



COBRA WRESTLING

TAKEDOWNS & ANKLE PICKS



WELCOME TO CAMP!



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



Takedowns & Ankle Picks

Let hall of Fame Coach Marc Sprague with over 57 years of coaching, mentoring, and motivating wrestlers of all ages and skill levels, take you through and teach you the ins and outs of **TAKEDOWNS & ANKLE PICKS**.

- **LEARN** double leg/high crotch set-ups to finishes.
- **LEARN** double leg/high crotch – weight shifts and trigger points that make takedowns work.
- **LEARN** takedown transitions that move you from initial starts to soaring finishes.
- **LEARN** what to do when your double/high crotch gets stopped and you're under your opponent.
- **LEARN** how your double leg/high crotch becomes the Hallmark of your attack.
- **LEARN** how ankle picks works against the best kids.

Over 6 Hours
of training!
\$169 per person
Members \$89

Team Rate
5 or more
\$89/each.

★ When: July 11, 2026 ★



Registration: 8:30 am

Camp Times: 9:00 am – 4:30 pm

Where: Clackamas High School

14486 122nd Street, Clackamas, Or 97015



Pre-Register online at www.CobraWrestlingSystems.com

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

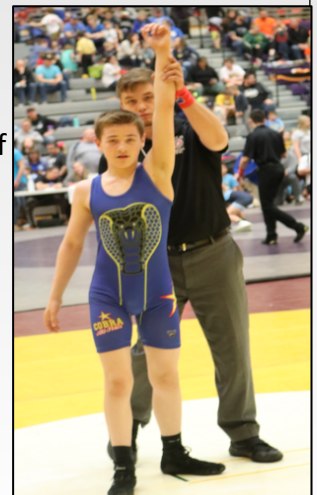


2025-26 USA Card Required

Contact: Coach Marc Sprague

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