

**DATE:** August 2 - August 5

**TIME:** 5:00 - 6:00 pm daily

**WHO:** Students entering grades 3-8 for the 2021-2022 school year.

**LOCATION:** Mount Vernon Football practice fields located behind the middle school.

**EQUIPMENT NEEDED:** Athletic clothing.

**GOAL:** Our goal is to have a 'working' football camp where the players will be involved with learning and doing the various techniques used in the game of football.

**COST:** \$40.00 per camper. Camp price includes: 4 days of camp instruction. Please make checks payable to 'Mount Vernon Football Camp'. After July 1, 2021 there will be a \$20.00 administrative fee for all cancellations.

**DEADLINE:** Please turn in registration form and money to any school building office, or mail to Coach Lance Pedersen, 731 Palisades Road SW, Mount Vernon, IA 52314 by JUNE 1, 2021.

**#Get Better  
Today**

## CAMP STAFF

### HEAD COACH LANCE PEDERSEN

Coach Pedersen is in his 8th year as Head Coach of the Mount Vernon Football Program. Over the past sixteen seasons his teams have compiled a 123-53 record. In 2017 Coach Pedersen led the Mount Vernon Mustangs to a 9-2 season and back to back district titles. In 2016 Coach Pedersen led the Mustangs to the state semi-finals and a 9-3 record. In 2015 the Mustangs were the class 2A State Runner-Ups. Before coming to Mount Vernon, Coach Pedersen was Head Coach for the Wilton Beavers. Under his direction Wilton was an undefeated District Champion 3 times and made the playoffs 8 of his 10 years as head coach. Coach Pedersen was named district coach of the year in 2005, 2006, 2007, 2012 and 2013. Coach Pedersen brings with him 3 state championship experiences and has been a coach or player in 35 state playoff games.

#### Unit Leaders:

**Dan Ketchum:** Quarterbacks/Linebacker - 7th Season

**Jason Nosek:** O-Line/OLB - 7th Season

**Brad Meester:** Run Game Coor./Offensive Line- 4th Season

**Preston Pedersen:** Defensive Coor./Rec- 6th Season

**Matt Appleton:** Running Backs, Corners - 6th Season

**Ben Knake:** Pass Game Coor./Rec./DB's 7th Season

**Lance Schoff:** JV Scout Team 3rd Season

**Brandon Glaza:** Fresh/Soph Def. Coor./Safeties 1st Season

**Colton Clark:** Fresh/Soph Off. Coor. 2nd Season

**Eric Krob:** Def. Line/Rec. 1st Season

**Hunter Wright:** Fresh/Soph 1st Season

#### MIDDLE SCHOOL COACHES:

**Chris Chapman**



## REGISTRATION FORM

### MOUNT VERNON FOOTBALL CAMP

August 2- August 5

Name \_\_\_\_\_

Grade (please circle, fall 2021 grade)

3rd 4th 5th 6th 7th 8th

Shirt Size

YM YL YXL S M L XL XXL

In consideration of being allowed to participate in any way in the Mount Vernon Football Camp, the undersigned acknowledges, appreciates, and agrees that:

1 - There exists a risk of injury: All participants and parents need to be aware that this sport does involve risk of injury. All instructions given by the coach(es) must be followed.

2 - The Mount Vernon Football Camp and its coaches are neither liable nor responsible for a medical, dental, or hospital bill occurring as a result of injuries sustained by a registered person while participating in this camp. All injury-related expenses shall be the responsibility of the participant's parent/legal guardian.

**Please sign below** if you agree to the conditions stated above.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Parent Phone Number

\_\_\_\_\_  
Date

**Clip this panel and turn in registration form and money** to any school building office, or mail to Coach Lance Pedersen, 731 Palisades Road SW, Mount Vernon, IA 52314 by JUNE 1, 2021.



## WELCOME

to the 7th Annual Mount Vernon Football Camp. We are very proud to be offering a hands on, 'working' football camp. This camp will help players become better at football and teach them life skills for the future.



## EDGE

### State Championships

1974, 1993, 1994

### State Runner-Up

2015

2003, 2002, 1989, 1978, 1973

### State Play-Offs

2020, 2017

2016, 2015, 2014

2012, 2006, 2005

2003, 2002, 2001

2000, 1998, 1997

1996, 1995, 1994

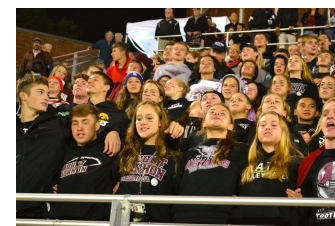
1993, 1989, 1988

1984, 1983, 1981

1978, 1974, 1973

***Head Football Coach  
Camp Director  
Lance Pedersen***

lpedersen@mvcasd.org  
MountVernonFootball.com



## MOUNT VERNON FOOTBALL CAMP 2021

**For Football Players  
Grades 3-8  
August 2 - August 5  
5:00-6:00 pm**



