



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – August 2020 – Issue #23

From the Desk of Head Coach Lance Pedersen

Good Morning,

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.
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. We now have 3 stations
9. I will also have gloves available for managers and coaches
10. Social distancing will be used during stretching and whenever it allows.
11. Schutt does offer a face shield for the eyes and mouth. I am going to order some to see how they work. If you choose to do so they would be legal to wear for the players.
12. I also received football sanitizer. This is a special solution that is designed for footballs.
13. We are going to cancel our scrimmage with Independence. We will have an intersquad scrimmage in its place.

Clothing Order: (Due 8-18-20)

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.

Parent Meeting

I will hold our annual parent meeting on Tuesday August 11. We would really like to have at least one representative from each player at the meeting.

Scrimmage:

Cancelled



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Illness, injury, owie:

I have always been a traditional old school coach who believes players should be able to tough it out when they get an owie. I also believe you should report all injuries to coaches and trainers. I will leave these up to the players and trainers to decide which is which. I also "used" to believe if you didn't feel well a little football and running would clear out the system. However, with the new covid virus this method of thinking has really changed.

If your son has any symptoms related to covid please keep him home and evaluate further. Do not send him to practice. We will do everything possible to keep him caught up. Please do not send a sick player to practice.

Masks

I ordered 100 custom masks and will send out an email when they arrive. I will tweet out this information as well. The masks are \$10.00.

Fundraising:

Each year we do a couple of fundraisers to help provide for our football program. At this time we are conducting card sales. These sales can be done virtually with no contact. Our final turn in date is August 11. Thank you for your support!

Concussion Form

This sheet must be signed yearly. Please make sure your son has his in before Monday.

Physicals:

This year physicals have been extended to December 1. This applies only to players who had a physical on or after Jul1 2019. If you have an updated physical please turn this form and your concussion form into the high school office.

That is all for now, I am sure there will be a lot more this week and I will send out Newsletter 24 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 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

August 28 Camanche (Home Cornell)

September 4 Oelwein There

September 11 CPU There

September 18 Vinton-Shellsburg (Home Cornell)

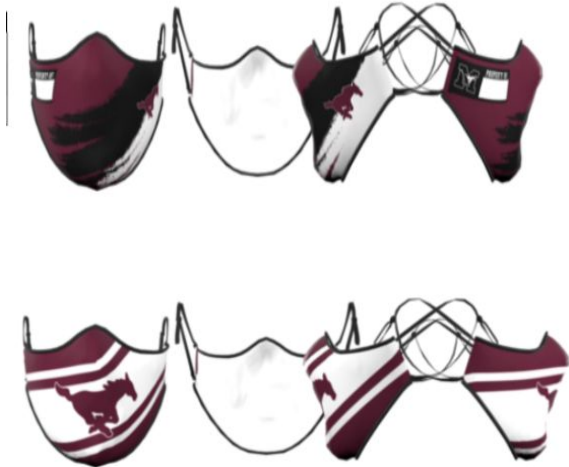
September 25 Union (Home Cornell)



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October 2 Solon There
October 9 South Tama (Home Cornell, Senior Night)

Custom Masks \$10



T-Shirts For Sale



Quote of the Week

