



Current USA Cards required for Camp Coaches & Athletes



## Bear Claw Wrestling Club "CRADLE CRAZY PINNING CAMP" CRADLES ☆ CRADLES ☆ CRADLES

**WHEN:** October 21, 22, 23, 2016

**REGISTRATION:** Fri, 5:00 pm Camp 5:30-8:00 pm

**CAMP:** Fri: 5:30 pm-8:00 pm Sat: 9:00 am-4:30 pm Sun: 9:00 am-2:30 pm

**WHERE:** Tahoma Middle School • 24425 SE 216<sup>th</sup> St • Maple Valley, Wa 98038

Bring a Friend and Bring a Lunch!

Let Hall of Fame Coach Marc Sprague with over 45 years of coaching and motivating wrestlers of all ages and skill levels show you how to use the Cradle to beat the best kids. If you're a good cradle guy, you are very dangerous because you can win the match at any time and from almost any position.

### LEARN SO MANY CRADLES

#### EVERYONE THINKS YOUR CRADLE CRAZY

- LEARN OFFENSE CRADLE
- LEARN DEFENSIVE CRADLES.
- LEARN CRADLES FROM YOUR FEET.
- LEARN THE FAMOUS CRADLE SPLADLE
- LEARN THE IMPORTANCE OF CONTROLLING YOUR OPPONENTS LOW SHOULDER, AND LOW HIP, WHILE PINNING WITH A CRADLE.
- LEARN HAND GRIPS AND SET-UPS TO CATCH THE CRADLE.

**PRE-REGISTER** online at [www.CobraWrestlingSystems.com](http://www.CobraWrestlingSystems.com). Cost is only \$159. Make checks payable to Cobra Wrestling Systems or use your VISA it's EZ! Call Coach Sprague for pre-registered team rates: 5-9 wrestlers \$120. / 10-14 \$110. / 15-19 \$103. / 20+ wrestlers, \$95. each. Cobra gear and t-shirts available at camp. **No cell phones or video recording**

Coach Chris Feist

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COACH MARC SPRAGUE

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Coaches--Parents--Athletes

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 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*

(503) 956-7022



Subject to change without notice.

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