The School of Automotive Machinists & Technology (SAM Tech) was the concept of Linda and Judson Massingill who had for approximately nine years trained automotive machinists for their machine shop (Northwest Engine & Supply). During this period of time many well-trained employees departed to open their own automotive machine shops. The loss of these highly skilled, well-trained machinists slowed down the general production of the machine shop. To help solve this problem, Mr. and Mrs. Massingill began to take on students as apprentices, teaching them the science and skill of the automotive machinist, which led to the founding of the School in 1985. The School of Automotive Machinists was developed to fill a need and a void in the automotive industry. The initial two courses received state approval in 1989, became accredited by the Accrediting Commission of Career Schools and Colleges (ACCSC) and approved by the Department of Education in 1991. In July of 2004, final approval was received for a third course and in 2006, the School received approval for its fourth program which is a combination of the Block and Head Machining programs. In October 2012, approval was received to offer an academic associate degree. Motorsports Welding was approved in November 2014. The Motorsports EFI Tuning program was approved in November 2015. In February 2016, the School name was changed to the School of Automotive Machinists & Technology.

MM&L Corporation owns the School of Automotive Machinists & Technology and is responsible for all activities of the School.