



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – September 2019 – Issue #17

From the Desk of Head Coach Lance Pedersen

Good Morning,

We now head into to week 4 and the last week of non-district play. This week we will play host to Maquoketa at Van Metre Field. The fresh/soph kick-off is scheduled for 4:45 with the varsity to follow at approximately 7:15. This game is #2 of 4 regular season games at home.

Mount Vernon Football is a Developmental Program (Process)

Yes we want to win every football game. We wouldn't schedule them if we didn't want to win them. But we also must understand that our ultimate goal is to get better each and everyday (1%) and to peak at the correct time of the year. For us right the right time to peak and the best time of the year for us is the West Liberty game. Mathmatically we are already out of the playoffs for the RPI. Yes I know a broken system when you play 4 3A schools before the districts even start. However, if we go and win the district we would be district champions and automatically be in teh state tournament.

What is the Mustang Football Family?

The Mustang Football Family is a group of people who have been a part of contributed to or support Mustang Football. These players, coaches, teachers, friends, family members and community members once in will alawys be welcome. Being a part of the Mustang Football Family is a lifetime commitment.

LOVE

LOVE this was our theme for this week. As I stand in front of 90 players and coaches at our 3:30 chalk talk this week I say without hesitation that I LOVE my players and coaches. What does this mean and how dare I say that? It means we care about each other for more than just a football season. It is a lifetime committment. I want out players to know we care more about them than just a number or a position but more as a person. We let our guys know that we care about them year round not just from August to November. When our guys hurt we hurt, when our guys are happy or successful, we are happy for them. When they mess-up we are disappointed but will remain by their side to get through it.

I told my 5th grade class this week that when I start the school year it is with my own six kids and when I walk in the door I add 600 more kids to the mix. My staff and I truly love what we do and we truly love your son and want what is best for him. There may times this season or in the future that we may not agree on how to get there, but please know and understand we want what is the best.

Newsletter and Website

The football newsletter and the website are there for your convenience and to promote Mount Vernon Football. If you have a question on the time of practice or film session and I do not have it on the website or in the newsletter I apologize I will try to do better. But I do have a couple of suggestions: 1. Ask your son he should know. We cover this after each practice and game. 2. Email me and I will try to get you and answer. Please do not call or email the high school they have plenty to do. Thanks

It is a great day to be a Mustang! Have a Great Week!

- Head Coach Lance Pedersen



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Upcoming Dates [Online Football Calendar Link](#)

Sept. 16 Practice Middle School
Sept. 17 Practice Middle School
Sept. 18 Practice Middle School
Sept. 19 Practice at First Street
Sept. 20 Fresh/Soph Game at Van Metre Field 4:45
Sept. 20 Varsity Game @Van Metre Field 7:15
Sept. 21 Film Study 7:00am

Items of Interest

Items I will cover in issue 18: 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

cultural impact:



Actions



Words

You Make the Call

We clap to initiate the center to snap the ball. In doing this, the defense can time up our count. We fake a clap by bringing the hands together but not making the clapping sound. It was verified on film that this is taking place. The officials came back from halftime letting me know that they were calling this a penalty in the future. I asked them what he was doing. They said that he was attempting to draw them offsides. I asked if there was a difference between going on two like other teams do and they said that by rule that could be a penalty as well.

Quote of the Week

YOU ARE EITHER GETTING BETTER OR WORSE. THERE IS NO PLATEAU IN SPORTS!