



Let's Get Vertical



WRESTLING CAMP

ONE ON ONE



Head Coach Founder 1970

Coaches, Parent & Athlete,

Thank you for giving me the opportunity to talk to you about one of our exciting VICTORY training camps. Attached is a flyer outlining the materials I will cover in the camp.

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

I 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. With over 56 years of in-the-room coaching experience, I have much to share and many stories to tell. I will share with you what I have found to be the keys to Victory, Seeds of Greatness and Secrets to Life's Success.

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

Coach Sprague



WHEN: October 4th, 2025

REGISTRATION: Sat. 8:30am

CAMP TIME: 9:00am - 4:30pm

WHERE: Clackamas High School

14486 SE 122nd St., 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, show you how to get vertical and stay vertical at any level any time.



Learn



- LEARN to get vertical and to stay vertical at any time
- LEARN the importance of keeping the weight off your hands
- LEARN how to master the five most important vertical body positions, and become a successful stand up expert
- LEARN how to control the top man's hands - defeat the wrist lock, wrist rolls, cross wrist, and body locks while standing
- LEARN how the six basic systems of down wrestling, stand ups, short sits, switches, arm rolls, granbys, and head spins fit into the stand up philosophy and concept
- LEARN how to create the winning first step off the whistle to beat your opponent every time
- LEARN how the post-up ties all down wrestling together by controlling the power surge and finding the flat spot.

What's the post up? What's the power surge? What's the flat spot?



Register online at www.CobraWrestlingSystems.com. Cost is \$179 Please pay with your VISA online - it's EZ! Please, no cell phone or video recording allowed. Current USA cards only.

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