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[Home](#) > Jack Spates

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## **Jack Spates**

Jack Spates, featured in this "On the Mat" video, is the retired Head Wrestling Coach at the University of Oklahoma. 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 that led to a pursuit of following Christ.



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