

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."*



## Machine Tryouts Begin This Weekend!

Tryout times have been extended! Tryouts will now go until 12:30 p.m. in order to provide time to go over more team details!

**Saturday, January 24th and Saturday, January 31<sup>st</sup>, 10 a.m.-12:30 p.m., Neill Elementary School, 6600 Medicine Lake Road, Crystal MN 55427. Cost is \$20.**

Please bring a photo ID and proof of insurance. We will make copies on site. When you arrive, you will be asked to sign in, pay your fee, show ID and insurance card, complete and sign a waiver, and

maybe even have your photo taken! SMILE ☺

### Agenda (we'll do our best to stay on track)

- 10 a.m. – Sign In
- 10:05 a.m. – Welcome and Introductions
- 10:15 a.m. – Meet the Machine
- 10:25 a.m. – Introduction to Machine Partners
- 10:30 a.m. – Warm Up
- 11 a.m. – Coaches Groups
- 12:15 p.m. – Cool Down
- 12:25 p.m. – What's Next!
- 12:30 p.m. – Thank you and Good Bye

There will be time at the end of tryouts to go through your player information in more detail, ask questions, and make your commitment to the Machine official!

For those of you who are ready to be a Machine "part", you will be able to sign a contract and pay all or part of your \$500 player fee at tryouts! See you soon!

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## Silence is GOLDEN ... or is it ORANGE!

Shhhhh ... have you heard anything from the Minnesota Machine lately? Not a lot! Is that a good thing? Of course it is!

Parts of the Machine are being assembled every day. It is with good intentions that things are a little quiet right now, simply because everything is a work in progress.

The "behind the scenes" crew wants to finish as many pieces as possible before presentations are made.

The Machine officially formed on December 12<sup>th</sup> and that date was followed by the holidays ... so things have been crazy busy ... but very promising and exciting.

Items in the works have included such things as the logo, uniforms, tryout plans, practice gyms and fields, home game locations, game officials, sponsorship materials, merchandise, marketing plans ... and so much more. Just when one project is finished, another one comes up!

Those who have been working on Machine projects have kept an open mind to many possibilities, taken input from various sources, and have stuck to a plan that "assembles" the best possible product for all involved.

Shhhhh ... sometimes quiet is a nice thing! Enjoy it while it lasts, because in a very short time, we will hear nothing but the wonderful noises of the Machine!!!!

Go Machine!

Find us at [www.myspace.com/mnmachine](http://www.myspace.com/mnmachine) and [www.facebook.com](http://www.facebook.com) search Minnesota Machine.

## Hit the gym! Saturdays will be tough!

Saturday practices for the Machine will take place in Eden Prairie.

The Minnesota Machine has formed a partnership with Higher Power Training in Eden Prairie. HPT is a personal training and athletic performance enhancement company. They are dedicated to "powering" an individual's performance, health, and body composition to a "higher" level.

Brad Nordstrom, Personal Trainer at HPT, is writing a program specifically for our

team. He will work with us in order to build power, strength, and skills that are sure to help on the field. We will see improvements as we go! Partnering up with HPT benefits our coaching staff too. Practice time can be used more efficiently and effectively. The coaches will not have to spend so much time getting us into condition, they can focus on what they should and want to be doing ... coaching football!

When our workout ends at HPT, we will then move over to Eden Prairie High

School for more specific football drills in the school's gymnasiums. Most Saturdays will typically run 9:30 a.m.-12:30 p.m., with 1 hour at each facility.

The first Machine practice will be held at Higher Power Training on Saturday, February 7<sup>th</sup>. The time is yet to be determined, but will be 12-2:30 p.m. or 9:30 a.m.-2:30 p.m. depending on one last minute plan in the works! Free up your day if you can!



### 2009 Machine Schedule

April 18<sup>th</sup>  
Machine BYE

April 25<sup>th</sup>  
at Iowa Thunder

May 2<sup>nd</sup>  
**Missouri Phoenix**

May 9<sup>th</sup>  
**St. Louis Slam**

May 16<sup>th</sup>  
at Kansas City Storm

May 23<sup>rd</sup>  
WFA League BYE

May 30<sup>th</sup>  
Machine BYE

June 6<sup>th</sup>  
at St. Louis Slam

June 13<sup>th</sup>  
**Iowa Thunder**

June 20<sup>th</sup>  
at Missouri Phoenix

June 27<sup>th</sup>  
**Kansas City Storm**

Check out our league at [womensfootballalliance.com](http://womensfootballalliance.com)

## Break a hold! Get off a block! Move 'em back!

Once practices begin, we will hear the coaches saying, "Stay low, use your hands, move your feet" and so on. We as players need to do these things in order to be successful in our positions on the field. The Machine has found a way to help players improve these skills!

We are proud to announce Combat Ju-Jitsu as a new partner! This is one of the oldest martial arts schools in the state of Minnesota. The school was founded in 1957 by Bob Easom, who taught Judo and Ju-Jitsu in the US Navy. Around 1970, Easom was relocated by the military and the school was taken over by his top Black Belt, Ron Peterson, who had also trained in the early 1960's with noted AJJF/Hawaiian Ju-Jitsu instructor Bill Beach at the Fort Snelling Naval Air Station's Judo & Ju-Jitsu club. Combat was affiliated with the Armed Forces Judo



Association, the American Judo and Jujitsu Federation (AJJF) and the Kodokan Karate Association until the mid-1970's, when Combat became part of the NCJA Kosen Ju-Jitsu organization. Combat Ju-Jitsu is now run by Ron Peterson's son Steve Peterson, who literally grew up with Ju-Jitsu, leading adult classes while still in his teens before eventually taking over the school. Steve has been head instructor for more than 20 years. In the 1990's, "Mixed Martial Arts" events like the UFC increased public awareness of Ju-Jitsu's advantages, and many students have found this club to be exactly what they were looking for!

Combat Ju-Jitsu is offering classes to the Machine team and their family members too! Classes will run on Sundays, February 8, 15, 22, and March 8, 15, 22. Machine members will need to commit to 5 of the 6 dates and pay for the classes, but the costs can go as low as \$5 each, depending on enrollment! That is 7.5 hours of Ju-Jitsu training that would develop your core, speed, and ability to get opponents away from you at your will!

More information will be available at tryouts. Visit them at [www.combat-jujitsu.com](http://www.combat-jujitsu.com).

## Continue with Commitment

A long time ago in the city of Maplewood, a few hungry football players decided to get some pizza. A slice of pizza turned into a weekly event with food, fun, friends ... and sometimes cash and prizes!

We are talking about BARGO of course!!!!



Thursday nights are BARGO nights at Broadway Pizza in Maplewood. BARGO is simply bar bingo with a goofy name.

The restaurant owner, Chris Rude, immediately took us in and treated us like friends and family! He continues to show support for us as football players and as unique individuals ... all with something great to share! In addition to great food and friendly service, he offers advice, ideas, and even specific contacts for

things we need! He is a great guy!

BARGO may not go on much longer at Broadway, but the invitation to get together with teammates and friends is still there!

Check your calendars and see if you can stop by one week. Once you give it a try, you are sure to come back again and again!

Thank you Broadway Pizza!



## Meet Part No. 66, Lisa Olson

"Football is like nuclear warfare. There are no winners, only survivors", says Lisa Olson as she quotes Frank Gifford on her favorite sport.

Lisa had wanted to play football since she was a little girl! She used to play in the streets with all the boys in the neighborhood and she was all time quarterback. She was not QB because of skill; she simply wanted to play so badly that she would beat the boys up if they wouldn't let her be the quarterback! Lisa also has fond family memories of watching football over the holidays. Her family would sit together and watch the Pittsburgh Steelers play the Dallas Cowboys ... Lisa was born in El Paso, Texas yet was a Steelers fan as a child! Memories like these are what made Lisa Olson fall in love with the game of football. On a side note, moving to the UP of Michigan, Lisa became a dedicated Packer fan. Her Minnesota friends do not hold this against her all of the time!

Olson first learned of organized tackle football for women when a former employer told her of the Indiana Speed. She joined the Speed and played for 3 seasons. Lisa then moved to Minnesota and played with the Minnesota Vixen for 2 seasons. Olson's most memorable moment so far in her football career was the Indiana Speed's loss to the Wisconsin Wolves, 72-0! Everything that could have gone wrong went wrong in this game. There were broken bones and a hospital visit and she really thought she would see the "ugly" sides of teammates. Instead she saw team bonding and the true character of the team. It was wonderful! This was when she realized how important playing was to her.

Olson hopes to coach one day, when she is physically unable to play. She wants girls to be able to play, that simple! She wants new players to come out and play ... "show up, that's all it takes and you are hooked. Football does the rest. Football provides a place where everyone can come together, regardless of backgrounds, and work together towards one goal!"

Welcome to the Machine!

The MN Machine System Update has already gone through a change and will continue to change until we get it all complete. If there is anything you would like to learn about or see included in these weekly updates, please send your ideas to [info@mnmachine.com](mailto:info@mnmachine.com).

**January 24<sup>th</sup>**  
Tryouts

**January 31<sup>st</sup>**  
Tryouts

**February 7<sup>th</sup>**  
Practice Begins

**February 8<sup>th</sup>**  
First Ju-Jitsu Class

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