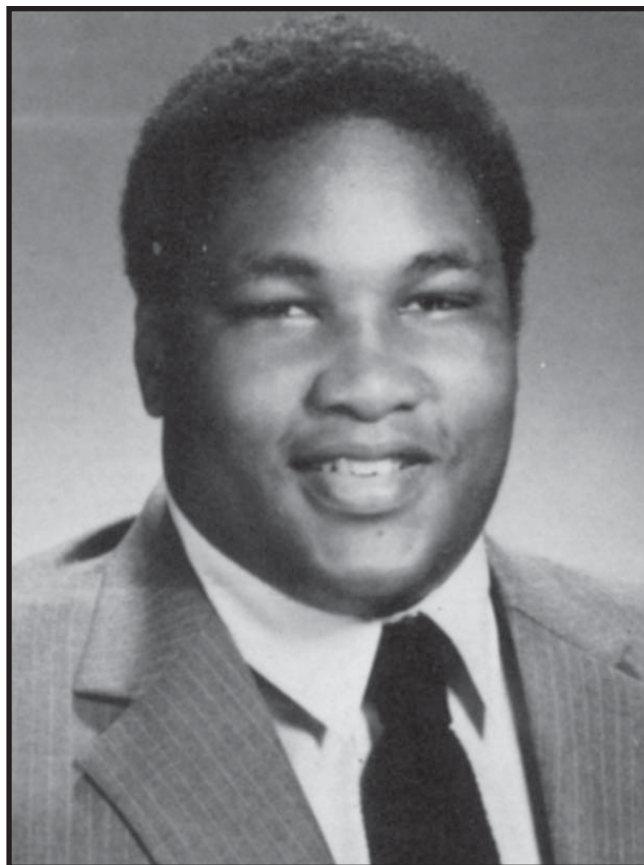


Watchung Hills Regional High School

Hall of Fame



Keith Sims
Class of 1985

You wouldn't necessarily think that a mid-sized high school in central New Jersey would produce a number of NFL standouts, but Watchung Hills Regional High has done that. Keith Sims is an excellent example.

Being a good athlete is impressive; being a great athlete is very impressive, but having the talent and the drive to become a successful professional athlete in one's sport takes it to a whole new level. Keith Sims played in the National Football League for eleven years. That is a long run in the NFL.

While at Watchung Hills Regional High, Keith was a gifted football player, earning both All-County and All-State awards in 1984. He was a four-year starter at Iowa State University. During those years, Keith was recognized with honors for All-Big-Eight and Honorable Mention for All-American.

Upon graduating from Iowa State in 1990, the NFL took on Keith Sims. Keith's career spanned eleven years with the Miami Dolphins and Washington Redskins. During his NFL career, Keith received all-pro honors three times. He is also recognized by the Dolphins as one of the best 40 Dolphin players in their franchise history, and that is a significant franchise. He now serves as the President of the Dolphins Alumni Association.

Once Keith got a taste of the Florida sun, he decided to stick around. He is currently a successful businessman in South Florida.

We often hear of professional athletes' "giving back" to their communities. The reality is that some, but not many, follow that path. Keith is among the few who do. He is on the Board of Directors for the South Florida branch of the Make-A-Wish foundation. The Alzheimer's Association recently recognized Keith as their 2009 "Man of the Year". Now that's an example of "giving back" to the community!

Being in a hall of fame is not new for Keith, as he has been inducted into the Iowa State University Hall of Fame. The WHRHS Hall of Fame is also happy to welcome Keith Sims, Class of 1985.