

3A/4A 2023 All-League Boys Wrestling

First Team Selections

Name	School	Weight	Year
Czar Quintanilla	University	106	Fresh
Billy Weisgerber	Mead	113	Fresh
James Mason	Mead	120	Soph
Isaac Muniz	Gonzaga Prep	120	Senior
Jayson Bonnett	Mt Spokane	126	Soph
Blaine Beard	Central Valley	126	Junior
Josh Neiwert	Mead	132	Junior
Hudson Buth	Mt Spokane	138	Senior
Tyson Ramsey	Ridgeline	145	Junior
Dalton Taylor	Cheney	152	Senior
Samuel Thomas	University	160	Soph
Bayden Beard	Central Valley	160	Soph
Cooley Conrad	University	170	Junior
Danner Smith	Central Valley	170	Junior
Brendan Hughes	Mt Spokane	182	Fresh
Braeden Harvey	Mead	195	Soph
Chris Grosse	Mead	220	Senior
Markus Fetcho	Mead	285	Soph

Second Team Selections

Name	School	Weight	Year
Tanner Crosby	Mt Spokane	106	Junior
Amadis Sang	University	113	Soph
Jeison Ingram	Ferris	120	Senior
Taylor Daines	University	126	Junior
Joe Showalter	Cheney	132	Senior
Sam Arai	Mead	138	Senior
Xzavier Elgee Sanders	University	145	Senior
Gabriel Singley	Mt Spokane	152	Junior
Austen Justice	Mead	160	Senior
Mason Knigge	Mead	170	Senior
Jackson Hale	Mt Spokane	182	Senior
Bridger Cloninger	Lewis & Clark	182	Junior
Nicholas Alexander	University	195	Senior
Daren Airey	Mt Spokane	220	Senior
Jacob Gatlin	Mead	285	Senior



Wrestlers of the Year

Jarom Liljenquist

Mt Spokane | Senior

Q'veli Quintanilla

University | Senior

Coach of the Year

Brice Gretch

Ridgeline

Assistant Coach of the Year

Tyler McLean

Mead

MS Coach of the Year

Jason Conley

Mountainside

Officials of the Year

Jerry Coulter

Chris Carothers

League Champions

Mead

Mt Spokane

University