



Current USA Cards required  
for Camp Coaches & Athletes

## Baker High School & Mat Club



# “BE A BEAST ON TOP”

**WHEN:** October 21, 22 2017     **REGISTRATION:** Sat 8:30 am

**CAMP:** Saturday 9 am-4:30pm     Sunday 9am-4:30pm

**WHERE:** Baker City High School, 2500 E. Street, Baker City, OR 97814

All Ages - Boys & Girls / Bring a Lunch and a Friend!

Let Hall of Fame Coach Marc Sprague with over 46 years of coaching and motivating wrestlers of all ages and skill levels show you how to become “A BEAST ON TOP.” Even if you’re behind in a match you almost always get a chance on top. If you’re A BEAST ON TOP you win.

- **LEARN** how to stop the down man’s first move; Stand-ups, Switches, Arm rolls, Granby’s, etc.
- **LEARN** 7 brutal rides that give you control on top and lead to breakdowns and pins.
- **LEARN** counters to the most effective down moves in wrestling.
- **LEARN** drills that teach you Loose Rides, Crab Rides, Cross Body Rides, Blanket Rides, Spiral Rides, Arm Bar Crotch Pry Rides, Leg and Ankle Rides.

**Pre-REGISTER NOW** online [www.CobraWrestlingSystems.com](http://www.CobraWrestlingSystems.com). Camp \$159. Make checks payable to Cobra Wrestling Systems or use your VISA it’s EZ! Call Coach Sprague for **team/club discounts** 5-9 wrestlers \$122.00, 10-14 wrestlers \$114, 15-19 wrestlers \$107, 20+ \$99.00. T-shirts, Cobra gear available at camp or online. **Please, no cell phone/video recording.**

Coach Sean Belding

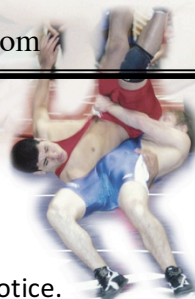
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COACH MARC SPRAGUE

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Subject to change without notice.

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Head Coach Founder 1970

Coaches--Parents--Athletes

Thank you for giving me the opportunity to talk to you about one of our exciting 2015 VICTORY training camps. Attached is a flyer outlining the material I will cover in this camp.

Along with the wrestling techniques that are covered, I will speak to you and share some real-life stories about many of the great kids that I've had the opportunity to coach and learn from myself.

I have 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. So, with over 46 years of in-the-room coaching experience, I have much to share, stories to tell, and I will share with you what I have found to be the keys to Victory, the Seeds of Greatness and Secrets to Life's Success.

I look forward to sharing a vision for VICTORY with you soon.

*Coach Sprague*

503-956-7022