

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."



Huddle Up!

The football huddle is the first step our team takes to put our plays into action. It is important that all players follow the rules of the huddle.

For the Machine offense, the Center will call the huddle. To make things consistent, the Right Tackle will call the huddle for the defense. The Quarterback will be coming to the huddle with the offensive play and the Middle Linebacker will share the defensive play with the team.

As soon as the huddle is called, all players must remain quiet and ready to listen.

As we go through our practices,

we may have questions to ask and comments to share about the play we just completed. For a few weeks, it was okay to have those conversations in the huddle, as another way to learn and help each other. Now that we are well into the preseason, it is time to save those conversations for times when we are out of the huddle. Always imagine that the opponent is there, ready and waiting for us! Make the practice huddles as serious as a game day huddle!

Please ask your questions as you are running back to the huddle or as soon as we have a break!

"Ready, break!"

Optional Practice!

Thursday, March 19th
6:30-8:30 p.m., Neill Elementary School in Crystal

An opportunity to go over the playbooks, ask questions, and walk through some plays!

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Woodbury Welcomes Us!

The Machine will play its home games in the South Washington County School District 833!

Home Game Schedule:

Saturday, May 2 nd	vs. Missouri Phoenix	at Woodbury High School
Saturday, May 9 th	vs. St. Louis Slam	at Park High School
Saturday, June 13 th	vs. Iowa Thunder	at Woodbury High School
Saturday, June 27 th	vs. Kansas City Storm	at Woodbury High School

Woodbury High School, 2665 Woodlane Drive, Woodbury MN 55125
Park High School, 8040 80th Street South, Cottage Grove MN 55016

Both schools have beautiful turf fields with all the necessities for a successful home game. We have been very happily welcomed into the district by Tim Maurer, Community Education Activity Center and Events Coordinator. Thank you Tim!

We are going to check out the events calendar for the district and show our gratitude and appreciation by attending a game, a play, or other district activity.

Stay tuned for more details!



Casting Call!

The casting producer for ABC Television's reality show, *Wife Swap*, contacted the WFA with hopes to find a new family to cast for the show!

He is looking for families in which the mom plays or coaches football OR, perhaps is just extremely involved/passionate about the sport in another way.

Wife Swap takes two different families and has the Mom's switch places to experience how the other family lives. Half of the week, Mom lives the life of the family she is staying with. Then she introduces a "rule change" where she implements rules and

activities that her family has. It's a positive experience for people to not only learn but teach about other families and other ways of life.

Wife Swap airs on Disney owned ABC television on Fridays at 8 p.m., the family hour! They focus on having fun, learning and teaching.

Wife Swap is now accepting families with at least one child between 7 and 17 and should reside in the continental U.S. This is a very unique experience that can be life changing for everyone. Families featured on the show will receive a financial honorarium for lost wages, time and commitment.

Interested players should contact Lisa Olson right away!



Today

Entire player fee is due.
Homework is due.
Bring your helmets and pads.

March 9th

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

March 11th

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

March 14th

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

March 15th

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



Happy Birthday!

Lori Nichols, March 11th
Yolanda Fason, March 17th

Meet Part No. 2, Abby Krause

Minnesota Machine player, Abby Krause, or Abz, will play as #2 this season. She says she is okay with any nickname her teammates create for her! We'll see if she regrets saying that by the end of the season!

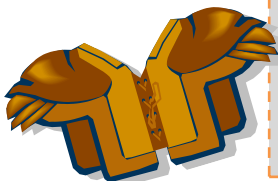
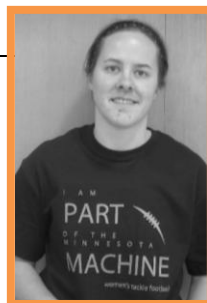
Abby was born in Canada and currently works as a Youth Counselor, focusing on gang members. When she is not busy with work or Machine events, she enjoys reading, writing, drawing, sports, and eating!

Abby comes to the Machine with experience playing Division 1 Hockey for St. Cloud State University. She also has participated in softball, soccer, track, and enjoys sand volleyball. She favors the Winnipeg Jets Hockey Team; because that is the team she grew up watching.

If you get into a conversation with Abby, she will most likely say "seriously" many times over. This word seems to fit, since she has already proven to be very serious about her commitment to the team! Abby also says that every moment in her life has been memorable, simply because she has too many to pick just one!

Krause's favorite word from the Machine mission is "foundation" because nothing can be successful without a good one! Abby hopes to learn how to be a great team player and can share her hard work and dedication with the team. Abby's goal for the team is for us to make something for ourselves!

Welcome to the Machine Abby!



More Equipment for Sale!

Black and white Adidas cleats designed for turf - \$35
Shoulder pads for running back/safety position - \$25
Nike gloves - \$15.00
Nike gloves with grip/tacky palms - \$25
Contact Lisa Olson if you are interested!

Minnesota Machine

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