



## MHSA ATHLETES' HALL OF FAME

### **Fred Paoli** **CMR High School (1972)**

#### Inducted 2022

Fred was a standout football player and wrestler at CMR in the early 1970's. He was all state on both defense and offense in both 1970 and 1971. He was named most valuable defensive player in the state in 1971. In wrestling, Fred took 2nd at 185 pounds in 1971, and won the heavy weight state championship in 1972. In that final heavy weight match, Fred wrestled an undefeated wrestler from Kalispell who outweighed him by 50 pounds. Fred beat him 3-2. Despite all these accomplishments Fred was not offered a scholarship to play football in college. It was thought that Fred was too small to play major college football. He walked on at Colorado Springs University, his dad's alma mater, and had a full ride scholarship within two weeks. He was captain of the team his senior year and was named 1st team All Western Athletic Conference at nose guard. He also made the academic All Western Athletic Conference Team, and was named 3rd team All American as well. Fred went on to law school which luckily had a rugby team he immediately joined. He fell in love with the game, and by 1982 he made the United State Rugby team. He played for the US Rugby team from 1982-91, including two World Cup appearances in 1987 and 1991. Fred married Anita Mondragon in 1976. Their home is Livingston, Montana. Fred is a retired trial lawyer. They have a winter home in Patagonia, Arizona.

**NorthWestern**  
Energy

**Wendy's**