



THE 10 P'S OF PINNING WRESTLING CAMP



ONE ON ONE



WHEN: October 11th, 2025
REGISTRATION: 8:30am Sat.
CAMP TIME: 9:00am - 4:30pm Daily
WHERE: Clackamas High School
 14486 SE 122nd St., Clackamas, OR 97015



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 nearly 50 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



LEARN



- Low Hip/Low Shoulder Pinning
- The Cobra Arm Bar Crotch Pry that makes people quit
- Rides and Breakdowns to pins
- Bars, Craddles, Halfs, Nelsons, Crossfaces and Turks
- First move stoppers that set up pins

Over 6 Hours
of Training
\$179 per Person
Members
\$99

**Team Rates
for 5 or more \$99**

Bring a friend & a lunch!

Coach Jayson Wullbrandt
 (503) 830-0984
Wullbrandtj@nclack.k.12.or.us

Coach Marc Sprague
 (503) 956-7022
CobraAllStars@aol.com

Register online at www.CobraWrestlingSystems.com. Non-club members \$179. Members \$99. Discounts for multiple family members. Please pay with your VISA online - it's EZ! Please, no cell phone or video recording allowed. Current USA cards only.

