



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – September 2019 – Issue #16

From the Desk of Head Coach Lance Pedersen

Good Morning,

Another week down, we now head into week 3. This week we take on our 3rd 3A opponent of the 2019 season when we travel to play West Delaware. Congratulations to our fresh/soph team on two great victories. I love the energy from the players and coaches and am so happy for them. Keep it up this week!

Post Season:

Unlike all the other sports in Iowa, football is the only sport where the state tournament is solely determined by what you do in the regular season. It used to be that the non-district games did not matter and now they do so these next two weeks are very important for our football team. We have to continue to work hard in practice. We must develop a mindset to be a more physical football team. To do that you have to be physical in practice and yet you want to keep kids healthy and fresh. There is always a fine line with football. The old theory that good competition during the non-district games is critical for success in the postseason. For football this is just not the case. In this game it is important to play teams similar to you in size and talent, playing up does not have any benefits for postseason play both for the RPI and for the state tournament 7-8 weeks later. More on this in coming weeks.

Process

This will take more than one newsletter to address. When we talk about athletics in general and the game of football we have to learn to look at this as a process. One of the mindsets I try to look at and try to get the kids to look at is this season is 9 one game seasons as opposed to one 9 game season. Our goal as a football program is to get better day in and day out. When we meet on Saturday morning I want to flush Friday nights game away whether it be good or bad before Monday. When Monday arrives it is a new week and I want to prepare for the week ahead and not worry about the week behind us.

Business Trip

Why do we dress-up on away game days? I haven't been asked about that this year but I have in the past so I wanted to explain my thoughts. I believe our kids are special and what they do is very difficult to do. I want to look at away games as business trips. I want the kids to have the mind set that we are going on a trip to work and come home victors. During the day I want them to feel good about themselves. Even though it may be uncomfortable the first time they wear a tie, I believe when you look good you feel good. In college on game day or testing day I always believed in the saying, "look good, feel good, do good." Away games are much more difficult to prepare for and going into an opposing town and have more fans than the home team can be difficult for our players. When we are on the same page and work together we can do great things and I do believe how we approach the away game both how we look, and what we think, can make a difference.

Yard Signs

Thank you so much to Pam Hunter for leading the way with making yard signs for our varsity football players each season. Pam also mentioned she has received a lot of help from Amy Deeb and Kari Pendergrass. Thank you so much for making these. Pam also mentioned that she would be willing to help but would like to turn over this to a new parent next season. If you would like to help with this please let her or myself know. Thank you in advance. It is a great day to be a Mustang! Have a great week!

- Head Coach Lance Pedersen



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Upcoming Dates [Online Football Calendar Link](#)

Sept. 11 Coach Pedersen speaks @ Lion's Club Meeting
 Sept. 13 Fresh/Soph @ West Delaware 5:00
 Sept. 13 Varsity @ West Delaware 7:30
 Sept. 14 Film Review/Breakfast Auditorium 7:00am
 Sept. 16-19 Practice 3:30-7:00
 Sept. 20 Fresh/Soph Home vs. Maquoketa 4:45
 Sept. 20 Varsity Home vs. Maquoketa 7:15
 Sept. 21 Film Review 7:00am

Items of Interest

Items I will cover in issue 17: THE PROCESS This will be sent out via email. If you are not on the email list contact Coach Pedersen at lpedersen@mvcisd.org to be put on the list.

Performance Tip

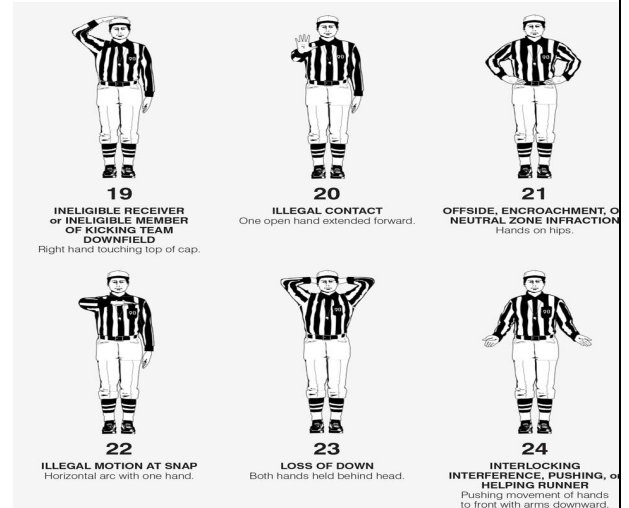
Do you remember the E+R=O?

Keep this in mind

Your
"R"
is
Someone's
"E"

Take away their power

Rules of the Game



Quote of the Week

IF IT DOESN'T CHALLENGE YOU
IT DOESN'T CHANGE YOU