

RICH FRIMEL



OHIO STATE UNIVERSITY 1988

*James Du Vall
Sports Portraits*

CLASS OF 1988

RICH FRIMEL

A THREE-TIME LETTER WINNER IN FOOTBALL AND A FOUR-TIME LETTER WINNER IN WRESTLING, RICH IS ONE OF THE ALL TIME GREAT ATHLETES TO EVER WALK THE HALLS OF NORTH OLMSTED HIGH SCHOOL. RICH WAS A FIRST TEAM ALL SOUTHWESTERN CONFERENCE LINEMAN IN FOOTBALL IN BOTH 1986 AND 1987. IN 1987, RICH WAS THE SOUTHWESTERN CONFERENCE MOST VALUABLE PLAYER, DISTRICT LINEMAN OF THE YEAR, NAMED TO THE FIRST TEAM ALL-STATE FOOTBALL TEAM, AND REPRESENTED NORTH OLMSTED HIGH SCHOOL IN THE ANNUAL NORTH-SOUTH STATE ALL STAR GAME. IN WRESTLING, RICH WAS A THREE TIME ALL SOUTHWESTERN CONFERENCE CHAMPION, THREE-TIME STATE QUALIFIER, STATE CHAMPION IN 1988, LEE KEMP AWARD RECIPIENT IN 1988, AND HAD A CAREER RECORD OF 103-19.

UPON HIS GRADUATION, RICH WENT ON TO THE OHIO STATE UNIVERSITY ON A FOOTBALL SCHOLARSHIP AND EARNED A DEGREE IN HISTORY. WHILE ATTENDING OHIO STATE, HE WAS A FOUR YEAR LETTER WINNER, A THREE YEAR STARTER, ACADEMIC ALL BIG TEN PLAYER IN 1990, MOST VALUABLE DEFENSIVE LINEMAN IN 1991, AND A FIVE TIME DEAN'S LIST STUDENT.

RICH HAS BEEN INVOLVED AS A VOLUNTEER FOR SOME LOCAL POLITICAL CAMPAIGNS AS WELL AS PREPARING HOLIDAY MEALS FOR THE HOMELESS. COACH TOM WATTS AND COACH TOM MILKOVICH WERE PEOPLE THAT RICH FELT HAD A VERY STRONG INFLUENCE ON HIM WHILE HE WAS A STUDENT AT NORTH OLMSTED HIGH SCHOOL. RICH FELT THAT HIS FOOTBALL CHAMPIONSHIPS IN 1986 AND 1987 AND THE WRESTLING TEAM STATE RUNNERUPS IN 1985 AND 1988 WERE SOME OF HIS MOST MEMORABLE MOMENTS IN HIS HIGH SCHOOL CAREER.

RICH CURRENTLY RESIDES IN CLEVELAND WITH HIS WIFE JENI AND IS A TEACHER AND COACH AT AMHERST STEELE HIGH SCHOOL.

