



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – January 2021 – Issue #37

From the Desk of Head Coach Lance Pedersen

Good Evening,

I hope everyone was able to get all of the snow removed from your homes. It has been a very interesting 12 months. As a staff we are extremely excited for the 2021 season and have been working to get ready to compete at the highest level. There have been a lot of things happening and I have included them below.

Strength Training: Reminder that weight lifting is something we do to stay even with others. This has to be a focus for both our in season and out of season athletes. Please make sure your son has been working with Coach Pedersen to become the best he can be.

Nutritional Clinic:

Below are links for you to use from the Nutrition clinic that we held in January. If you have any questions or concerns please let me know.

<https://www.youtube.com/watch?v=E1DXLNbTlw0&feature=youtu.be>

<https://www.youtube.com/watch?v=De78fj1pXc4&feature=youtu.be>

https://drive.google.com/file/d/1WNb_AnFHkNSnCCMVkwRBQet688408dph/view?usp=sharing

Recruitment Seminar: Coach Ketchum put together a great Powerpoint on how to be recruited. If you would like to see this please let me know. The time is now to have a resume and to be looking if you are interested in playing after high school. Please remember it is better to say yes now and decide later you don't want to, rather than try to get recruited your senior year.

NO CONTACT: On July 25 through August 1 this is a period of NO CONTACT for all players. This is a great opportunity for vacation and some much needed time off. We will start practice on August 2nd.

Tristan Wirfs: Former Mustang Football stand-out Tristan Wirfs will be starting for the Tampa Bay Buccaneers in the Super Bowl. Congratulations Tristan and Good Luck! We are Proud of you and so happy for you!

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.



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Athletic Complex: There will be a vote for the Athletic Complex this fall. If you would like more information on this please let me know and I will direct you to the correct person.

New Uniforms: Thank you to the Mustang Booster Club! We were able to order a new set of uniforms tops and pants. We appreciate your support! I have included the mock up of the new uniforms below.

New Classifications: The Board of Control has approved a new class 5A for football. Class 3A, 4A and 5A will have 36 teams and will play 9 games and have 16 playoff games. Class 2A on down will play 8 games and have 32 playoff teams. Our calculations show us right on the border between 2A and 3A. We should know our classification and schedule by the end of February. I will send out a newsletter or email when we find out. This is an exciting change for football in Iowa. I look forward to seeing where we will play and who.

Closing

Thank you for all that you do for our kids and our program. I hope you and your family are staying safe and healthy during this time. As always if you need anything from me please feel free to email me anytime.
It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

Spring 2021 Football Banquet

July 25-August 1-Dead Week

August 2-First Day of Football Camp

Fall 2021 Football Blitz Night



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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!



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