

Chest-to-Chest Over Hooks and Under Hooks

Part 1

The Ultimate Wrestling Position

ONE ON ONE

WHEN: November 8th, 2025

REGISTRATION: Sat Nov. 8th, 8:30am

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

WHERE: Clackamas High School

14486 SE 122nd St., Clackamas, OR 97015



Part 1



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

Coach Sprague knows that the Chest To Chest Over/Under Hook Position offers a world of great wrestling. Every wrestler needs to come to this camp prepared to take away new methods - techniques - and strategies that will elevate your performance and give you more decisive victories.

Part 1 - Leg Attack Series

- 1 ➤ Single Legs - Set-ups to finishes
- 2 ➤ Sweep Single - Set-ups to finishes
- 3 ➤ The Effective Hook Shot Single
- 4 ➤ The Dangerous Inside Back Trip
- 5 ➤ Front Whizzer Trip
- 6 ➤ Double Legs and Fireman's
- 7 ➤ Swing Step Ankle Pick



Come to Both
Camps Part 1 + Part 2
Only \$299.99
Paid on Nov 8, 2025

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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.

