

**DATE:** August 3 - August 6

**TIME:** 5:15 - 6:15 pm daily

**WHO:** Students entering grades 3-8 for the 2020-2021 school year.

**LOCATION:** Mount Vernon Football practice fields located at the middle of the track.

**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, 2020 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, 2019.

**#Get Better Today**

**CAMP STAFF**

**HEAD COACH LANCE PEDERSEN**

Coach Pedersen is in his 7th 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 lead 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.



**VARSITY ASSISTANTS:**

- Matt Haddy:** Defensive Coordinator - 6th Season
- Dan Ketchum:** Asst. Offensive Line/Linebacker - 6th Season
- Jason Nosek:** O-Line/OLB/JV Def. Coor. - 6th Season
- Brad Meester:** Run Game Coor./Offensive Line- 3rd Season
- Preston Pedersen:** Special Forces Coor. D-Line/Rec- 5th Season
- Matt Appleton:** Running Backs, D-Line - 5th Season
- Ben Knake:** Pass Game Coor./JV Off. Coor./Rec./DB's 6th Season
- Vance Ellison:** Receivers/Safeties- 3rd Season
- Lance Schoff:** JV Scout Team 2nd Season
- Logan Rickard:** Quarterbacks, Defense 1st Season

**MIDDLE SCHOOL COACHES:**

- Paul Meyer**
- Colton Clark**
- Todd Murakawa**



**REGISTRATION FORM**

**MOUNT VERNON FOOTBALL CAMP  
August 3- August 6**

**Name** \_\_\_\_\_

**Grade** (please circle, fall 2020 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 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

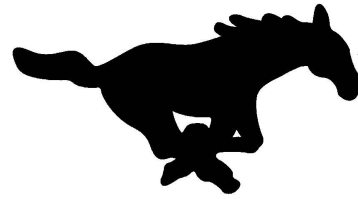
\_\_\_\_\_  
Date

**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, 2020.



## **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.



# **#Get Better Today**

**State Championships**  
1974, 1993, 1994

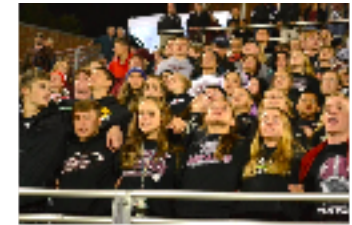
**State Runner-Up**  
2015  
2003, 2002, 1989, 1978, 1973

**State Play-Offs**  
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](mailto:lpedersen@mvcasd.org)

[MountVernonFootball.com](http://MountVernonFootball.com)



**MOUNT VERNON  
FOOTBALL CAMP  
2020  
For Football Players  
Grades 3-8  
August 3 - August 6  
5:15-6:15 pm**

