

WHIZZER WORX

WRESTLING CAMP

ONE ON ONE



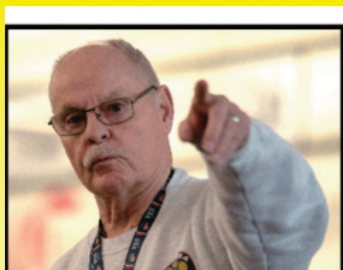
When: October 25th, 2025

Registration: Saturday October 25th, 8:30am

Camp Time: 9:00am - 4:30pm

Where: Clackamas High School

14486 SE 122nd Ave 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 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

Let Hall of Fame Coach, Marc Sprague with over 56 years of coaching, motivating, and mentoring wrestlers of all ages and skill levels, walk you through the specific drills necessary to develop you into a Whizzer Worx predator. If you know and understand the mechanics of front and side whizzers you become a top predator looking for your next victim. This Whizzer Worx wrestling system can take you to the top. If you learn it, and master it, you'll dominate with it! Become a Whizzer Worx Master!



LEARN



- LEARN The lost art of the front & side Whizzer
- LEARN The front Whizzer pop that destroys a good shot
- LEARN the side Whizzer kick offense
- LEARN the nearly unstoppable neck wrap front Whizzer
- LEARN low single leg Whizzer defense
- LEARN Side Whizzer kicks that deters high and low singles
- LEARN Side Whizzer, knee picks/ankle picks with trips and Whizzer hip locks
- LEARN Whizzer transition to firemans-high single leg - underarm spins and head and arms

Over 6 Hours
of training
\$179 per
person
Members \$99

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

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

Team Rates
for 5 or more
\$99

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.

