



“I HAVE A DREAM” 5th Annual Martin Luther King Jr. 1-Day Pinning Camp

WHEN: Monday, January 16, 2012 *Registration: 8:30 am Camp: 9–3:30 pm
WHERE: De La Salle North Catholic High School, 7528 N. Fenwick Ave Portland, OR 97217
 BRING A FRIEND * LUNCH PROVIDED-FREE!!!

Coach Sprague says, “ If you’re not striving to be an Arm Bar expert you are missing one of the greatest pins in wrestling. This arm bar series is a must for any serious wrestler.”

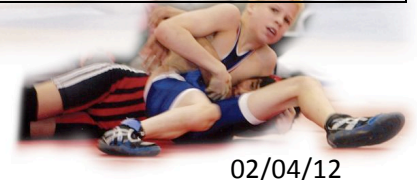
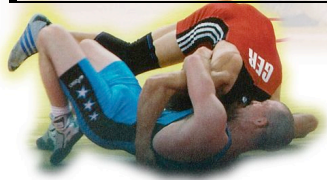
“THE BRUTAL ARM BAR”

- **LEARN** 12 essential setups and breakdowns to get the Arm Bar you want.
- **LEARN** Bars from your feet.
- **LEARN** Arm Bar Counters.
- **LEARN** 6 brutal Arm Bar finishes to the pin.
- **LEARN** high and low Bar tilts and turns.
- **LEARN** the importance of controlling the low shoulder and low hip while pinning with the Arm Bar.

You’re Invited!

Parents, kids, and families, at 12:30 pm you’re invited to come see an outstanding DVD titled “I Have a Dream” and hear Martin Luther King’s greatest speech that changed the hearts and minds a bitterly divided Nation. Be sure and **come it’s FREE!** Come see and witness how a nation has changed and how diversity and compassion must always be one of the corner stones of our character and one of our personal seeds of greatness.

REGISTER ONLINE www.cobrawrestlingsystems.com **Cost is only \$49.**
 Pay by cash, checks, or Visa. Make checks payable to Cobra Wrestling Systems or use your VISA card, it’s easy! Cobra gear available.
 ***NO VIDEO RECORDING**, please.
 Coach J.D. Taylor (503) 780-1810 Coach Sprague (503) 956-7022
 Email: jdtaylor@dlsnc.org Email: cobraallstars@aol.com



Head Coach Founder 1970

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 nearly 40 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