

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."

In this issue

Recruiting

Higher Power Training

Player Numbers

Combat Ju-Jitsu

Thank You

Events

Meet a Machine Part



Find a Face for this Player! Recruit!

The Minnesota Machine is looking for more players to add to an already wonderful bunch!

There are currently 14 players signed to the 2009 team (players signed at the team meeting on Saturday). There are an additional 6 who were unable to attend, and another two who are currently undecided. This brings us to a possible 22 players.

So far, the interest, dedication, and determination of the players have not made it seem like we are working with a small crew! The overall feel at this point is that

Homework and more from HPT!

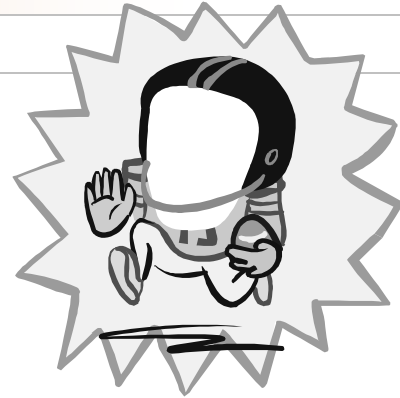
Players showed up early and prepared on Saturday (paperwork filled out and everything!) in order to get the season started! We were made to feel welcome at Higher Power Training and then we got right to work.

We worked with partners, making our way through cycles of weight lifting stations for our arms, legs, and abs. Brad Nordstrom spent time with each of us as we worked on the Dead Lift and asked each of us to keep track of our

workout on worksheets provided. The team then worked through 30 second cycles of hurdles, medicine ball bouncing, and pushing the sled.

Brad assigned homework to everyone! Players are supposed to go through exercises similar to what we did at HPT at least two more times during the week. Working out on our own, in combination with the group sessions at HPT, will help us get results ... as individuals and as a team!

This Saturday we will expand



everyone wants to take in all of the information, learn, work hard, and play as much as they want or have to throughout the season. With that said, it would still be nice to round out the team with an additional 10 or so players.

Recruiting fliers were included in the Machine Manuals handed out on Saturday, and they will be available online by the end of the week. Please make a few copies and pass them out to friends, co-workers, businesses that you frequent, etc. It can't hurt to try!

Any player interested in joining the Machine at this point will need to set up a time to meet with Coach Dann and Lisa Olson. The new player will pay the \$20 tryout fee, go through timed drills, and meet to cover all details of the team.

The Machine is already turning into more than a football team; it is quickly feeling like a new family. The entire team already seems excited to carry out its mission. Tell a friend today!

on the warm-up and add in ladder or cone work. From then on, workouts will vary with increasing intensity as we progress!

An Opportunity for More Higher Power Training!

Boot Camp!

Wednesdays,

5:00-5:45 pm.

Punch cards are available for 6 sessions for \$105.

You do not have to be a member...just show up ready to work hard!

Talk to Brad Nordstrom at our next workout!

Find us at www.myspace.com/mnmachine and www.facebook.com search Minnesota Machine.

Machine Part No. and Manuals

What is your Part No.?

Coach Dann will be assigning player positions and numbers this week!

Everyone will be assigned a position on offense and defense, because many players will play both sides of the ball. The coaches will let players know which position should be considered the "primary" position, but will expect that we know them both.

Watch for an e-mail from Coach Dann or send one to him at CoachDann@mnmachine.com to decide on a number that works

with your given position. You may have a favorite number that may be taken or it will not work with your position, so have a back-up or two in mind.

Machine Manual

Binders were distributed at practice on Saturday. If you did not receive one, please see Angela at the next practice.

These are yours to keep and should be with you at all practices and classroom sessions.

Some items are yet to be completed and some typos were discovered, so updates will be provided when necessary.

Players who were not at the first practice will need to meet with Angela in order to go through items included in the manual.

Many items from the books will be available to view and download from our web site. Check for updates at www.mnmachine.com.

Remember to read your playbooks!!!!



In keeping with the routine, the Minnesota Machine continues with its thank you list, with a "Thank you!" to those who were involved with the first Machine practice day!

Dann Lickness, coaching
Michael Peoples, coaching
Iakovos Tsakalas, coaching
Kris Froyum, coaching

Brad Nordstrom, HPT

Eden Prairie
Community Center
Eden Prairie High School

Steve Peterson,
Combat Ju-Jitsu
Todd Mott, Ju-Jitsu volunteer
Jeremy, Ju-Jitsu volunteer

And all the players who participated!

Combat Ju-Jitsu is Impressed!

Sunday was our first ju-jitsu class and it was a blast! Steve Peterson had many of us sweating ... just with the stretching!

Participants paired up and worked on various kicks and punches, forcing each other off balance, putting each other in holds and more.

As we learned the drills, we would have time to practice. Some items we repeated 10 times and then switched,

while others were timed for 30 seconds. Class ended with three minute rounds of grappling with partners. Time goes pretty slow when you move the whole time!

What does this have to do with football? Everyone in class was moving for almost the entire hour and a half, while working with arms, legs, abs, hands, and feet. This conditioning will make running football drills and keeping up in games simple! Class also began to teach us to have control over our bodies, knowing where our balance is and how to take our opponent off of hers. This will help us get away from defenders and carry out our plays, while keeping the other team from being successful.

Staying low and in control is a good way to win the game!

Steve Peterson, owner and our class instructor was impressed!



He said we were not at all what he expected. We were dressed and ready to go and we wanted to know everything right now! He is used to the ladies who don't want to get dirty or break a nail.

Way to go Machine!

There is still room in class, but players joining now should be prepared to commit to the remaining five classes. See Lisa Olson to join.

Check out our league at womensfootballalliance.com

Mark Your Calendar

February 10th

Classroom Instruction,
6:30-8:30 p.m.
Neill Elementary

February 12th

PRACTICE CHANGE!
6:30-8:30 p.m.
Neill Elementary

February 14th

Practice,
9:30-10:30 a.m., HPT
11 a.m.-12:30 p.m., EPHS

Happy Valentine's Day!



February 15th

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

March 1st

Player Fee Due

Minnesota Machine

1871 Stillwater Avenue East
St. Paul MN 55119
317.504.7942

www.mnmachine.com
info@mnmachine.com

Save the Dates!

Mark your calendar today!
Machine Events on
Saturday, April 4th and
Saturday April 11th, and
Saturday, May 30th!

Various Machine players
have shared ideas for
Machine events and now
we will be putting together
some of the details.

The thought for April 4th is
to have a Machine vs.
Machine scrimmage in
Austin MN. We would like
to play a game, serve
food, and then provide

some activities to the
community and new Machine
fans.

The idea for April 11th is to
have a family football and
Easter event in Osceola WI.
The talk has been to have an
egg hunt and then have the
kids go through a number of
football related activities. Food
and entertainment are also
possibilities.

The BIG Machine event for
May 30th has yet to be
determined. Please share any
ideas that you may have.

Details are still in the works
for all events, and some parts
of each event may change.

For now, we just want to
make sure everyone saves the
dates and gets excited to
attend!

If reading this made any new
ideas come to mind, please
share them today!

Meet Part No. 0002, Michael Peoples

Michael Peoples, Minnesota Machine Assistant Head Coach and Offensive Coordinator, was born on April 29th and goes by the nickname Teddy Bear. As was the case with our other coach, we should probably stick to Coach Mike for now!

Mike's hometown is Victoria, Minnesota. He was a two-way starter on the Waconia High School football team and played Defensive Tackle at Hamline University. Mike is currently a Project Manager.

Mike spends his free time coaching our great team, spending time with his wife and playing video games. Wonder what game he plays most often!? His favorite things include his marriage, his house, and his XBOX 360. Coach Peoples is also a Vikings fan because he is still waiting on a championship ... does that mean he will be a fan forever? Hee hee ...

As we go through practices, we will often hear Mike say, "Oh Boy". Sometimes it will be out of excitement; while other times he will just be frustrated ... the frustration level will depend on the players and the outcomes of our practices and games!

Mike likes the word "team" in the Machine mission because, to him, football is the greatest team sport in the nation and he is looking forward to being a part of a special team.

He wants our team to move forward from where we are, start strong, start correctly, and build for our future. He can offer his experience and passion for the sport, as well as advancements in teaching women to play football. Mike wants to put the best football team on the field and expand the football knowledge of all players. "Oh boy"!



Welcome to the Machine!

Will you be late for practice? Absent?
Will you need to leave early?

Call, text, or e-mail
Minnesota Machine Head Coach, Dann Lickness at
952-200-1244 or CoachDann@mnmachine.com.