



GRANBY'S GONE WILD!

Current USA Cards required
for Camp Coaches & Athletes



Coaches--Parents--Athletes

Thank you for giving me the opportunity to talk to you about one of our exciting 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 45 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

Bear Claw Wrestling



"Granby's Gone Wild"

WHEN: November 4, 5, 6, 2016 •

Registration: Fri. 5:00 pm Camp: 5:30 pm– 8 pm Sat: 9am-4:30 Sun: 9am-2:30

WHERE: Tahoma Middle School • 24425 SE 216th St • Maple Valley, Wa 98038

Bring a Lunch and a Friend!

LEARN THE COBRA GRANBY SYSTEM AND THE SECRETS THAT CAUSE OUR HIGH SUCCESS WITH THE COBRA GRANBY.

Let Hall of Fame coach Marc Sprague, with over 45 years of coaching and motivating wrestlers of all ages and skill levels, take you through and personally teach you his time-tested Cobra Granby System.

- **LEARN** the Granby basics, plus advanced holds and finishes.
- **LEARN** Granby drills that develop specific Granby skills.
- **LEARN** 11 different Granby's.
- **LEARN** how to counter your opponent's rides.
- **LEARN** how to Granby at any elevation.
- **LEARN** how to pin from the Granby.
- **LEARN** the theory of the Cobra Granby system and what makes it work.
- **LEARN** the history and the evolution of this great time tested wrestling series.

REGISTER on line at www.CobraWrestlingSystems.com. Cost is only \$159. Coaches call (503)956.7022 for your team discounts. Make checks payable to Cobra Wrestling Systems or use your VISA it's EZ! T-shirts/Cobra gear available last day of camp.

***No video recording please.**

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