



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – September 2019 – Issue #19

From the Desk of Head Coach Lance Pedersen

Good Morning,

Thank you so much for all of your flexibility last week. It was strange playing on a Thursday but it worked out great. It was also a great varsity win for us and a great revenge game. The fresh/soph team continues to get better and lost a close one 14-13. A lot of good things are happening for the Mustang Football Program and you are a huge part of that. Thank you.

No Curtain Raiser

I had an email this weekend on what do we do when we don't have a curtain raiser. It was a great question and please always feel free to ask. Like I tell my students there are probably others who have the same question. All sophomores will travel with us and we will select a group of freshmen to attend as well. We will let the players know who is going and who is and is not dressing for those away games. At this time for our last regular season home game everyone will dress and be on the sidelines for that game.

Headsets

We just recently had to make a huge purchase that I have been putting off for awhile now. We had to buy new headsets for our gameday. This purchase was the largest expense we have had other than uniforms. I believe it was a need and not a want. The old set was on the same frequency as people's cell phones and wireless internet connections. The new set is on a 900 frequency and they have been working very well. We hope with proper care and yearly reconditioning these will last for awhile.

Blitz Night

We will have our annual blitz night in February. This is a great event and an adults only event. We have a chance to eat socialize and last year we had horse racing we bet on as well as an auction. We hope you will mark your calendars for **February 29, 2020**

Why do I coach?

Coach Preston Pedersen gave me some ideas on topics I could cover in our newsletter. One of them is explain to the parents and community why I coach. This will be a couple parts but it is something that is good for me to reflect and good for the public to understand what and why we do what we do.

Why I coach (Part1)

I come from a coaching family. My Dad has been a coach for nearly 40 years. While living with my parents I always admired watching my Dad burn the midnight oil working on new plays and new ways of doing things and yet still being true to himself. I watched him coach nearly every sport from football to boys and girls basketball to high school and junior high track to softball. He was a great example and was doing something I think I was called to do.

Here is my story up to this point. I knew I wanted to be an educator as far as I could remember. I always enjoyed going into my Dad's classroom and "playing" school. This is something I wanted to do.

When I graduated from high school in 1990 (a long time ago) we came off a state championship season in football and I was on my way to Central College after thinking I was capable of playing at a higher level. I was wrong and quickly found that out at Central. My first season as a college player I did not play at all at the varsity level. I was humbled in a hurry. In high school I was selected to the All-State Elite team and now I was a scout team player who got beat up pretty much everyday. It was a great experience for me and an amazing school. I still have friends from that year at Central College.



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

However, it was time for me to make a life decision. Central was very expensive and I wanted to be a teacher and coach. University of Northern Iowa was my next destination.

When I arrived at UNI I was fortunate enough to find my first paid coaching job., 7th grade football at Hudson just down the road. I was so excited and nervous as well.

My first practice I presented the team with a 20 page playbook began learning over 30 7th grade boys and it was time to get after it. I learned so many valuable lessons from this experience. One I had a lot to learn, 2. 7th grade boys are a lot of fun and yet have a lot of energy.

First road trip was to Dike Newhartford, we wore ties and dress pants all day at school and we made the business trip to the West. The game plan was great and my team came out on fire. We played really well and we were leading at half. The second half was not so good. My players were worn out and could not play at the best we got beat and it was all my fault.

In practice we focused daily on the fundamentals and I tried to do a lot of teaching about the game. However we did not condition enough and because of this we lost the football game. I made a vow that day that I would never have a team not in shape to win a game. As of late, most of our teams won more games in the second half won the game compared to lost the game from being worn down. At the age of 19 I learned a very valuable lesson and still carry that with me today!

Next newsletter I will share my evolving philosophy and my jump to the high school level.

Oct 14 Fresh/soph vs Anamosa

We will play a fresh/soph football game on this night to make up for not having a curtain raiser against Camanche, WBND and L and M. We are working right now to find another football game for our fresh/soph football team.

It is a great day to be a Mustang! I hope everyone has a great week. If you have questions or suggestions for the newsletter let me know.

This week we travel to Tipton were you will see a huge offensive and defensive line. You will also get to see a single wing with a spinner back. It is difficult to find the ball and with big offensive linemen and quick back we will have our work cut out for us. We hope to see you there!

Weather

Depending on weatehr the next two days we may have a different practice location. I will send a tweet, it will be in the announcements and I will send a quick email as well.

- Head Coach Lance Pedersen



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

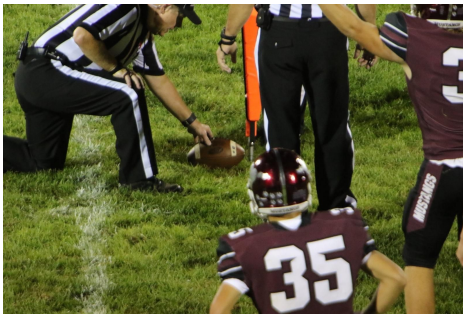
Upcoming Dates [Online Football Calendar Link](#)

- Sept. 30 Practice
- Oct. 1 Practice- location TBD because of the potential weather
- Oct. 2 Practice- location TBD because of the potential weather
- Oct. 3 Practice at First Street
- Oct. 4 Game day, business trip to Tipton F/S at 5:00 varsity to follow
- Oct. 5 Film Study 7:00am (Varsity Only)
- Oct. 11 Game at Camanche (Varsity only)
- Oct. 18 Game vs. WBND (Senior Night)
- Oct. 25 Game at Louisa-Muscatine
- Feb. 29 Blitz Night

Answer from Week 18

Answer:

Performance Tip



Don't ever let anyone tell you every inch doesn't matter!

You Make the Call

The quarterback can clap and fake clap to draw the defense offsides. The ruling states that it is no different than changing voices when calling the snap count.

I don't agree with this interpretation because there is movement involved and defenses are triggered on movement. I will address this with the rules committee after the seson. What do you think?

Quote of the Week

#1%