

[RETWEET](#) | [Q&A](#)

**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 World silver medalist (2017), national champion (2018) and two-time Pac-12 Champion and All-American (2017, 2018) [Zahid Valencia](#) (174 lbs), a redshirt junior interdisciplinary studies major from Bellflower, Calif.

[READ Q&A AT THESUNDEVILS.COM](#)

**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](http://thesundevils.com)

[@molliek88](#)