

MARY G. MONTGOMERY

Dunn: Vikings learn their jobs

He says MGM players have worked hard to get in shape and focused on the basics

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This could be a defining year for Mary Montgomery's Seth Dunn. A senior who started at linebacker for the Vikings last season, Dunn is one of seven returning starters on defense.

He said for most of the team, the 2017 season was basically on-the-job training.

"Everybody was trying to learn how to do their job and trying to be more of a team," he said. "This year, it's more (about) redemption, bringing it back on track and trying to fix the mistakes from last season."

A lack of experience, as well as an inability to maintain poise in crucial situations, Dunn said are the main reasons MGM went 0-10 last season and gave up a school record 441 points.

"There was a lack of discipline," he said. "We made a lot of jumps on the ball and it was just a bunch of young guys trying to get experience."

Dunn said despite a tough 2017 season, the Vikings concentrated on getting better during the spring and it proved to be a stepping stone for the season ahead.

"We have a lot of experience coming back," he said. "We went over the basics and learned the

fundamentals again with every position, trying to make sure we knew from top to bottom what we were doing and how everybody had a job to do."

Like others on MGM's team, Dunn said he is thrilled with new head coach Stan McCain, who was last year's defensive coordinator and now faces the task of getting the Vikings back on the winning track. MGM has not been to the playoffs since 2002.

"He's a very down-to-earth guy," Dunn said. "You can talk to him about anything and he's always there to give advice when he can. He wants to fix the things that went wrong last season. He comes from a winning school and he can bring that knowledge here."

That knowledge was evident during summer workouts, Dunn said.

"This year, we focused on weights the first part of the summer so we could build back up," Dunn said. "The second part of the summer, from July to here, was a lot of cardio, a lot of conditioning so we can be in shape for the season."

Dunn said he hopes the Vikings have what it takes to win a championship, regional or otherwise. As for personal goals?

"I just want to play each game one at a time and try to do my best each game," he said.



Mary G. Montgomery senior linebacker Seth Dunn

Photo by John O'Dell/Call News

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Roxy is the bomb dog for the Mobile County Sheriff's Office.



SHERIFF SAM COCHRAN

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