



Cradle Crazy



Wrestling Camp

ONE ON ONE



When: October 18th, 2025
Registration: Sat. 18th 8:30am
Camp Time: 9:00am - 4:30pm
Where: Clackamas High School



14486 SE 122nd Ave Clackamas, OR 97015

Let Hall of Fame Coach, Marc Sprague with over 56 years of in room coaching, motivating, and mentoring wrestlers of all ages and skill levels teach you effective Cradles to beat the best kids. If you're a good cradle wrestler you are very dangerous because you can win the match at any time and from almost any position.

UP Your Game

5 CRADLES

FEET TO BACK



Learn

- LEARN 10 secrets to Cradle Work
- LEARN Cradle lock adjustments to secure the fall
- LEARN How to turn tough guys with the Cradle
- LEARN Arm Bar - Half Nelson and Whizzer Cradles



ARE YOU CRADLE CRAZY?

Special Team Rates
(5 or more) \$99

Pre-Register online at CobraWrestlingSystems.com Cost is: \$179. Team Rate (5 or more) \$99
 Make checks payable to Cobra Wrestling Systems or use your VISA it's EZ!
 Call Coach Sprague for team discounts. Please, no cellphone/video recording at camp.

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

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



Revised
9/19/2025 LMU



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