**Aryeh Zinkin (z''l) Yeshiva Wrestler's Scholarship**

אם אין אני לי, מי לי; וכשאני לעצמי, מה אני; ואם לא עכשיו, אימתי

If I am not for myself, then who will be for me? And when I am only for myself, what am I? And if not now, when?

*-- Rav Hillel H’Zakan*

Wrestling is the purest of sports. It is just you against your opponent ­ direct, immediate, and inevitable. When you step onto the mat, there is nowhere to turn for help, nowhere to hide, no teammates upon whom you can lean, and no equipment upon which to rely for protection or advantage. You face your adversary with nothing more than your mental preparedness and your physical training. Alone. Raw. Often, the difference between victory and defeat comes down to the single most elemental ingredient of all: heart. אם אין אני לי, מי לי “*If I am not for myself, then who will be for me?“*

But wrestling is also about Team. It exists at the nexus where “I” becomes “We”, as it takes a We to create the I. A coach to train, teammates with whom to spar, each member contributes to the success of the whole, epitomized by the betterment of the individual. A wrestler cannot reach the top alone; he cannot be the best without the help of others. As in life itself, wrestling is a symbiosis of self and community, where each becomes stronger by harmonizing with the other. Wrestler and Team. Individual and Community. וכשאני לעצמי, מה אני *“And when I am only for myself, what am I...?”*

Aryeh "Captain Lou" Zinkin was the consummate wrestler. From an early age, he stood as a solitary figure on the mat, forced to learn from experience, to fight for all that would become his. As a child, with minimal support and direction, he grappled with life and understood that *“If I am not for myself, then who will be for me?”* With no background in Jewish observance, he chose a life of Torah and *Avodat Hashem*. He fought the odds and put himself through a Jewish High School, Jewish summer camps, and, eventually, Yeshiva University.

But Aryeh also understood that no man stands alone, and that *“When I am only for myself, what am I?”* Aryeh’s friends and colleagues recognized and admired his strength, his decisiveness, and his leadership. They chose him to be captain of their wrestling team at Yeshiva University. Later in life, he won over his closest teammate of all, his wife, Shelly, with whom he built a family committed to the values for which he fought so single-­mindedly as a child. He became a surgeon, sent his children to Jewish day schools and yeshivot, and became a pillar of his community. With no traditional family structure or religious background upon which to draw, he nonetheless became a model husband, father, and kovei’a itim – one who designates regularly scheduled hours to learn Torah, despite the demands and obligations of life.

As a wrestler, Aryeh knew that methodical and consistent training ­ repeating drill after drill after drill ­ were the bedrock of a winning record. He was keenly aware that to be the role model for his family that he himself never had, he would have to be equally consistent in his daily Jewish observances. Aryeh was enormously involved with his shul, serving as its president during two separate critical junctures in the shul’s history. He actively considered how he could elevate his Shabbat and Yom Tov table to be an inspiration for his family and guests. Every Shabbat, without fail, he would find time, from his flourishing medical practice and community involvement, to savor the incoming Shabbat by doing the grocery shopping, helping to cook, and setting the table. Shabbat meals were filled with zemirot and divrei torah, and while everyone retired to couches or to play after the meal, Aryeh was sweeping the floor and clearing off. Then, ever conscious of the example he was setting, he would demonstrate his love of Torah by opening a sefer and inviting his grandchildren to learn with him. His Pesach seder was a model for how to creatively integrate children into the rituals through questions, games and riddles. From his wrestling days, Aryeh understood that the flashy moves and grand gestures might attract applause, but discipline and perfection of the fundamentals would bring him the win. For those of us who were honored to know him, it was Aryeh’s consistency and his daily commitment to Jewish life, that made him such an outstanding individual.

Aryeh was a rock ­ immovable, reliable, committed, and unrelenting. He led by example, a soft­-spoken man of action with a wry sense of humor and an easy, warm smile. Aryeh lived each day, even his last days, by the dictum, ואם לא עכשיו, אימתי ­ *“If not now, when...?”* When Aryeh was diagnosed with pancreatic cancer, being a physician himself, he was keenly aware of the brutal realities of his prognosis. Yet, the morning following his diagnosis, Aryeh awoke at 6 A.M., ­ as he always did, said *Modeh Ani* and picked up his talit and tefillin ­ as he always did, and walked to shul for minyan ­ as he always did. He

continued to live his life the same way he always had for the previous 71 years. He did not have a bucket list, or a litany of regrets or to­-do’s. He was living his life exactly the way he wanted to, up until his very last day, when cancer would take his life 10 months later.

The Aryeh “Captain Lou” Zinkin Wrestling Scholarship is dedicated to honor the memory of a man who exemplified Self Improvement, Community, and Action. אם אין אני לי, מי לי; וכשאני לעצמי, מה אני; ואם לא עכשיו, אימתי *“If I am not for myself, then who will be for me? And when I am only for myself, what am I? And if not now, when?”*

This scholarship seeks to both reward and support individuals who have travelled a similar road, ­defying the odds in pursuing their Jewish identity while demonstrating a commitment to the advancement of the Jewish community.

Aryeh drew meaning from service to Hashem, service to his family, and service to the community. May this Scholarship elevate his memory as we recognize and honor individuals who walk in his footsteps.

לזכר נשמת אריה לייב דוד בן יעקב

**II. Scholarship Application Form**

In memory of Aryeh Zinkin (z"l), this scholarship will award one individual $1,800 to be used for any Judaic educational recreational, service, or other purpose, proposed by the recipient on this application form, and approved by the selection committee. Please note that the scholarship will be awarded at the annual Henry Wittenberg Tournament and will be paid in a single lump sum directly to the recipient after receipt of a W­9 form, in which case the recipient is responsible for any and all tax­-reporting requirements, or an institution or creditor named by the recipient. Scholarship recipients may be nominated and apply in multiple years, however former recipients will face tougher selection standards.

**Deadline: January 9th** for receipt of a complete application package including: (i) this form, (ii) accompanying essays, and (iii) 2 letters of recommendation (one must be from your wrestling coach). Recommendation letters must clearly include your full name and the name of your high school so that they are correctly connected to your application.

Before applying, please ensure that you meet the following minimum eligibility criteria for the Aryeh Zinkin (z''l) Yeshiva Wrestler's Scholarship: 1) You have competed on a yeshiva high school wrestling team for at least two academic years (which may include the current year) 2) You were selected by a plurality of your teammates to be the team's applicant for this scholarship (only one candidate per team will be considered) 3) You have included letters of recommendation from your coach and one other individual, who is not a relative. Completed applications should be emailed to: [LeibAryeh@azyhsws.com](mailto:LeibAryeh@azyhsws.com), and a hard copy should be mailed The Aryeh Zinkin High School Wrestling Scholarship, ATT: Effy Zinkin, 487 Harrison Ave., Highland Park, NJ 08904. Your reference letters can be mailed directly by your references to the above address, or included with your hard copy submission but must be in separately sealed envelopes with the reference’s signature on the back of the envelope to ensure confidentiality.

This application is divided into five sections. You have already completed Section 1 by reading about Aryeh Zinkin, above. At the end of this section (Section 2), you will be asked to certify that you have read the description and understand the scholarship guidelines and eligibility criteria. Next, you will be asked a series of short­-answer biographical questions (Section 3), most of which are marked with an asterisk, indicating that you must provide an answer before you proceed to Section 4, the essay section. The essay topics include (i) what being part of your yeshiva's wrestling program has meant to you, (ii) how you plan to use the scholarship funds, and (iii) how you live your Judaism and what challenges you have overcome in doing so. The third and final essay question requires a longer response (maximum of 750 words). In the final section (Section 5) you will receive a reminder to review (and adjust, if necessary) your responses before submitting.

Lastly, please note that if you are selected as a recipient and consequently accept this scholarship, you also duly agree to 1) send a brief email with an update of your progress every year to LeibAryeh@azyhsws.com and 2) make every effort to attend a reunion of past recipients to be held at least once every 5 years.

**I have read and understood the scholarship description and certify that I have met the eligibility criteria and agree to all terms. \***

*Mark only one oval.*

* Yes
* No

**III. ABOUT YOU (BIOGRAPHICAL QUESTIONS)**

\* All questions are required

Please tell us about yourself by answering the following questions.

1. First Name \*
2. Middle Name
3. Last Name \*
4. Street Address \*
5. City \*
6. State \*
7. Zip \*
8. Cell Number \*
9. Email \*
10. Date of Birth \*  
    *Example: December 15, 2012*
11. Place of Birth (City, State, Country) \*
12. Parent/Guardian Name \*
13. Home Phone or Parent/Guardian Cell \*
14. Parent/Guardian Email \*
15. Family/Parent Status \*   
    *Mark only one oval.*

* My parents are married to each other and both living My parents are divorced or were never married
* One parent is deceased or otherwise absent
* Both parents are deceased or otherwise absent
* My family situation is more complicated than the above choices

1. Residency Status \*   
   *Mark only one oval.*

* I live with both parents
* I live with my father
* I live with my mother
* I live with my grandparent(s) or other relatives I live with a legal guardian who is not a relative
* Other:

1. How many siblings (please include step­ siblings, adopted siblings and half­siblings, if applicable) do you have? \*
2. Current Grade in School \*
3. Name, City and State of Current Yeshiva \*
4. Number of Years at this Yeshiva \*
5. Previous Yeshiva (if applicable)
6. I attended Jewish day school for elementary/middle school. \*   
   *Mark only one oval.*

* Yes
* No

1. Name and Location of School From Which You Graduated 8th Grade \*
2. Favorite Judaic Subject in School \*
3. Favorite Secular Subject in School \*
4. Name of Wrestling Coach \*
5. Wrestling Coach Email and Phone Number \*
6. Number of Years Wrestling (Including Current Year) \*   
   *Mark only one oval.*

* 2
* 3
* 4
* More than 4 years

1. If you have wrestled longer than four (4) years, or for a program other than your current yeshiva's wrestling team, please describe. Write N/A if this does not apply. \*
2. Please share your wrestling record (NOT including tournaments) for high school, by year, including your number of pins each year. \*
3. Please indicate your current weight class. \*
4. Please list any wrestling awards you have won and any tournaments in which you have medaled (include the year and type of medal received). Write N/A if this does not apply. \*
5. Please share the details of any past participation in the Henry Wittenberg Tournament, including the year and your final rank/place. Write N/A if this does not apply. \*
6. What motivated or inspired you to begin wrestling? \*
7. List your primary extracurricular activities (e.g., job, community service, clubs, other sports, etc.) NOT including wrestling. Be specific but please limit to 3 or fewer activities. \*
8. How did you spend last summer and what are your plans for the upcoming summer? \*
9. What is your cumulative high school GPA as of the end of last semester? \*
10. List any (non­-wrestling) awards or merit-­based scholarships that you have received, and the year of receipt. Write N/A if this does not apply. \*
11. How would your teammates describe you (in one word)? \*
12. How would your friends describe you (in one word)? \*
13. How would your family describe you (in one word)? \*
14. How would your teachers describe you (in one word)? \*
15. How would members of your community describe you (in one word)? \*
16. What do you see yourself doing for a career? \*
17. If you had a personal motto, what would it be? \*
18. Have you ever been to Israel? \*   
    *Mark only one oval.*

* Yes
* No

1. If you have never been to Israel, please talk about the factors that have prevented you from going. If you have been fortunate to travel or study there, please share what you found most meaningful or impactful about your time (100 word maximum). \*
2. If you are a senior, have you applied to any Israel programs for next year? If so, which program is your first choice, should you be accepted? Write N/A if you are not a senior. \*
3. If you are a senior, which college do you plan to attend next year (or after a year in Israel)? If you have not received any acceptances yet, please indicate your first choice. Write N/A if you are not a senior. \*
4. Name of Primary Synagogue and Rabbi \*
5. Phone Number and Email of Rabbi \*
6. Name of Second (Non­-Coach) Reference \*
7. Phone Number and Email of Second (Non­ Coach) Reference \*
8. How long and in what capacity have you known your second (non­-coach) reference? \*

**IV. Essay Questions**

Please answer the following three essay questions, being mindful of the word count maximums for each question. You are encouraged to use additional pages for your essays and attach them here.

1. What has being part of your yeshiva's wrestling team meant to you (250 word maximum)?\*
2. How do you plan to use the scholarship if you are chosen as this year's recipient (500 word maximum)? \*
3. How do you live your Jewish identity, what challenges or obstacles have you faced in doing so, and how have you overcome those issues (750 word maximum)? Please upload a document with your full response. \*

V. Final Review

Please take a moment to review your responses and revisit any questions or answers that may need further detail or other changes. After you have done so, as noted in Section II;

* Email a copy of your completed application to: [LeibAryeh@azyhsws.com](mailto:LeibAryeh@azyhsws.com), and
* Mail a hard copy to:

The Aryeh Zinkin High School Wrestling Scholarship

ATT: Effy Zinkin

487 Harrison Ave.

Highland Park, NJ 08904.

Your reference letters can be mailed directly by your references to the above address, or included with your hard copy submission but must be in separately sealed envelopes with the reference’s signature on the back of the envelope to ensure confidentiality.