



GBT

MOUNT VERNON MUSTANG FOOTBALL

Staff Introductions

Lance Pedersen-Head Coach

Preston Pedersen-Linebackers/Receivers/Strength

Brad Meester- Offensive Coordinator/O-Line

Ben Knake-Pass Game Coordinator/ WR/DB

Jason Nosek: O-Line/LB

Eric Krob-Defensive Coordinator/D-Line

Dan Ketchum: Quarterbacks/LB

Matt Appleton: Running Backs/Secondary

Lance Schoff: JV Scout Team

Colton Clark-Fresh/Soph O-Coor./O-Line/D-Line

Brandon Glaza-Fresh/Soph D. Coor./WR/Sec.

Hunter Wright-Fresh/Soph

Tyler Hirsch-Assistant Coach

Brent Brase- Assistant Coach

MOUNT VERNON MUSTANG FOOTBALL

Mount Vernon Football 2022



- Team Rules
- Do what is right
- Do the best that you can
- Treat others as you expect to be treated
- If you are a varsity player you must communicate with Coach Pedersen(telling another coach you will be gone will not work)

MOUNT VERNON MUSTANG FOOTBALL

Player Expectations

- Give 100%
- Positive Attitude
- No Excuses
- Be Coachable
- Pay attention to details
- Get Better Everyday
- Team Nation
- Practice-

MOUNT VERNON MUSTANG FOOTBALL

Parent Expectations

- Be Positive
- Be Supportive
- Limit excuses for missing a practice
- Let coaches coach

MOUNT VERNON MUSTANG FOOTBALL

Coaching Expectations



- Work Hard
- Treat players as we would want our son to be treated
- Communicate
- Give the players and the team the best opportunity for success.

MOUNT VERNON MUSTANG FOOTBALL

Practice Expectations



- Be on time
- Be at every practice
- Get better everyday
- Pay attention to details
- Give your Best Effort

MOUNT VERNON MUSTANG FOOTBALL

Games



- Dress for success
- Remember the team comes first
- Leave it all on the field
- Treat the game with respect

MOUNT VERNON MUSTANG FOOTBALL

Lettering

- Play in half of the varsity quarters.
- Make a major impact on the game
- 4 year player
- Coaches discretion

MOUNT VERNON MUSTANG FOOTBALL

Injuries

- The number one way to prevent an injury is to follow our strength and conditioning program year round.
- When injured report to your coach.
- Coach Elliot will be contacted.
- Understand the game of football is a tough game played by tough people. Injuries occur so do hurts and pains. The player has to determine which is which.
- When injured you are expected to be at practice

IMPACT Testing



- Concussion detection
- All players are tested
- Must Sign Concussion form every year

MOUNT VERNON MUSTANG FOOTBALL

Weight Lifting



- Can make a average athlete good, a good athlete great, a great athlete exceptional.
- Helps reduce the risk for injury
- When injured, helps with recovery time
- ACADEMICS
- Must be done year round
- Coach Pedersen is the best

MOUNT VERNON MUSTANG FOOTBALL

Playing Time



- 99.9% of all parents are emotionally unable to evaluate their own son's athletic ability and they do not have the technical expertise to do so.
- Each day we take pride and work hard to evaluate our players-Petras

MOUNT VERNON MUSTANG FOOTBALL

Road Games



- Dress shirt, tie and dress pants will be worn on road trips and at school the day of a game
- Bus will leave at scheduled time, we will not wait for anyone.
- Players are expected to ride home on the bus.
- At all times players must remember they are representing **Mount Vernon Football.**

MOUNT VERNON MUSTANG FOOTBALL

Football Council

- Application process
- Help with decision making
- Voice for the players
- Leadership position

MOUNT VERNON MUSTANG FOOTBALL

Play Books



- We work hard on these and they need to be read and studied.
- Get involved ask son what different things mean.
- This year they are virtual (Google Classroom and Hudl). We also have paper copies available if that is the best way your son learns.

MOUNT VERNON MUSTANG FOOTBALL

HUDL

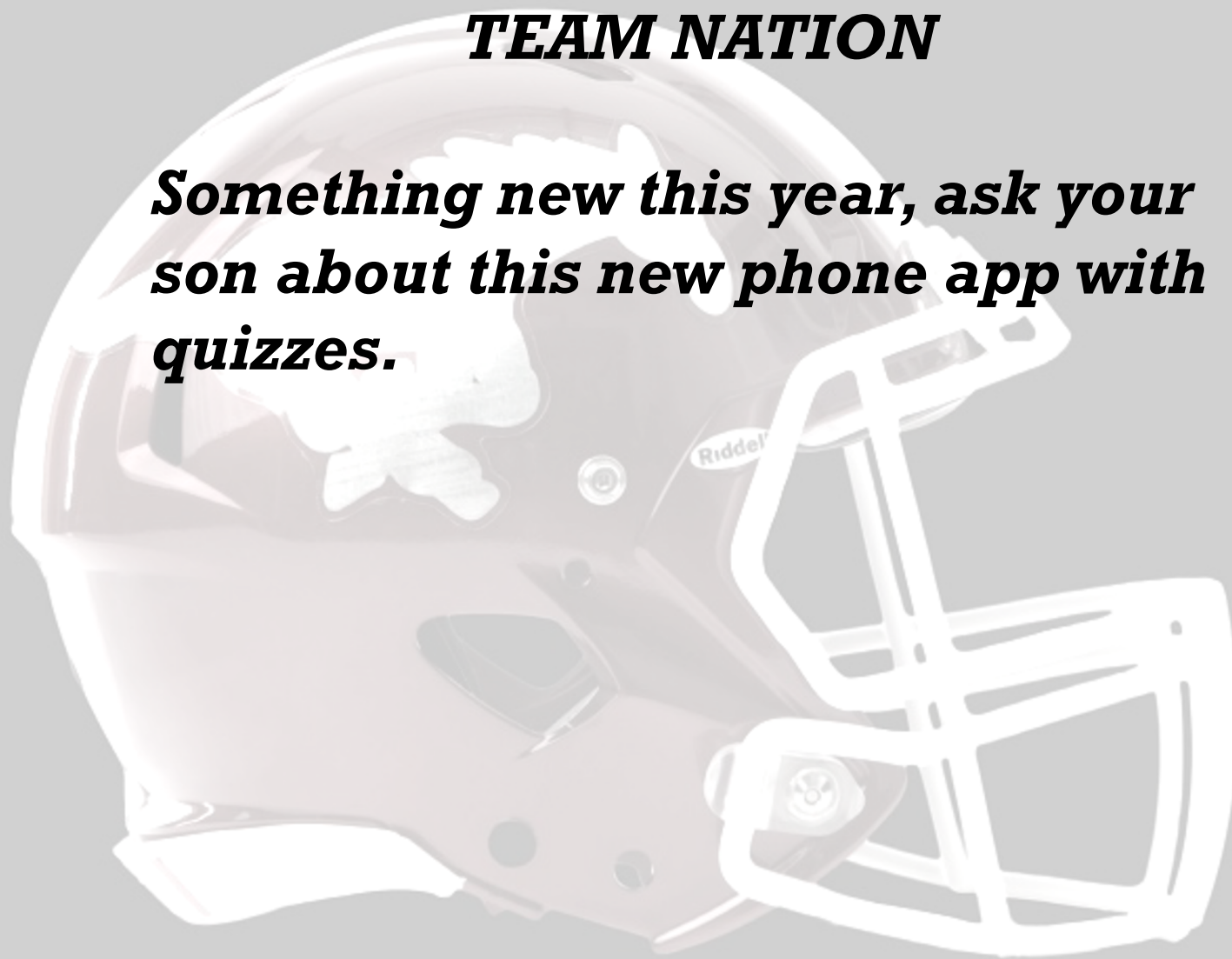


- Very valuable tool
- Highlight films
- College recruiting
- Hudl Assist
- Hudl Sideline

MOUNT VERNON MUSTANG FOOTBALL

TEAM NATION

Something new this year, ask your son about this new phone app with quizzes.



MOUNT VERNON MUSTANG FOOTBALL

Academics

- #1 Priority why we are in school
- Academic All-State in 2021- 3 players

MOUNT VERNON MUSTANG FOOTBALL

Recruiting



- Begins sophomore year
- I will make a resume
- I will also contact coaches for you (Ketchum)
- Must represent our school well
- Must be a gentleman
- I will not promote great athletes who don't represent us well

MOUNT VERNON MUSTANG FOOTBALL

Discount Cards



- Huge fundraiser for us
- We will do annually
- Any ideas and if you would like to help run something let me know.
- Thank you for your help

MOUNT VERNON MUSTANG FOOTBALL

Blitz Night

- Huge Fundraiser for us
- Very Generous People
- Helps buy needed equipment

MOUNT VERNON MUSTANG FOOTBALL

Booster Club

- Become involved
- Concessions

MOUNT VERNON MUSTANG FOOTBALL

Post Season



- We will have a banquet the Sunday following the state championship game
- We will have team awards, these will be voted on by teammates and coaches

MOUNT VERNON MUSTANG FOOTBALL

How can you get involved

- Team meals
- Charter busses
- Chain Gang
- Sack Lunches
- Being Positive
- Clothing orders

MOUNT VERNON MUSTANG FOOTBALL

Good Conduct



- We will follow school guidelines
- Player will not be nominated for all-district team
- Player will not be nominated for Shrine Bowl
- Player will not be eligible for Football Council

MOUNT VERNON MUSTANG FOOTBALL

Other Items of Interest



- We will have senior night on the last home game.
- We will have “Player for a day” on the last game of the year.

MOUNT VERNON MUSTANG FOOTBALL

Mount Vernon Football 2022

- Contacting a coach (Chain of Command)
- Ask player to speak with the coach first
- Contact position and appropriate grade level coach first
- Parent Meeting
- Parent/AD/Coach Meeting
- Move up the ladder
- Give us a chance to fix the problem
- Never after a game or a practice (24 hours)

MOUNT VERNON MUSTANG FOOTBALL

Mount Vernon Football



- Meeting with a coach
- Will involve parent, head coach, position coach, and player
- We will not discuss another player without their parents involved

MOUNT VERNON MUSTANG FOOTBALL

Clothing Order

Several Items now more in the future.
Cause Team



MOUNT VERNON MUSTANG FOOTBALL

First Street

- This year all homes games will be at First Street Field



MOUNT VERNON MUSTANG FOOTBALL

Team Meals

- Hy-Vee Varsity players-\$8.00 a meal. (Last Year)
- We are contacting both Hy-Vee and Sally's for quotes for 2022
- If you can pay in one lump sum we would prefer that
- If not see Coach Pedersen

MOUNT VERNON MUSTANG FOOTBALL

WEB SITE



- Mountvernonfootball.com
- Best high school site
- Calendar
- Ads sold
- Follow us on Twitter @MustangFB1
- We also have a Facebook group and possibly a Instagram page in the future.

MOUNT VERNON MUSTANG FOOTBALL

Conclusion



- I need your email address
- Thank you for coming
- Spring/Summer
- Month off (JULY)
- Socks/Shoes/Equipment
- Ladies Night/Men's Night

MOUNT VERNON MUSTANG FOOTBALL



MOUNT VERNON MUSTANG FOOTBALL