



Boys & Girls

Sweep Single Legs

Set ups to Finishes A Must 1-Day Camp



ONE ON ONE



WHEN: November 1st 2025
REGISTRATION: Sat. Nov 1st, 8:30am
CAMP TIME: 9:00am - 4:00pm
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 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

Wrestling is one of the fastest growing sports on the planet, and the opportunities to compete in this demanding sport are better than ever. There is no better time than now to take your place in the world's oldest and greatest sport--WRESTLING.

BOYS LEARN GIRLS

- **LEARN** On your feet Sweep Single offense & defense
- **LEARN** Set-ups to finishes - with easy to learn control positions
- **LEARN** Sweep single leg take-downs that lead to pins
- **LEARN** Single leg drive-dump-lift dynamics that will take you to the top. Plus take-down transitions.



Team Rates
5 or more
\$99

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Coach Marc Sprague
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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.

