



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – March 2021 – Issue #38

From the Desk of Head Coach Lance Pedersen

Good Afternoon,

I am excited to announce that we had ___ sign-up on 8th grade signing day. The future of Mustang Football is very bright. I will be posting these players this week on twitter as we welcome them to the Mustang Football Family.

I have several things to discuss with you listed below. As always if you have any questions please let me know.

Football Banquet: Our 7th annual football banquet will be this Sunday March 7 at 6:00 The players and coaches are expected to dress-up for the event. This year we will not serve any food. Pass out awards and talk about the season. I really believe our seniors and football team deserve to have this night and I am looking forward to the event.

Defensive Coordinator: I would like to introduce Preston Pedersen as our next Defensive Coordinator. Coach Preston Pedersen was our Special Teams Coordinator in 2020 and did an amazing job. Good Luck Coach Pedersen and welcome!

Assistant Coaches-Unit Leaders: This year I am going to be changing the name assistant coach to Unit Leader. Each coach will have the same responsibility but I believe this best describes who they are and what they do.

Off Season vs. Out of Season: I always use the term out of season and when it comes to football I would like each of you to adopt this term as well. I really believe when you use the term off it means taking time off. As you all know our players are multi-sport and multi-talented people as well as amazing students in a high academic school system. These athletes are always working hard to be the best they can be in all that they do.

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.

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: As many of you know, our very own Tristan Wirfs is a Super Bowl Champion. To play the game he loves and be on a team that is the best in the world is an amazing accomplishment. Congratulations Tristan, we are very proud of you!



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

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. Here is a link to the new athletic complex web page: <https://sites.google.com/mvcsd.org/mvactivitiescomplex> If you would like to give to this project here a link: https://www.mountvernon.k12.ia.us/uploads/4/1/2/8/41286333/activities_complex.pdf I look forward to explaining more about this project and what it means for our football program in the next newsletter.

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.

Spring Open Gyms: We will release the dates of our spring and summer schedules this week. These are voluntary practices during the spring. We would highly recommend that the athletes attend the scheduled open gyms to increase skill development as well as create opportunities to bond with their teammates. During the summer sessions we will be installing both offensive and defensive packages during these times and everyday will be learning something new that will translate to opening day on August 2nd.

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. I look forward to seeing all of you on Sunday. Reminder that masks will be required and please sit in family units. Have a great week!
It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

March 7 Football Banquet

July 25-August 1-Dead Week

August 2-First Day of Football Camp

August 14 Football Blitz Night