



# Freestyle Plus 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 28, 2026

Registration: 8:30 am

Camp Times: 9:00 am – 4:30 pm

Where: Clackamas High School

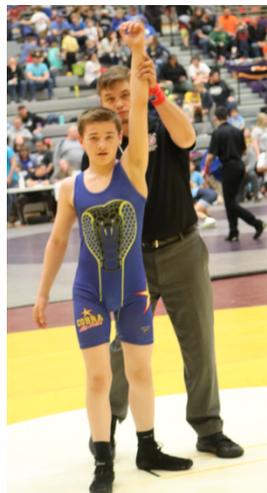
14486 122<sup>nd</sup> Street, Clackamas, Or 97015



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 Wrestling.

## LEARN

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



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

Cost is \$169 for non-members, \$89 for members, Team rates of 5 or more, \$89/each. No cell phones or video recording.



2025-26 USA Card Required

Contact: Coach Marc Sprague

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