

# **ZM 5002 Club**

Summer/Fall 2019

**“Be yourself; everyone else is already taken.”  
— Oscar Wilde**

**“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”**

**— Derek Jeter**

**“It’s not the will to win that matters— everyone has that. It’s the will to prepare to win that matters.”**

**— Paul “Bear” Bryant**

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

**5002 Club member rules:**

1. Complete all the workouts and 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 the chores on the last page between now and November, 2019!

**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 a sense of accomplishment.

**Commonly asked questions:**

1. What do the 25, 25, 25 numbers mean on the calendar?
  - a. The 1<sup>st</sup> 25 = pushups
  - b. The 2<sup>nd</sup> 25=sit-ups
  - c. The 3<sup>rd</sup> 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
3. If you wish, you can choose one away event to travel with varsity wrestlers as our manager!
4. If you wish, you can choose one home meet to be the manager!
5. Your name will go on the ZM Varsity wrestling room wall as having completed the 5002 challenge!

# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Hi wrestlers! I hope you enjoy the challenge that lies ahead! Thank you for participating!	15 25,25,25  Good LUCK TO ALL ZM WRESTLERS!	16	17 25,25,25	18 Muscles are built by tearing down tiny fibers within the muscle. Upon repairing those fibers, that's when muscles grow!	19 25,25,25	20
21	22 26,26,26	23 It's ok to be sore. Sore means those fibers are repairing = more muscle!	24 26,26,26	25	26 26,26,26	27
28	29 27,27,27	30	31 27,27,27			<b>Keep working hard!</b>

**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 miscounted!
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 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Be sure to have a reason for doing every exercise! Dream of becoming a state or national champ with every exercise!				1	2 27,27,27	3
4	5 28,28,28	6 I'm PROUD OF YOU!	7 28,28,28	8 ENJOY THE CHALLENGE!	9 28,28,28	10
11	12 29,29,29	13 TRY YOUR BEST!	14 29,29,29	15	16 29,29,29	17
18	19 30,30,30	20	21 30,30,30	22 Way to go!	23 30,30,30	24
25	26 31,31,31	27	28 31,31,31	29	30 31,31,31	31...Never be jealous of a teammate! Be happy for them! When that happens, you'll get even better!

Coach Tony Stensland always says 'EXPECT TO WIN!' I LOVE when Tony says this...it pumps me up!!! What Tony means is....if you put in the work and want to win....why wouldn't you 'EXPECT TO WIN!'

## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Time to warm up the brain for school! <b>What 5 letter word becomes shorter when you add two letters to it?</b> Answer is on October 20th!	2 <sup>nd</sup> riddle: <b>What gets wetter as it dries?</b> Answer is on October 5 <sup>th</sup> !		The ZM wrestlers have won 9 team academic wrestling awards in the last 9 years!!!	<b>In 2018-19, your Varsity wrestlers had a G.P.A over 3.6, which earned them the team state gold academic award!</b>		
<b>1</b> Have you ever thought of what you want to be when you grow up? If not, talk to mom or dad about it today! Dream big!	<b>2</b> <b>Day off!</b> <b>Rest!</b>	<b>3</b> <i>Remember, there is more scholarship money for good grades compared to sports! Take pride in your grades!!!!!!</i>	<b>4</b> 32,32,32	<b>5</b> Johnny Poulin has a 4.0 gpa, my goal would be to do the same!	<b>6</b> 32,32,32	<b>7</b>
<b>8</b> Do you think you could be president one day? Doctor? Mechanic? Doesn't matter which..be the best at it!	<b>9</b> 33,33,33	<b>10</b>	<b>11</b> 33,33,33	<b>12</b>	<b>13</b> 33,33,33	<b>14</b> <b>CHALLENGE YOURSELF!</b>
<b>15</b>	<b>16</b> 34,34,34	<b>17</b>	<b>18</b> 34,34,34	<b>19</b> Honesty, integrity, being fair, being a good friend are important!	<b>20</b> 34,34,34	<b>21</b>
<b>22</b>	<b>23</b> 35,35,35	<b>24</b>	<b>25</b> 35,35,35	<b>26</b>	<b>27</b> 35,35,35	<b>28</b>

**Coach Beyer is one of the most understanding coaches I've ever worked with! He cares for zm wrestling and the kids as if they were his own! I hope one day you care for the zm program and ur teammates just as coach Beyer does!**

# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 36,36,36	1 <b>Way to get stronger!</b>	2 36,36,36	3	4 36,36,36	5 Answer to riddle... <b>A Towel!</b>
6	7 37,37,37	8	9 37,37,37	10 <b>TEAM, TEAM, TEAM, TEAM, TEAM!!!!</b>	11 37,37,37	12
13	14 38,38,38	15 <b>KEEP IT UP!</b>	16 38,38,38	17	18 38,38,38	19
20 Answer to riddle is... <b>Short!</b>	21 40,41,41	22	23 40,41,41	24	25 40,41,41	26
27	28 41,42,42	29	30	31	<b>WAY TO GO</b>	

**Coach Tony Brown puts as much time into ZM wrestling as anyone! It is my hope you are just like coach Brown one day....I hope you put enough time into ZM wrestling to be a STATE CHAMPION!**

# November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ZM Cougar Wrestling #1!!!</b>	<b>ZM, ZM, ZM.... Be proud!</b>	<b>Take pride in being a Cougar!</b>	41,42,42		1 41,42,43	2
3	4 41,42,44	5	6 41,42,46	7 <b>A Cougar never gives up! Finish Strong!!!!</b>	8 41,42,47 + 1 (cougars always do 1 extra) = <b>5002</b>	9 Way to go wrestlers! I couldn't be more proud of you! You are becoming the best!
10	11	12	13	14	15	16
17 <b>FYI: your Sr. High, 2018 wrestling captains:</b> 1. Michael Majerus 2. Johnny Poulin 3. Luke Krier	18 If you ever have any questions about wrestling, school, or any issues, ask these guys to help you! It's their job & they are good at it!	19 <b>2019 State wrestlers:</b> 106: Michael Majerus 120: Johnny Poulin 160: Ethan Kovars 182: Jake Bennett	20 <b>Team:</b> To be a ZM wrestling team member, you have show up every day, work hard, put the team first and be proud of being on team!	21 <b>ZM 2019 State Placewinners:</b> Michael Majerus: 2nd Jacob Bennett: 3rd	22 <b>2019 All Conference wrestlers:</b> Michael Majerus, Jacob Bennett, Beau Jurrens, Ethan Kovars, Tyler Soltau	23
24 C	25 O	26 U	27 G	28 A	29 R	30 S!!!!!!

I hope you all want to be like coach Krier one day! I hope you care for everyone around you, are a man of your word, work extremely hard and are there for your teammates even in the worst of times! If you don't know him, get to know coach krier and learn from him....he is a great mentor!

**Please send your questions and answers by November 18<sup>th</sup> to: Link Steffen @ 353 East 9<sup>th</sup> St. Zumbrota MN, 55992.**

Please complete the following tasks by November 18th:

- Read each of the 9 awards below
- Pick the award you want to win when you become a ZM varsity wrestler (hint.....remember to pick your favorite award...NOT FAVORITE WRESTLER!)
- Once you've picked your favorite award the real work begins.....
- Notice which ZM wrestler won the award you picked. It is your job to get that wrestlers number/email and text or email him five questions (moms dad, please help younger ones as needed)
- Ask your varsity wrestler any five ZM wrestling questions you wish to. Examples of questions might be: How did you win this award? What was your favorite thing about zm wrestling? What's your most memorable ZM wrestling moment? Do you have any superstitions before a match?
- You can Handwrite or type your questions and answers on a clean sheet of paper.
- Don't forget to display on your paper who you interviewed
- Last task is to title your paper with 'The ZM award I want to win'

### **ZM's nine wrestling awards given out at 2019 banquet.**

**Most Improved Wrestler:** Ethan Kovars..this award goes to wrestler who improved most

**Hardest workers:** Luke Krier/Johnny Poulin...this award goes to wrestlers who never quit!

**Mr. Steady:** Cole Poncelet...this award goes to wrestler who is very consistent and dependable

**Tough-Man:** Jack Haglund...this award goes to the wrestler who is tough & never complains

**Team Player:** Trey Lexvold..this award goes to wrestler who will do anything to help team

**Most Wins:** Michael Majerus.....this award goes to wrestler with the most wins! Great award!

**Most Pins:** Michael Majerus..this award goes to wrestler with most pins...he knows how to win!

**MVP:** Jake Bennett...this award goes to the wrestler who is most valuable on team. This award does not always go to the most talented wrestler. It goes to the wrestler who is talented, but very much a team player!

**Cougar Head:** Tyler Soltau...This award goes to wrestler who is most well-rounded. He is a good wrestler, good in the classroom, respectful and NEVER GIVES UP!

**I'm proud of each of you for completing the 2019, 5002 Challenge! Thank you for all your hard work and dedication! You are GREAT KIDS! Coach Steffen**



