

DATE: August 5 - August 8

TIME: 4:00 - 5:30 pm daily

WHO: Students entering grades 3-8 for the 2019-2020 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, 2019 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.

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CAMP STAFF

HEAD COACH LANCE PEDERSEN

Coach Pedersen is in his 6th year as Head Coach of the Mount Vernon Football Program. Over the past fifteen seasons his teams have compiled a 119-48 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 - 5th Season
- Dan Ketchum:** Asst. Offensive Line/Linebacker - 5th Season
- Jason Nosek:** Tight Ends/OLB/JV Def. Coord. - 5th Season
- Brad Meester:** Offensive Line- 2nd Season
- Preston Pedersen:** Def. Line/ Rec./Special Forces- 4th Season
- Matt Appleton:** Running Backs, D-Line - 4th Season
- Ben Knake:** JVOff. Coord./QB/Corners/Special Forces-5th Season
- Vance Ellison:** Receivers/Safeties- 2nd Season
- Ed Timm:** Scout Team Coordinator- 2nd Season

MIDDLE SCHOOL COACHES:

- Bill Thomson:**
- Mike Jones:** - 4th Season
- Todd Murakawa:** - 3rd Season



REGISTRATION FORM

MOUNT VERNON FOOTBALL CAMP August 5 - August 8

Name _____

Grade (please circle, fall 2019 grade)

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

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 the 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

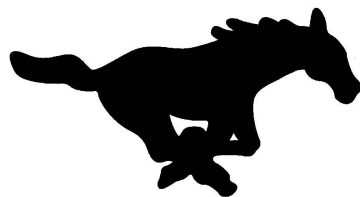
Date

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WELCOME

to the 6th 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.



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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

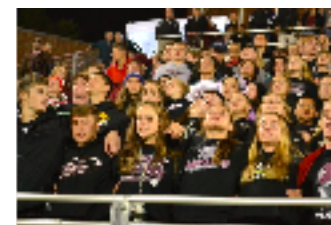
1984, 1983, 1981

1978, 1974, 1973

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

lpedersen@mvcasd.org

MountVernonFootball.com



MOUNT VERNON FOOTBALL CAMP 2019

**For Football Players
Grades 3-8
August 5 - August 8
4:00-5:30 pm Daily**



