruiting Seminar:

Coach Ketchum and I were talking during his evaluation and we felt that there is a need for a recruiting seminar. We want to take the experience he has with Brady and share what things he learned so each year we are not starting over. In this seminar we will discuss the recruiting process, how to be recruited, what to say, what to look for, what forms to fill out and where to start. This seminar will be for all parents and players who may have a son that would like to play football after high school. Please send any ideas you may have for things you would like us to prepare for this seminar. Both the parent and the player need to be in attendance.

Football Moms 101:

I am putting together a program for this spring or fall for all of our football Moms. I would like this to be an hour and a half program that helps the Mom's understand the game of football and, what is it that their son's are doing after school for a couple of hours each night. Topics I plan on covering: 1. Football equipment 2. Rules of the game 3. Nutrition/Hydration 4. Concussion/Injuries 5. What does a practice look like 6. How does a play develop and much more. I hope this will be a fun time and I want to cater this to you and what you want. Email me suggestions and I will do my best to make it happen.

Banquet: As you know we had to postpone the football banquet until this spring, I will have a date soon to mark on your calendars.

Athletic Complex: Some great news has been released last month concerning a new athletic complex. This will be a great addition to our school and a nice addition for our football program as well. The new complex will feature an 8 lane track, a turf field, team room, pressbox and scoreboard. The complex is being funded by private funds as well as school funds. If you have any questions, comments, concerns feel free to email me, Matt Thede, or Dr. Batenhorst.

I am extremely excited to have this new facility available for our kids and our community. I look at it as a fifty year project and I want it to be something we are very proud of today, tomorrow and into the future. . In the future we may ask for your help with design ideas or fundraising. If you are interested in helping us please let me know right away and we will get you on the books.



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Closing

As you can read we have a lot in store for you and us the next nine months. I want our football program to be a program that we train and condition the entire person to be great at the game of football and also the game of life. I want to involve you in as much as possible to give your son the best opportunity for success. Please join us on the 21st as we explore the possibilities of strength and nutrition. We all want to do what is best for the players and some time a little knowledge will help us along the way. I always preach to my class that "Knowledge is power." I am excited to offer this opportunity for all our football family. Have a great weekend!

It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

December 21st 6:00 Nutrition Clinic

Spring 2021 Football Banquet

Fall 2021 Football Blitz Night



Champions aren't made
in the ring, they are
merely recognized there.

Joe Frazier

quotefancy



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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!