

ZM 5002 Club

2014

*There are no losers in ZM
wrestling, just winners and
learners!*

*Become a ZM 5002 Club
member by completing
the following tasks*

5002 Club member rules:

1. Be honest! If you miss one pushup, sit-up, or jumping jack, you lose your membership. Cougars have integrity....they tell the truth!
2. If you get a detention or have to pull a card in September/October/November when school starts, you lose your membership. You are a student athlete....not an athlete student!
3. Complete these 2 chores between now and November 14, 2014!
 - a. Complete the crossword puzzle on the back. Don't forget to use the word bank! Send your completed crossword puzzle in with your paper below!
 - b. Last, write a short paper (half page to a page) about what hard work means to you and why it's important to work hard in wrestling and life. Younger wrestlers can write a couple sentences with the aid of parents. These papers will be put on display at our first home Varsity dual! Please send these to Link Steffen at 353 E. 9th St, Zumbrota MN, 55992.

What is 5002 Club: I came up with 5002 club as an opportunity for our wrestlers to stay active physically and mentally during the offseason. It's meant to give them self-discipline, self-worth, and hopefully a sense of accomplishment when they complete the tasks.

Commonly asked questions:

1. What do the 25, 25, 25 numbers mean on the calendar?
 - a. The 1st 25 = pushups
 - b. The 2nd 25=sit-ups
 - c. The 3rd 25 = up-downs/burpies/hit-its (all these are same thing)
2. What does 5002 represent?
 - a. The total number of sit-ups, pushups, and up-downs; total 5001...but Cougars always do one extra for 5002.
3. If my son misses a day, can he make it up the next day?
 - a. Yes, as long as integrity is practiced and ALL pushups, sit-ups, and up-downs are completed!
4. What ages are eligible?
 - a. K-6. Any kid who is willing or capable. Do not force any kid to do this if they wish not to...that will be counter-productive.

Wrestlers who complete the 5002 challenge will receive:

1. T-shirt stating '5002 ZM club member'
2. Introduction to the ZM wrestling crowd at our first home dual Dec 5!
3. You can choose one away event to travel with varsity wrestlers as our manager.
4. You can choose one home meet to be the manager!
5. Your name will go on the ZM wrestling room wall as having complete the 5002 challenge!

July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 25,25,25	22	23 25,25,25	24	25 25,25,25	26
27	28 26,26,26	29	30 26,26,26	31	Excellent job guys! I'm very, very proud of you! Keep up the great work!	

Follow these rules:

1. Do every pushup, sit-up, and up-down, as perfectly as you can!
2. Don't ever miss one! Always do one extra just in-case you did miscount!
3. It's important to do pushups and sit-ups correctly! It's ok to do them in smaller sets in order to do them correctly. Technique is very important; DO THEM RIGHT!

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 26,26,26	2
3	4 27,27,27	5	6 27,27,27	7	8 27,27,27	9
10	11 28,28,28	12 You are a champion!	13 28,28,28	14	15 28,28,28	16
17	18 29,29,29	19	20 29,29,29	21	22 29,29,29	23
24	25 30,30,30	26 For every 1,000 pushups you do, you should read one book! Reading is as healthy as working out!	27 30,30,30	28	29 30,30,30	30 GREAT JOB!

Winners make a decision to win!!!!

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2 Good luck in school Cougars! Your school work comes, 1 st , then your workouts!	3 31,31,31	4	5 31,31,31	6
7	8 32,32,32	9 KEEP It up!!	10 32,32,32	11	12 32,32,32	13
14	15 33,33,33	16	17 33,33,33	18 You are stronger!	19 33,33,33	20
21	22 34,34,34	23	24 34,34,34	25	26 34,34,34	27
28	29 35,35,35	30	Joey Majerus was our first ZM academic all-state wrestler in the history of ZM wrestling! That means Joey studied	as much as he practiced wrestling! We are very, very proud of Joey's effort on the mat and in the classroom!		

Missing the first workout is like telling a lie - the next one comes easier!

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 35,35,35	2	3 35,35,35	4
5	6 36,36,36	7 Fantastic work! EXCELLENT!	8 36,36,36	9	10 36,36,36	11
12	13 37,37,37	14 Push Yourself!	15 37,37,37	16	17 37,37,37	18
19	20 38,38,38	21	22 38,38,38	3 NICE JOB!	24 38,38,38	25
26 I wonder if I will ever have a ZM wrestler go on and wrestle for the Golden Gophers of Minnesota? Could it be you?	27 40,40,42	28	29 40,40,42	30 40,40,42	31 Happy Halloween & remember, I luv Twix if you have extra!	DID YOU KNOW: The ZM varsity wrestling team has never lost a single point because of poor sportsmanship from their wrestlers or coaches?

It's not whether you get knocked down, it's whether you get up

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 40,40,45	4	5 40,40,45	6 A cougar never gives up!	7 40,40,45	8
9	10 41,41,45	11	12 41,41,46	13	14 41,41,47 + 1 (cougars always do 1 extra = 5002	15 GREAT JOB GUYS! YOU DID IT! I am so proud of you guys! You are all champions!
16 FYI: your sr. high captains 2014: 1. Joey Majerus 2. Noah Prodzinski 3. Freedom Hunt	17 If you ever have any questions about wrestling or any issues, ask these guys to help you, they will!	18	19 2013 All State wrestlers: Joey Majerus (3rd place), Hunter Prodzinski, Cody Heitman	20	21 2013 All conference wrestlers: Cody Heitman, Joey Majerus, Seth Tupper, Shane Bode, Hunter Prodzinski, Dillon Downes	22
23 C	24 H	25 A	26 M	27 P	28 S	29 !

From Coach Steffen: All of you have the capability to become ZM's next state wrestling champion! I believe in EACH OF YOU! YOU CAN DO IT!

Perfect Attendance: ZM Wrestling

The following wrestlers have completed a task that very few wrestlers have; they had perfect attendance in wrestling for a whole season! They made every practice, morning runs, morning technique, morning lifts, and all wrestling meets! It's no secret that showing up every day leads to success! I will always remember these guys for their dedication!

You will notice some wrestlers are on there twice! I'm looking for ZM's first 3 time perfect attendance wrestler. Can you figure out which ZM wrestlers have a chance to 3-peat and the one who has a chance at a 6-peat before they graduate?

(I'll give you a hint, Cody Heitman, Chase Steffen, and Hunter Prodzinski graduated this year so they can't 3-peat. I've listed all their (grades) at the end of their names to help!)

The names below will go on the ZM wrestling room walls forever! Will your name be on there too?

2011-2012

1. Cody Heitman (10)
2. Seth Tupper (9)
3. Chase Steffen (10)
4. Hunter Prodzinski (10)
5. Evan Block (9)
6. Mitch Watkins (11)
7. Andy Siems (11)

2012-2013

1. Freedom Hunt (10)
2. Andy Siems (12)
3. Caden Steffen (7)

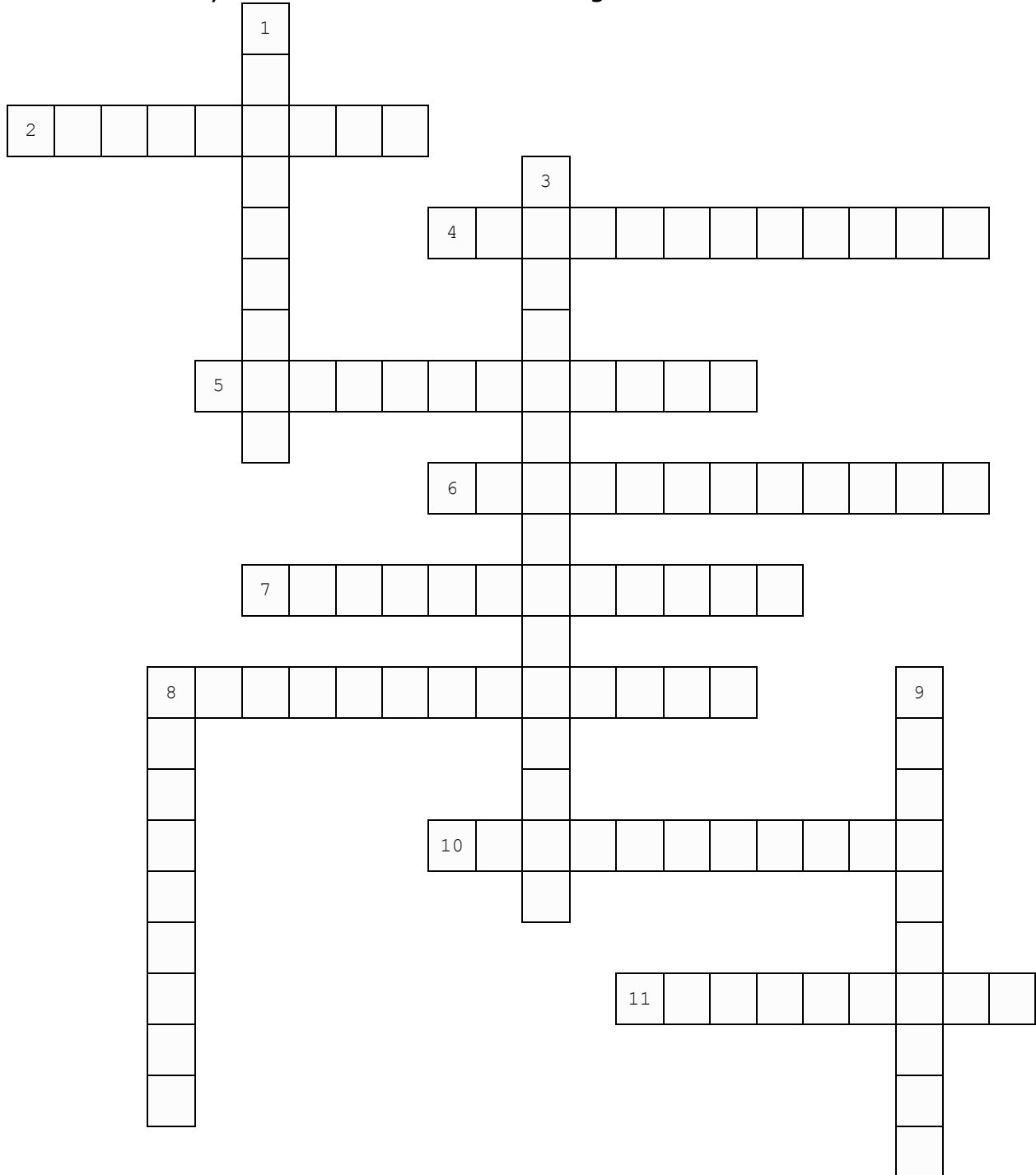
2013-2014

1. Caden Steffen (8)
2. Joey Majerus (11)
3. Cody Heitman (12)
4. Freedom Hunt (11)
5. Seth Tupper (11)
6. Hunter Prodzinski (12)
7. Devin Manzy (10)
8. Noah Prodzinski (11)

Name: _____

5002 club member crossword

Do you know all the ZM wrestling coaches from K-12?



- **Down**

- **1.** Elem & Assistant head varsity coach
- **3.** 1st year HS assistant volunteer from Eagan
- **8.** Elem coach from Wisconsin
- **9.** 2nd year hs volunteer assistant who wrestled for RCTC the last two years

- **Across**

- **2.** 1st year HS volunteer assistant who teaches in Pine Island
- **4.** 7th & 8th grade NYWA team coach (the younger brother)
- **5.** 7th & 8th grade NYWA team coach (the older brother)
- **6.** Elem coach & HS strength training coach
- **7.** Elem coach with 3 boys
- **8.** ZM jr. High wrestling coach
- **10.** ZM High School wrestling coach
- **11.** 1st year HS volunteer assistant who wears glasses from Mankato HS

Here is a 'name bank' to help complete the crossword! Good luck! Not all names listed below are in the puzzle. Once you get our coaches names in the puzzle, try to figure out 2 things that the remaining names have in common?

1. Tony Brown
2. Ray Lewis
3. Dakota Stensland (Joseph)
4. Mark Krier
5. Bo Jackson
6. Lorenzo Neal
7. Jeff Matthees
8. Grant Kylo
9. Adam Vinatieri
10. Ricky Williams
11. Chris Lexvold
12. Roger Craig
13. Chad Matthees
14. Justin Lowrie
15. Warren Sapp
16. Link Steffen
17. Randal McDaniel
18. Tim Krumrie
19. Tony Stensland
20. Tim Kovars
21. Bryant McKinnie
22. Seth Beyer