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Pac-12 Announces 2023 Wrestling Awards



SAN FRANCISCO - The Pac-12 Conference announced today the 2023 Pac-12 Wrestling honors, as voted by the league's coaches. ARIZONA STATE redshirt senior **Brandon Courtney** (125) was selected Pac-12 Wrestler of the Year, STANFORD's **Daniel Cardenas** (157) earned Pac-12 Freshman/Newcomer of the Year and CAL POLY head coach **Jon Sioredas** garnered the Pac-12 Coach of the Year accolade.

2023 PAC-12 WRESTLER OF THE YEAR: Brandon Courtney, R-Sr., ARIZONA STATE (125, Goodyear, Ariz.)

- Earned a No. 1 seed at the Pac-12 Championships and No. 10 seed at the 2023 NCAA Championships 125 lbs. following a 10-4 regular season.
- Finished runner-up at the 2023 Pac-12 Championships and placed third in the 2023 NCAA Championships - tied for the highest national finish of any Pac-12 wrestler - to become only the fifth Devil to earn four career All-America honors and first since Eric Larkin in 2003.
- Courtney defeated several quality opponents en route to his third-place NCAA finish, including a 4-2 sudden victory over Lock Haven's Anthony Noto in the third-place match. Noto, ranked No. 4 by Intermat, was 29-2 in the regular season.
- Courtney becomes Arizona State's second consecutive Pac-12 Wrestler of the Year with heavyweight Cohlton Schultz winning the award in 2022.

2023 PAC-12 FRESHMAN/NEWCOMER OF THE YEAR: Daniel Cardenas, Fr., STANFORD (157, Arvada, Colo.)

- Cardenas enjoyed a stellar debut season, going 24-3 overall and 5-0 in duals. His 24 wins were second most on the team, trailing only All-American Shane Griffith's 28, with nine coming by bonus points and four over ranked opponents.
- Became only the ninth Stanford freshman to win an individual conference title after going 2-0 to claim the 157-pound crown at the 2023 Pac-12 Championships.
- Entered the NCAA Championships as a No. 6 seed and reached the quarterfinals with a pair of ranked victories.
- He is the seventh Stanford wrestler to be named Pac-12 Freshman/Newcomer of the Year.

2023 PAC-12 COACH OF THE YEAR: Jon Sioredas, CAL POLY

- In April 2016, Sioredas inherited a Cal Poly program that not only was 11-55 in dual meets and hadn't produced a national qualifier in the previous four seasons, but that had also taken last at the Pac-12 Championships each season from 2013 to 2016.
- Under Sioredas, Cal Poly has seen a major improvement in nearly every performance category:
 - In 2022, the Mustangs placed fourth at the Pac-12 Championships, and in 2023 they finished with only 11.5 points out of first place.
 - Sioredas' squad went 5-0 in Pac-12 dual meets this year.
 - Eight of Cal Poly's 10 wrestlers finished third-or-higher at the 2023 Pac-12 Championships.
 - For the first time since the 2011-2013 seasons, Cal Poly crowned a Pac-12 individual champion three consecutive years: Bernie Truax first in 2021, then Evan Wick in 2022, and Truax again in 2023.
- Coached Bernie Truax to a third consecutive All-America honor - rising weight classes each year - with a fourth-place showing at 197 lbs. at the 2023 NCAA Championships.
- First career Pac-12 Wrestling Coach of the Year honor.

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