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[Home](#) > Rich Bender

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## Rich Bender

Rich Bender, featured in this "On the Mat" video, is the Executive Director of USA Wrestling. 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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