



# Spring Break Freestyle / Greco Wrestling Camp



# ONE ON ONE



Head Coach Founder 1970

Coaches-Parents-Athletes

Thank you for giving me the opportunity to talk to you about one of our exciting Cobra Wrestling training camps. This flyer outlines the material I will cover in this camp.

Along with the wrestling techniques that are covered, I will speak to you and share some real-life stories about many of the great kids that I've had the opportunity to coach and learn from myself.

I have had the opportunity to coach 6 Olympians, 1 Olympic silver medalist, 1 Russian Games world champion, 2 US world champions, 14 age group world champions, 7 Junior National ASICS outstanding wrestlers and many state and national champions. So, with over 56 years of in-the-room coaching experience, I have much to share, stories to tell, and I will share with you what I have found to be the keys to Victory, the Seeds of Greatness and Secrets to Life's Success.

I look forward to sharing a vision for VICTORY with you soon.

*Coach Sprague*



When: March 24 & 25, 2026

Registration: 8:30 am

Camp Times: 9:00 am – 4:30 pm

Where: Clackamas High School

14486 122<sup>nd</sup> Street. Clackamas. Or 97015

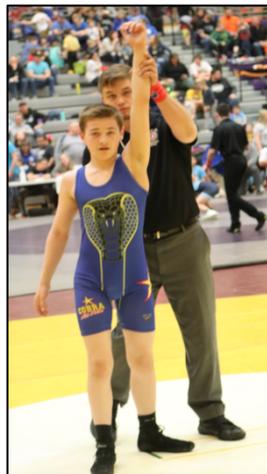


Coach Sprague loves Freestyle and Greco; and feels Freestylists and Greco wrestlers have a greater skill set and technical abilities that all wrestlers need, so come and improve your chances to win in any style.

**A good Freestylist and Greco wrestler brings more to the game!**

Let Hall of Fame Coach Marc Sprague with over 56 years of coaching, mentoring, and motivating wrestlers of all ages and skill levels, take you through and teach you the ins and outs of Freestyle and Greco Wrestling.

- Learn: Single Leg Defense - Front Tilts and Turns
- Learn: Trapped Arm Gut Wrenches
- Learn: Crotch Lifts and Crotch Lift Defense
- Learn: Leg Laces and Leg Turns
- Learn: Freestyle Lifts from Parterre including
- Reverse Trunk Lifts
- Learn: The seldom taught Russian Ankle Turn
- Learn: Parterre Defenses for Gut Wrenches/Leg Laces/Crotch Lifts
- Learn: 4-dynamic throws for Greco/Freestyle/Collegiate Wrestling



Pre-Register online at [www.CobraWrestlingSystems.com](http://www.CobraWrestlingSystems.com)

Cost is \$249 for non-members, \$179 for members, Team rates of 5 or more, \$179/each. No cell phones or video recording.



2026 USA Card Required

Contact: Coach Marc Sprague

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3/23/26

