

ZM 5002 club

Summer/Fall 2015

Which quote do you like better?

'Take a quick wrestler, get them tired, and they aren't as quick.

Take a technical wrestler, get them tired, and they aren't as technical.

No matter what kind of wrestler, everyone is afraid of getting tired.

It's those who learn to perform when they're tired that find success.'

or

**'Mental toughness is to physical
as four is to one.'**

Why did you pick the quote you did?

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 chore on the last page between now and November 13, 2015!

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 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
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 wrestling room wall as having completed the 5002 challenge!

July 2015

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 Remember, every journey begins with a single step. Take that step tomorrow!	20 25,25,25	21	22 25,25,25	23	24 25,25,25	25
26	27 26,26,26	28	29 26,26,26	30	31 26,26,26	Good Job wrestlers! You have already completed 459 exercises! Way to go!

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 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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When is the last time you helped someone without being asked to? If it's been a while, who will you help today and how?						1
2	3 27,27,27	4	5 27,27,27	6 Way to Go!!!	7 27,27,27	8
9	10 28,28,28	11	12 28,28,28	13	14 28,28,28	15
16	17 29,29,29	18	19 29,29,29	20	21 29,29,29	22
23	24 30,30,30	25 Is your bedroom clean? Your closet? The garage? Being organized is key to being a champion!	26 30,30,30	27	28 30,30,30	29 GREAT JOB!

Don't tell me you are tough, show me.
September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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30 At ZM wrestling, it's ALWAYS school first!	31	1 Good luck in school Cougars! Your school work comes 1 st , then your workouts!	2 31,31,31	3	4 31,31,31	5 Did you know that the ZM wrestlers have won 5 team academic wrestling awards in the last 5 years?!!
6	7 32,32,32	8	9 32,32,32	10 KEEP It up!!	11 32,32,32	12
13	14 33,33,33	15	16 33,33,33	17	18 33,33,33	19
20	21 34,34,34	22 You are getting stronger !	23 34,34,34	24	25 34,34,34	26
27	28 35,35,35	29	30 35,35,35	For the 2 nd year in a row, Joey Majerus won Academic-All State honors for ZM! Joey is going to Wisconsin this year to continue	learning and his education. Learning is the key to your future...keep on learning!	

From Coach Steffen: Complaining is easy, that's why lazy people do it.

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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				1	2 35,35,35	3
4	5 36,36,36	6 I'm so proud of you!	7 36,36,36	8	9 36,36,36	10
11	12 37,37,37	13	14 37,37,37	15 Push Yourself !	16 37,37,37	17
18	19 38,38,38	20 Fantastic !	21 38,38,38	22	23 38,38,38	24
25 I wonder if I will ever have a ZM wrestler go on and wrestle for the United States of America in the Olympics..... could it be you...??????	26 40,40,42	27	28 40,40,42	29 40,40,42	30	31 Happy Halloween & remember, I love Twix! Stop by my house and Trick or Treat.

In the ZM wrestling room, we don't add to problems, we find solutions. There is no other way.

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1	2 40,40,45	3	4 40,40,45	5 A Cougar never gives up!	6 40,40,45	7
8	9 41,41,45	10	11 41,41,46	12	13 41,41,47 + 1 (cougars always do 1 extra = 5002	14 Excellent work wrestlers! I am very, very proud of each of you! I can't wait to be your coach!
15 FYI: your Sr. High, 2015 wrestling captains: 1. Spencer Defrang 2. Hayden Voxland 3. Caden Steffen 4. Maverick Jackson	16 If you ever have any questions about wrestling or any issues, ask these guys to help you, they will!	17	18 2015 State wrestlers: Hayden Stensland, Joey Majerus, Maverick Jackson, Freedom Hunt, Devin Manzy, Dillon Downes	19	20 2015 All Conference wrestlers: Spencer Defrang, Hayden Stensland, Joey Majerus, Freedom Hunt, Caden Steffen, Devin Manzy, Dillon Downes, Noah Prodzinski	21
22 C	23 H	24 A	25 M	26 P	27 S	28 !

From Coach Steffen: I believe in every Cougar wrestler! I believe each one of you can be a state champion! I believe in YOU!

Complete the following task before Friday, November 13th and send information to: Link Steffen, 353 East 9th St. Zumbrota MN, 55992.

Task 1: Follow instructions closely please.

1. Your job is to teach someone a skill you have
2. It can be a friend, sibling, mom, dad, grandpa, grandma, teacher, etc
3. Your skill can be any skill the other person can accomplish safely!
 - a. Example: I love fishing, so I might teach someone how to tie a fishing lure onto the line.
4. After you have picked your skill, pick a person you will teach the skill to.
5. Practice your skill many, many times so you can perfect it and be a good teacher/coach! If you need an adults help, that is ok!
6. Show/teach your skill to the person you picked.
7. Have that person try your skill until they can do it.

Last two things to do:

8. In your best handwriting, write a minimum of 3-5 steps (or more) however many it takes to complete your task. Write your name and skill at the top of your paper! Once your skill steps are written down neatly, send it to my address listed above!
9. Call me any time before November 13 and tell me about your skill. I will ask most of the questions so be sure you know your skill well! My number is: 1-507-358-1344.

**I can't wait to hear from you and what
skills you have!**

Coach Steffen