



# MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

## Newsletter – March 2020 – Issue #21

### *From the Desk of Head Coach Lance Pedersen*

Good Morning,

I hope this newsletter finds everyone healthy. I like all of you have had a chance to refresh my batteries and get ready for the next challenge. However, we must all still work to defeat the challenge of this virus in front of us today and into the future. Being one of the high risk groups as well as my parents and friends I have worked hard to stay at home and enjoy my time with my wife and our new puppy.

I have also had the opportunity to watch a lot of game films and online coaching clinics like never before. How do we come out of this as better people has got to be our main focus. Today I am a better husband, coach and teacher from the quarantine. I have cleaned the basement, fixed our driveway and this week I hope to have the entire outside of the house mulched and ready to have the new growth of spring shining through.

I always tell the students in my class there is not a wrong side of the bed, each and everyday the attitude we choose is just that, a choice and it is important during these trying times we choose to be positive as opposed to negative.

Since we last spoke we have learned what the 2020 schedule looks like and had an amazing Blitz night. I will include the 2020 schedule on page two. Our Blitz night was a huge success; we had a record crowd and a record fundraising night. I want to thank you and all the people and businesses that support Mustang Football. It is always an amazing night and I am so **Grateful** to all of you who make it possible.

#### **Non-District Football**

This season we open up the season with 4 non-district football games. This is the first time in the past six years we are playing schools our size and in class 2A.

**Anamosa-** After an unhealthy rivalry ended a couple of years ago we are going to renew this again in 2020. Anamosa will travel to Mount Vernon on August 28th. Anamosa returns 19 Seniors and finished the 2019 season 2-7

**Tipton-** As we all remember all too well Tipton knocked us out of the playoffs in 2019 and the Mustangs travel to Tipton for a week 2 rematch on September 4. Tipton finished 6-4 and was a state tournament qualifier in 2019.

**Wilton-** A new opponent for the Mustangs. Coach Pedersen travels back to Wilton where he began his head coaching career 17 years ago. Coach Pedersen and the Mustangs will take on the Beavers under the direction of Coach Pedersen's former quarterback Ryan Hetzler. The Beavers just completed an indoor practice facility and are finishing up on finalizing plans for a turf field. The Beavers finished the 2019 season 3-6.

**Mid-Prairie-** The Mustangs finish up their non-district run against the Golden Hawks from Mid-Prairie. The last time the Mustangs played Mid-Prairie it was against a very young program and team. Those guys are known back as experienced players and will be a strong opponent on the Mustangs return trip home to end the non-district season. In 2019 the Golden Hawks finished 6-3.

***Take today and everyday to enjoy life and all it has to offer. We aren't stuck at home, we are safe at home!***

As always I am updating our football website. Please check it out and let me know what you think. I want this to be our one stop shop for all Mustang Football information. We have designed a new "spring" shirt and custom decal. If you are interested let me know. I will be sending an order form out soon.

A reminder this newsletter is to help inform you, if you have ideas and things you would like me to explain or discuss send me an email and I will work on getting that in our next newsletter.

Thank you for all that you do and have a great April!



# MOUNT VERNON HIGH SCHOOL **MUSTANG FOOTBALL**

- Head Coach Lance Pedersen

## Upcoming Dates [Online Football Calendar Link](#)

April 12 Projected School Resume Date  
April 29 8th Grade Signing Day  
June 9 Football Practice  
June 16 Football Practice  
June 23 Football Practice  
June 30 Football Practice  
August 3 Football Camp/Fundraising Kick-Off  
August 10 First Official Day of Practice  
August 11 Blitz Night  
August 11 Parent Meeting

## Custom Decals



## T-Shirts For Sale





# MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

FRI, AUGUST 21 - 6:00PM 📍 TBD

Independence Mustangs -, D  
Mount Vernon Mustangs 0-0, 2A D6

Pre-Season Scrimmage

FRI, AUGUST 28 - 7:00PM 📍 First Street

Anamosa Raiders -, D  
Mount Vernon Mustangs 0-0, 2A D6

FRI, SEPTEMBER 04 - 7:00PM 📍 Tipton High School

Mount Vernon Mustangs 0-0, 2A D6  
Tipton Tigers -, D

FRI, SEPTEMBER 11 - 7:00PM 📍 Wilton High School

Mount Vernon Mustangs 0-0, 2A D6  
Wilton Beavers 0-0, D0

FRI, SEPTEMBER 18 - 7:00PM 📍 First Street

Mid-Prairie Golden Hawks -, D  
Mount Vernon Mustangs 0-0, 2A D6

FRI, SEPTEMBER 25 - 7:00PM 📍 Center Point-Urbana High School

Mount Vernon Mustangs 0-0, 2A D6  
Center Point-Urbana Stormin Pointers -, D

FRI, OCTOBER 02 - 7:00PM 📍 First Street

Vinton-Shellsburg Vikings 0-0, D0  
Mount Vernon Mustangs 0-0, 2A D6

FRI, OCTOBER 09 - 7:00PM 📍 Little Rose Bowl

Union Knights 0-0, D0  
Mount Vernon Mustangs 0-0, 2A D6

FRI, OCTOBER 16 - 7:00PM 📍 Solon High School

Mount Vernon Mustangs 0-0, 2A D6  
Solon Spartans -, D

FRI, OCTOBER 23 - 7:00PM 📍 First Street

South Tama ? 0-0, D0  
Mount Vernon Mustangs 0-0, 2A D6

Senior Night

## Quote of the Week

*How CAN I COME OUT OF THIS A BETTER PERSON?*