



## Ricky Proehl

Ricky Proehl's stellar athletic career began on the Hillsborough High School football field. After receiving All-Conference and All-County honors, Ricky marked the end of his high school era by earning All-State honors as a receiver. He attended Wake Forest University on a full scholarship and played four years for the Deacons. He was named an All-American his senior year. That same year he was the school's all-time leader in receptions (88), receiving yards (2,949), and touchdown receptions (925). Ricky went on to start his professional career with the Phoenix Cardinals. He is a twelve-year veteran of the national Football League, presently playing for the St. Louis Rams. Although there are many memorable game highlights, he will always be remembered for "The Catch." This one-handed 30-yard touchdown reception with only 4:44 left to play in the NFC Championship game lifted the Rams to an 11-6 win over Tampa Bay and ultimately to a victory in Super bowl XXXIV.

Everyone who knows Ricky is keenly aware of his unbelievable work ethic that is coupled with his love of the game. The success and longevity he has achieved as a professional athlete as well as the respect he has earned from his teammates make him an important part of the Hillsborough High School athletic legacy. It is with great pride that the hall of Fame honors Ricky.

### Athletic Achievements and Honor

#### High School

All-Conference and All-County honors: Senior year  
All State as a receiver: Senior year

#### College

Led the ACC in 1989 with 65 catches for 1,053 yards and 11 touchdowns  
Set school record for receivers: Senior year  
Ranked 12<sup>th</sup> in the nation with his stats for his Senior year  
All-Atlantic Coast Conference: Junior and Senior years  
All-American: Senior year

#### Professional

Recorded 500<sup>th</sup> career receptions at San Francisco on September 23, 2001  
Had 19<sup>th</sup> career 100-yard receiving game against the 49ers on December 9  
Leading receiver: 1998 Rams, 1997 Bears, 1993 Cardinals, 1991 and 1991 Cardinals  
1998 Rams Offensive Most Outstanding Player and Offensive Best Newcomer Awards  
1990: First Team All-Rookie by Pro Football Writers' Association, UPI, Pro Football Weekly, College and Pro Football Weekly, and Football Digest  
1990: Set Cardinal team rookie record, led all NFL rookie receivers

#### "Up Close and Personal"

Hosts St. Louis call-in radio show during football season  
Benefactor of Amos Cottage, a children's charity  
Lives in Greensboro, NC, with wife Kelly and three children: Alexandra, Austin, and Blake.