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Triton College

For immediate release: **Feb. 24, 2023**

**Triton College Wrestling Coach Tim Duggan Named
Great Lakes District Coach of the Year**

Triton College Wrestling Team Qualifies for NJCAA Wrestling Championships



Tim Duggan Named Great Lakes District Coach of the Year

RIVER GROVE, Ill. – Triton College head wrestling coach Tim Duggan was named Great Lakes District Coach of the Year at the NJCAA District Championship at Harper College on Saturday, Feb. 18.

“It felt really great winning this award,” he explained. “I set high goals for myself, however, this award is not about me, it’s about our team. By receiving this award, it shows that my team was successful. To me, that’s important.”

Triton wrestlers in all 10 weight classes have qualified this year and will compete in the NJCAA wrestling championships on March 3 and 4, in Council Bluffs, Iowa.

“It has been a long season, but we’re ready to achieve our ultimate goal,” Duggan said.

Growing up with six siblings, Duggan fondly remembers wrestling always being a big part of his life. As a young boy, he wrestled with his brothers and at his elementary school, St. Tarcissus School in Chicago.

Duggan attended St. Patrick High School, where he wrestled and qualified for the state tournaments multiple times. After high school, he attended Triton College where he was an NJCAA national qualifier for the wrestling team. Wrestling at Triton earned him a scholarship to wrestle at Eastern Illinois University (EIU), a Division I school. Duggan graduated from EIU with a degree in political science.

“Triton was a great fit for me,” he said. “I got to wrestle for Hall of Fame coach Harry McGinnis, who really influenced me to drive and commit.”

In 2000, Duggan started coaching at his alma mater, St. Patrick High School, with his older brother Pat. During this time, he started his own wrestling club, 312 Wrestling, which was a wrestling club for youth who resided on the northwest side of Chicago and suburbs.

Duggan began coaching at Triton in 2018 and feels the wrestling program truly prepares student-athletes for real life.

“Triton is a great starting point for student-athletes,” he said. “This college helps them get to where they want to be, whether that’s a Division I, II or III level university or assist them with their future careers. Either way, Triton gives them the tools to achieve their goals.”

For more information, contact tritonathletics@triton.edu.

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Media Contact

Maryann Pisano

Staff Writer

maryannpisano@triton.edu

(708) 456-0300, Ext. 3202

ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton’s dedicated faculty and staff work to provide high quality, convenient and affordable educational

opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.