

MN MACHINE SYSTEM UPDATE

Volume Five
For the week of
March 2, 2009

Minnesota Machine, Women's Tackle Football Team

"It is the mission of the Minnesota Machine to build strong team players, both physically and mentally, by providing the tools needed for growth and success on and off the field. Through dedication and teamwork, we will build a solid foundation from which positive and long lasting community partnerships may develop."

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It's here! The logo is here!

The Minnesota Machine would like to thank Chris Sunde, friend and fan of the team, for creating our logo! Chris donated his time, talents, and energy and was very patient as he listened to the many requests and changes from some of us women! Nice work Chris!

With the completion of the logo, our team is now ready to move forward with even more projects. Our web site and printed materials will be updated with the new design and we will begin to create new items; such as business cards, uniforms, new merchandise, game tickets, programs, and much more!

We are making more steps in the right direction!

Helmets, Pads, and Uniforms

We are already through our third week of practice, we will be practicing outside in just four more weeks, and we take the field for our very first game in just eight weeks! Are you ready?

In order to be completely ready, we need to get into "gear".

Coaches want us practicing in helmets and pads as soon as possible. Please start bringing your equipment to practice this week. We may not wear them right away, but when the last sets of pads arrive, we will all be ready to go!

Talk to Lisa Olson if you have not found or ordered equipment yet or if you have equipment to sell or give away.

It is also time to order uniforms. We will be doing a group order for home and away jerseys, pants, belts and socks for all. See Lisa at the next practice so she may take your chest and hip measurements. Uniforms are an additional expense for each player. Prices will be communicated as soon as we have a complete order ready to go. Uniforms, as well as helmet decals will be unveiled when all are finished!

Equipment for Sale!

\$200 for the entire package!

Schutt Air Advantage Helmet (M), Zena Shoulder Pads (M B Cup), Nike Chin Guard, Black Wrist Coach, Slotted Hip and Tailbone Pads, Thigh and Knee Pads

Contact Lisa Olson if you are interested!

Please, be on time.

Being there is GREAT! Being on time is even better!

Higher Power Training time is not an optional activity; it is a required portion of our Saturday practices. We have training time reserved in between two other clients so there is no room to add time at the end of our workout to catch up.

When we have football practices at the gyms, Eden Prairie High School or Jimmy Lee, we are paying for the time and have to leave when our time is up. Again, there is no room to play catch up at the end.

Ju-Jitsu class begins at 3 p.m. The "warm-up" as it is called, is intense and will be a huge help to our endurance on the field. Missing the start of class is a huge loss to you and is considered disrespectful to martial arts trainers around the world.

Please be on time. It is understandable that things come up, but do your best to plan ahead and show respect to those leading our workouts and to your teammates. Do it for yourself ... you benefit most when you are there for all that is offered!

Are You Craving More?

Watch the NFL Network to help get you ready for the season! The *Scouting Combine* shows position specific drills that you could easily replicate at the gym and *Prime U* includes motivational talks to get you pumped for what's ahead! Watching replays of games will also prepare you for game day!

You will be ready!



The 2009 Minnesota Machine is

Melissa Acevedo
 Angela Alman, Captain
 Maggie Alt
 Sarah Bishop
 Samantha Byram
 Brett Campos
 Yolanda Fason
 Cindy Gerfast
 Abby Krause
 Rachel Lee
 Jackie Means
 Mandy Merriman
 Kim Miller, Captain
 Lori Nichols
 Jennifer Niemuth
 Lisa Olson
 Jessica Patnode
 Melisa Schlueter
 Sara Schoen
 Danielle Thompson
 Angie Vietor
 Catima Wilson

Good things happening in our league!

The Women's Football Alliance has a new partner, from the NFL!

Lorenzo Neal, Baltimore Ravens FB, will help lead the charge for the WFA by offering his knowledge of the game to teams and players in the WFA. The 2008 Pro Bowl Full Back has been a lead blocker for nine straight 1,000-yard rushers and has cleared the way for LaDainian Tomlinson each of the last three seasons he played for the Chargers.

"I am honored to be a part of a football league that has so much passion for the game of football," stated Lorenzo, "The sacrifices that these women are making just to play the game is inspiring and I want to help take their teams to their fullest potential."

During his offseason Lorenzo will be touring the nation, running camps and clinics for young men, women, and teams. In addition, he will be available as a motivational speaker for WFA and MLFA team fundraisers and award dinners.

For more information about Lorenzo Neal and his programs, contact the WFA office or visit www.lorenzoneal.com.

In addition to a new partner, WFA President Jeff King, received other big news!

Jeff has been hired as the USA Football Director of Adult Amateur Football. "This new position will not interfere with the WFA operations. In fact, it will make sure Jeff is available at the office 24/7 devoted entirely to football", says Lisa King.

USA Football is the national governing body of America's favorite sport on youth and amateur levels. The organization hosts more than 100 training events annually, offers education programs for coaches and game officials as well as skill development for young players and resources for youth league administrators.

For more information about this organization, visit them at www.usafootball.com.

Stay tuned for more great things from the WFA!

Dynamic Stretching Reduces Injuries

Proper sport and dynamic stretching will become part of the regular Machine warm-up routine!

A special guest trainer will lead the team through organized and sensible stretching and warm-ups before practice begins on most Tuesdays. On these days, the trainer will be in charge of the team from 6:30-7 p.m. with the Machine Coaches taking over afterwards. Be on time and be ready to work hard doing various drills, ladders, cones and circle drills that will focus on conditioning, speed, strength, agility and stability!

On the days without the trainer, our Captains will lead the team through similar warm-ups in order to maintain consistency.

This routine will help our team tremendously, by cutting down unnecessary injury by stretching and warming up properly.

We are sure to be a well oiled Machine come game day!

New Phone Number!

The Minnesota Machine has a new team number. Use this number for all Machine questions, inquiries, etc.

612-965-0779

Also new ... make payments to the Minnesota Machine!

"I am PART of the Minnesota MACHINE" Shirts available!

Shirts are \$8 each for players and their friends and families.

Ask for them at practice.

Make your football list ... and check it twice!

The following is a list of required or recommended items that each player needs for home and away games.

- Helmet
- Skull Cap
- No Glare Strips
- Nose Strips
- Mouth Guard (bring an extra)
- Shoulder Pads
- Rib Protector (QB)
- Elbow Pads
- Forearm Pads
- Wrist Protectors/Bands
- Gloves
- Hip Pads
- Tailbone Pad
- Thigh Pads
- Knee Pads
- Knee Brace
- Ankle Supports
- Football Cleats or Turf Shoes
- Socks
- Undershirt/Shorts
- Girdle
- Home and Away Jerseys
- Football Pants
- Belt
- Medication
- Halftime Food/Drink

For practices with pads, wear a practice jersey over your shoulder pads. Practice jerseys should be orange, black, grey, or white.

Talk to the Coaches, Captains, or Lisa Olson if you have questions about your equipment!

Look Out Wisconsin, Here We Come!

Mark your calendars now!

Saturday, April 11th
8 p.m.-Midnight
Minnesota Machine Beer Bash
\$7, all you can drink at
The Boulevard Bar and Grill in
Dresser, Wisconsin

Machine player, Samantha Byram, is from Osceola WI. She has been working on our first Machine fundraising event, to take place in Dresser ... just minutes from her home.

The owner and staff of The Boulevard have been very welcoming and supportive and are excited to have us there for the evening.

Machine players will attend, dressed in Machine gear (jerseys, maybe!), and meet the crowd as we get to know our newest group of football fans!

The event will include music from DJ Skow, dancing, games and prizes, Machine giveaways, and more!

Players should be prepared to hand out prizes, sign autographs, smile for photos, and promote the sport and team we love!

Funds raised from this event will go to cover Sam's player fee first, with all extra income going directly to the team. Be there to support Sam, the team, and to have some fun!

Players are also invited to go to The Boulevard on Friday, April 10th to promote the event and enjoy live music from The Dweebs!

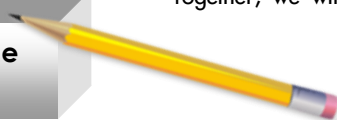
Hotel information, as well as more event details (carpooling, etc.), will be available at upcoming practices, so stay tuned!

If you have questions, or would like to help with the event, please see Lisa Olson, Angela Alman, or Sam Byram.

Check out The Boulevard at www.theblvdindresser.com.

Together, we will make it successful!

Turn in your Blocking Scheme Homework today!!



Foundation IX Offers Grants

Foundation IX will be accepting grant applications from February 16-April 25, 2009 for the individual "Let Me Play" grants for girls.

that participation in sport and fitness activities holds values and skills that can be applied to all aspects of life. For more information on Foundation IX, visit their web site at www.foundationix.org.

"Let Me Play" grants are designed for girls ages 5-19 who are unable to afford the basic participation fees or costs of equipment associated with their participation in sport or organized fitness activities.

Players qualifying for this grant can find the application on the Minnesota Machine web site.

The mission of Foundation IX is to increase girls' participation in sport and organized fitness activity by eliminating cost as a barrier. While emphasis is traditionally placed on excellence, they believe

Player fees are due!

\$250 was due on February 7th and \$250 was due on March 1st. Thank you to all who have paid or made payment arrangements!



March 1st
Player fee due.

March 3rd
Practice, 6:30-8:30 p.m.
Jimmy Lee Rec. Center

March 5th
Practice, 6:30-8:30 p.m.
Jimmy Lee Rec. Center

March 7th
Practice, 8:30-10:30 a.m.
Higher Power Training

March 8th
Ju-Jitsu Class, 3-4:30 p.m.

March 9th
Practices move to
Monday/Wednesday
6:30-8:30 p.m.
Jimmy Lee Rec. Center



Happy Belated Birthday!
Lisa Olson, Jan. 6th
Rachel Lee, Jan. 31st

Happy Birthday!
Lori Nichols, March 11th
Yolanda Fason, March 17th



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ROAD TRIPS!

Mark your calendars today for two upcoming Minnesota Machine Road Trips ... Saturday, April 18th and Saturday, May 23rd!

The WFA season begins on Saturday, April 18th! We do not have practice scheduled at this time, but we will most likely have it in the morning. Afterwards, you are invited to go on the road to Kansas City ... both Kansas and Missouri! Travel with the team to watch the Kansas City Storm play the St. Louis Slam and the Missouri Phoenix play the Iowa Thunder. We will start at one game to watch the first half and then move over to the other game for the second half. We will see all of the teams from our division play in one day, a chance to check out the competition if you will! It is especially good for anyone who has not played a game yet ... a chance to see what it is all about! We will have sign up sheets at some upcoming practices in order to see who is interested, who is willing to drive, who wants to stay the night, etc. Stay tuned!

On Saturday, May 23rd, the Minnesota Vixen will play the Chicago Force, in Chicago. We do not have a game or practice scheduled, as it is Memorial Weekend. Several players have talked about a drive to the windy city to support our sister team! We will drive to Chicago on Friday or Saturday, and come home on Sunday ... or later if you chose ... it is a holiday! Again, sign ups will be available at practices so that we can figure out how many will go!

ROAD TRIP! Good for learning, relaxing, and team bonding! Come along!

Something to think about ...

"Most of you will live another fifty years or more. I hope it's seventy, but if it's fifty that's still a good life, and what happens today you'll have to live with the rest of the way. You can't get it back if you don't win. It's sixty minutes and over. The losers are the ones who say, 'Oh I wish I could play it again.' You can't play it again. Well, you're not really going to have to play sixty minutes. None of you. The longest play in a game is six and a half seconds. The shortest play is less than two seconds. That's barely a wink of the eye. You'll average five seconds a play. Five seconds of total effort, going all out, giving a hundred percent. You oughta be able to hold your hand in a fire that long..."

-legendary Coach Bear Bryant, to his Alabama football team before a 1974 game