



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – August 2020 – Issue #22

From the Desk of Head Coach Lance Pedersen

Good Morning,

We are excited to get started next week. With the start of football season comes a lot of responsibility for all of us. I am excited to see the kids again and begin to compete to be the best that we can be this fall.

This week at football camp the schedule will be as follows:

Freshmen equipment pass-out 4:00 behind middle school

Freshmen practice 4:30-6:00 behind middle school

Varsity Fundraising Kick-Off 6:05 First Street

Varsity Practice 6:30-8:30 First Street

Monday-Tuesday-Wednesday-Thursday

Freshmen 4:30-6:00 Behind middle school

Varsity 6:30-8:30 First Street Lifting at 4:40 Tues. Thursday

August 10th will be our first official practice. Chalk Talk at 4:00 in the auditorium with practice to follow behind the middle school. We will be done at approximately 7:30. This will be Monday-Friday. Saturday we will have practice at 7:00 am.

Below is a list not all inclusive of things we will do to help prevent the spread of covid or any other disease.

1. The program bought each player an individual hand sanitizer. I also have 4 gallons of refill in my classroom.
2. Each player will be issued their own practice and game gear.
3. Hand shields, sleds, footballs, water stations will be sanitized after each practice.
4. In the building everyone is required to wear a mask.
5. Players must provide their own water bottle. We will have a chilled water station to refill bottles.
6. Players must take equipment home every night. At this time it is recommended that locker rooms only be used for dressing. (More here in a bit)
7. Masks will not be required for practice, if your son does choose to wear a mask please no gator masks. For safety reasons I do not want things around players necks.
8. Hand sanitizer will be available throughout practice
9. I will also have gloves available for managers and coaches
10. Social distancing will be used during stretching and whenever it allows.

I am excited to have the opportunity to coach these young men and look forward to the season. We are faced with challenging times and I know we will all rise to the occasion.

Clothing Order:

This year I am offering two different sets of orders for you to choose from. The first is a reorder from One Mission. The T-shirt pictured below as well as sweatshirts will be offered online. The second order comes from X-Grain, you will see these clothing items are customized. I hope you enjoy my selection for this year and find something that fits your needs to cheer on the Mustangs this fall.



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E+R=O

What is this? This stands for E=Events, R=Response and O=Outcome. This is a process we want our coaching staff to live by as well as our players and I challenge you to consider it as well. In life we can have influence in the events in our life. However we do not have complete control over this. The outcome of things we do have some control but not complete control. The response, our response is something we have complete control over. Our response to a situation can have a negative or positive response to the outcome we will face.

The example I use in class all of the time with my Health kids. The event Mom tells you to clean your room after school, response A: Whine about it and say you don't want to B:Ok Mom I will do my best after school Outcome A: not real good B: Proud parent.

E+R=O holds us all accountable, we talk about controlling the controllables. We can control our response.

GBT

What is GBT? Get Better Today That is my challenge to myself and to our players and coaches. Be intentional in getting better at whatever you do. Get better each day and over time you will see some amazing results.

Locker Rooms:

We are going to use the locker rooms only for dressing for practice and then getting dressed to leave practice. At this time they recommend we not use the locker room for overnight storage. I also plan to stagger locker room use after school. (Locker rooms will not be used during the preseason.) I have also asked that the basement in the middle school be an option for our varsity players to get dressed.

Here is the part I fear the most with this policy. We may be preventing the spread of covid, but I worry if not done properly, we could increase the spread of staff, impetigo, ringworm, mold and mildew. Also without proper drying the fabric and plastic in our football equipment will break down much quicker and need to be replaced much sooner.

Here is my solution, each night your son comes home, wash practice gear, remove shoulder pads and helmet from the bag and place in a drying location low in humidity. Spray the pads down with a disinfectant such as Lysol and let air dry overnight. If these pads and clothes stay in their car during the hot days of August I am afraid to see what we may find growing in these bags. I know this is a lot more work but I feel it is the best way to keep our kids safe and clean at this time.

That is all for now, I am sure there will be a lot more this week and I will send out Newsletter 23 when it is time. As always email me with any questions and enjoy the week.

It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

August 3 Football Camp/Fundraising Kick-Off

August 10 First Official Day of Practice

August 11 Blitz Night

August 11 Parent Meeting

August 15 Full padded practice 7:00 am

August 24 First day of school



MOUNT VERNON HIGH SCHOOL **MUSTANG FOOTBALL**

Custom Decals



T-Shirts For Sale



Quote of the Week

DON'T LET YOUR "R" BECOME SOMEONES "E"