



MOUNT VERNON HIGH SCHOOL MUSTANG FOOTBALL

Newsletter – September 2020 – Issue #30

From the Desk of Head Coach Lance Pedersen

Good Evening,

Another great night to go 1-0 and improve our season record to 4-0. This is the first 4-0 start in quite awhile, and we hope to improve this streak this week.

A couple of highlights from Friday's game. Our defense did a great job of creating 2 more turnovers on the night. This gives us a plus six for the year. They also settled in after a slow start to play very good bend but don't break defense. Clark Younggreen led the team in tackles for the night. Jake Coon and Collin Swantz both came up with interceptions.

Our offense was led by some very tough running by Trenton Pitlik. Trenton ran the ball 20 times for 175 yards. An 8.8 yard average. Trenton ran hard and the rest of the offense did a great job of blocking for him at the point of attack and down field as well.

Our special teams play very well. They did their job and graded out high on film. When you can win all 3 phases of the game you should win most games.

This week we host Union who is 0-4 on the season with losses to Oelwein, Sigourney, Solon and CPU. Union has a lot of football tradition and will come to our house with a lot of energy. Our goal this week is to get better everyday and finish the week 1-0.

Covid-

As everyone knows covid has hit our fresh/soph teams. The most important thing is everyone is doing well at this time. Please refer to the high school letter for information on when our kids can return to school and football. Also know that the coaches are here for anyone who needs to have someone to talk to. This can be an emotional drain for some players and a depressing time in isolation. Please know I am here for them if they ever need a person to talk to.

Athlete of the Week:

Congratulations to Brady Ketchum and thank you to TV-9 sports. This was a neat deal and thank you to those who voted for Brady.

WEBSITE SPONSORS:

The website sponsors have expired, I am looking for new sponsors for this season. If you are interested in sponsoring an ad on our website please let me know. Each time I post an article we have well over 100 people read the article and even more visit our site everyday.

Tickets:

My plan is to give each varsity player 4 tickets. If you need more please have your son tell me.

MEALS: The varsity team meals are served each week and cost \$10.00. Please make sure to make a \$70.00 payment for team meals or send \$10.00 each week.



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Treats

Please contact me and let me know what day you would like to contribute. Everything will have to be pre-packaged this year.

This week:

Monday: Pitlik

Tuesday:

Wednesday:

This week our theme is GRIT. I will speak on it on Monday. I am currently reading the book Relationship Grit by Jon Gordon. I highly recommend it. I would share it with you but I have to read all of my books on Kindle now.

We live in a cancel society now. I challenge you to have GRIT in your resolve to be successful. Have GRIT in your relationships, have GRIT in your parenting. We have faced a very difficult year. 2020 has thrown us a lot of challenges and I love the GRIT our players have shown to stay positive in all of the challenges they have faced this year.

As always if you have any questions or concerns please send me an email. Looking forward to working hard this week, getting better everyday and being 1-0 by Friday night! It is important that we work hard to defend our home field.

It is a great day to be a Mustang!

- Head Coach Lance Pedersen

Upcoming Dates [Online Football Calendar Link](#)

September 25 Union (Home Cornell)

October 2 Team to the South There

October 9 South Tama (Home Cornell - Homecoming)

October 16 First Round of Playoffs- Location TBD

October 23 Second Round of Playoffs



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Player of the Week

Players of the Week

Week 3



OFFENSE
Trenton Pitlik



DEFENSE 1
Aidan Nosek



DEFENSE 2
Collin Swantz



SCOUT
Mason Pelley



#GBT

