

Now there's a place for wrestlers to train year-round



Session 1: Folkstyle & Collegiate Oct. 15 – Jan. 19

- Monday, Wednesday, Thursday 6:30 – 8:00PM
- Emphasis on fun & fundamentals; Kids participate in the NW Novice League

Session 2: Freestyle & Greco-Roman Jan. 28 – May 8th

- Monday, Wednesday, Thursday 6:30 – 8:00PM
- Team members of all ages participate in weekend tournaments including State, Regional, and National Championship events!

Session 3: Transition July 22 – August 21st

- Technique sessions to help wrestler back into Collegiate (school-style)
- Tuesday & Thursday 6:30 – 8:30PM

- For the wrestler that wants to train year round and become a champion, the USA Cobra club provides many opportunities! For youth, being involved in wrestling provides a vehicle for learning many positive characteristics, including: self-discipline, control, perseverance and the value of hard work to improve themselves.
- Fourteen of the eighteen 4A KingCo wrestlers who participated in the State Tournament this past season were Cobra Club members; ***FIVE of the six placers were Cobras!***
- USA Cobra is the 3rd largest nationally-sanctioned wrestling club in the State, with members from all over Western Washington. Members travel from Kent, Renton, Marysville, & Mt. Vernon.
- Last year's team was 2nd in the State in Freestyle, only 4 pts behind Lake Stevens.
- Each year the club has had multiple National team members.
- As a satellite club of USA Cobra Oregon, members are entitled to discounts to any USA Cobra Camp, including four special appearances by nationally-renowned Coach Marc Sprague whose only Northwest appearances are at USA Cobra Washington at Inglemoor High School.
- All coaches are USA Wrestling Certified (including background checks) and Bronze-level trained. Head Coaches are former college wrestlers and current high school coaches.
- Any wrestler, from any school and age can participate--from 4 years old to adults!
- Practices are at Inglemoor High School

Membership and more information available online at:

<http://www.USACobraWA.com>