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## **Dr Jarrod Spencer**

Dr. Jarrod Spencer, featured in this "On the Mat" video, is a Sports Psychologist and President and Founder of Mind of the Athlete, LLC. FCA Wrestling "On the Mat" video series is a collection of life stories from some of the top coaches, athletes, and leaders from around the country. These stories give insight into the triumphs and struggles of everyday life, and defining moments of faith and following Christ.



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