

@ASUWrestling Pac-12 Champion Q&A #1: Josh Shields

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TEMPE, Ariz. – As we prepare to start our 2018-19 season next month, this week we'll be re-introducing you to our returning Pac-12 individual champions.

We have seven returning Pac-12 titlists ([Josh Shields](#), [Tanner Hall](#), [Zahid Valencia](#), [Josh Maruca](#), [Anthony Valencia](#), [Kordell Norfleet](#), and [Christian Pagdilao](#)) while [Ryan Millhof](#) also won a Big 12 Championship while at Oklahoma.

Today, get to know All-American and two-time Pac-12 Champion (2017, 2018) [Josh Shields](#) (157 lbs), a redshirt junior from Murrysville, Pa. majoring in Sports and Media Studies.

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Mollie Hanke

Assistant Media Relations Director
(Triathlon, Wrestling, Water Polo, W.Golf)

Sun Devil Athletics

Arizona State University

o: 480-965-6594

c: 859-948-4472

thesundevils.com

[@molliek88](#)