

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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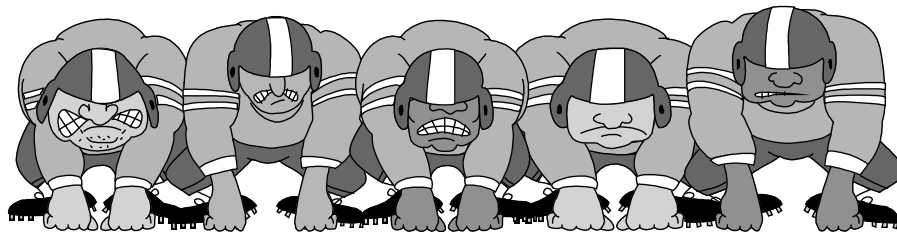
Quality

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Machine Practice Begins Saturday!

The Minnesota Machine will begin practices this Saturday, February 7th. This first practice will be more like a team retreat, starting at 9:30 a.m. and ending at 3 p.m. Talk about team bonding!

Practice begins at Higher Power Training (HPT). Here we will work with our team personal trainer, Brad Nordstrom, on skills that are sure to improve our game. **Please arrive early so that we are all ready to begin right at 9:30 a.m.**

HPT requires that all participants complete a

waiver and health history. You will find these forms in an e-mail message and on our web site. Please bring completed forms on Saturday!

From Higher Power, we will go down the road to Subway for lunch. Machine Owner, Lisa Olson will meet with each player. This one on one meeting will give each person a chance to ask questions that relate directly to their specific situations!

After lunch, we are off to Eden Prairie Community Center for a team meeting. The meeting will cover player responsibilities, expectations, and opportunities for involvement. We will cover player fees, equipment needs, volunteer hours, sponsorship materials, schedules, game information, and more. Players will be expected to sign a 2009 Minnesota Machine Player Contract by the end of this meeting.

Finally, we will move over to Eden Prairie High School for football practice! The coaches will begin to work with us on the thing that brings us all together ... FOOTBALL!

The Minnesota Machine really is up and running! Welcome!

Vikings Player Learns from Ju-Jitsu ...

Minnesota Vikings Defensive End, Jared Allen is a "huge MMA fan". This information comes from an article written by Stacey Pressman for ESPN Magazine, The Fan Issue, February 2009.

According to the article, Allen says, "The sport is violent, but that's what attracts people. It's like an art form – how you focus, keep your wits and temper your emotions through it all. It's the ultimate test of will. You can't rely on anyone but yourself".

During the off-season, Jared Allen trains in both boxing and Ju-Jitsu. He says that what it does for his hand-eye coordination and his core is, "just incredible".

Allen is one of the top three defensive ends in the National Football League. Machine players and family members have the opportunity to learn from Ju-Jitsu as well this season!

Photo of Jared Allen and Brock Lesner by Martha Camarillo, ESPN Magazine.



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... and so will the Machine!

Steve Peterson of World of Self-Defense Combat Ju-Jitsu will train interested Machine members in the art of Ju-Jitsu this season.

Class dates are as follows:

- Sunday, February 8th
- Sunday, February 15th
- Sunday, February 22nd
- Sunday, March 8th
- Sunday, March 15th
- Sunday, March 22nd

Classes run 3:00-4:30 p.m. at 5406 43rd Avenue South, Minneapolis MN 55417.

Learn more at www.combat-jujitsu.com.

There are currently 15 members interested in this class, which brings the cost to \$5 per class or \$30 for the whole package. Participants must commit to 5 of the 6 dates.

Payment for Ju-Jitsu should be made in full before beginning class on February 8th. Please make checks payable to Lisa Olson. Machine members joining after the first class and/or participating in less than 5 classes will be charged \$8 per class.

Steve will treat this class just as he does with the guys! We will warm up, learn moves and counters, and then have ground work with partners. Remember to treat your teammates as you want to be treated!

Prepare!

Come dressed for class. Wear clothes you do not care about. You will be in close proximity to someone for most of the time. No zippers or Velcro please. Wear compression shorts under your other shorts. Wear a mouth guard. Bring water! Be prepared to sign a waiver and health form. Have fun!

Supplies for Saturday

Please wear, bring, or be prepared for the following items at practice this Saturday:

Comfortable Workout Clothes and Shoes

Towel (for your sweat!)

Water Bottle

Photo ID and Proof of Insurance (if we don't have it yet)

Higher Power Training Waiver and Health History

Money for Lunch

Questions ... if you have them!

Dates you will be gone ... if you know them!

First Half of Player Fee (\$250) ... or More

Be ready to complete various team forms.

Be ready to sign a contract!

Welcome to the Machine!



Quality Control

The Machine has kept top quality in mind as it has worked to assemble each part of the team so far.

Continuing with that idea, we are proud to announce the official addition of Kris Froyum, Quality Control Coach for the Minnesota Machine!

Kris worked with the team at both tryout sessions. He coached us on the little details, such as which foot to start with, where our eyes should be, and watching so that we don't "bow out" on a route. Paying attention to these details and making the necessary adjustments will be just what we need to make sure we dominate on the field!

Kris will be joining us for Saturday practices and at games. He has already said that he will be honest with us and we may not like him afterwards. Some players who heard him say this just laughed ... the truth that he offers is something a player craves in order to excel!

Welcome Kris!



THANK YOU

It will become a Machine habit to thank those who help to build our team! The Minnesota Machine begins its thank you list, with a "Thank you!" to those who were involved with Machine Team Tryouts!

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

Neill Elementary School
Tony Cleveland, Neill custodian
Scott Fox, Neill custodian

Don Ackerman, volunteer
Samantha Ackerman, volunteer
Alastair Collins, volunteer
Melissa Laatsch, volunteer

Brad Nordstrom, HPT

And all the players who participated (30 of you)!

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

The Cost of Football

The Minnesota Machine must charge a \$500 player fee for the 2009 season in order to cover some team expenses.

The first \$250 is due on or before February 7th and the remaining balance of \$250 is due on or before March 1st. You may pay your entire fee before the March 1st deadline if you are able.

Player fees will go towards

the cost of facility rentals, field rentals, travel, officials, medical staff, and other football supplies. The fees are only part of the picture. The Machine will form partnerships and gain sponsors to help cover costs as well. Discussion of sponsorship options will be discussed at the February 7th practice.

A binder with budget information will be available on game days for all to review. Any questions about fees and finances may be directed to Lisa Olson at any time.

In addition to the player fee, each player is responsible for the costs of the following items: helmet, facemask, shoulder pads, practice attire, home jersey, away jersey, game pants, belt, game socks, cleats, and other pads or protective gear. Players should also keep in mind that meals during away games become another expense. You are welcome to bring your own food, but we do stop to eat!

Please don't let the fees scare you. We can find help!



Meet Part No. 1HC, Dann Lickness

Minnesota Machine Head Coach, Dann Lickness (yes, two N's) will also go by the nickname N2 ... for now we better stick to COACH!

Dann was born on July 7th and considers Braham, Minnesota his hometown. He attended Braham High School where he was involved with football, wrestling, and golf. He continued with football and wrestling when he attended North Park College and the University of Wisconsin – Superior.



Dann is currently a Graphic Artist for Skyline Displays Midwest and his talents will be utilized often as we continue to build the Machine! We can hope for his assistance in creating Machine decals, signs for parades, and entire booths for future Machine events. His work is quite impressive!

When Dann is not working, or enjoying the company of the Machine, he enjoys singing karaoke! We are sure to hear him sing a few bars if and when the time is right! We may have to add some "performance dates" to our calendar so that we can cheer him on!

Coach Dann likes the word "foundation" from the Machine mission. He is here to be a part of that foundation! He hopes to soak up the desire to be a part of something great that comes from the team and plans to provide structure and discipline in order to move us forward. His goal is for all of us to get better every day and just prove that we can!

"One play or 100 plays, just be ready to go!" says Coach Dann. Are you ready?

Welcome to the Minnesota Machine Dann!

February 7th
Practice, 9:30 a.m.-3 p.m.
First half of player fee due.

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

February 10th
Classroom Instruction,
6:30-8:30 p.m.
Neill Elementary

February 12th
Practice,
6:30-8:30 p.m.
Crystal Community Center

February 14th
Practice,
9:30-10:30 a.m., HPT
11 a.m.-12:30 p.m., EPHS



Happy Valentine's Day!

Minnesota Machine
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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.