



Fred Lynn

Fred broke into major league baseball in 1975 with the greatest season any rookie has ever had. The Boston Red Sox centerfielder was named both the American League Rookie of the Year and most Valuable Player, the first time in the long history of baseball that a rookie has been named MVP. In 1979, Fred won the AL Batting Championship with a .333 average. Additionally, he stoked 39 homeruns and knocked in 122 runs.

After six seasons in Beantown, Fred moved on to ply with the California Angels until 1984. He then played with the Baltimore Orioles until midway through the 1988 season when he was traded to the Detroit Tigers. He spent his final season of 1990 with the San Diego Padres. In his 17-year career, Fred batted .283 with 306 homeruns and 1,111 RBI.

Awards were plentiful in Fred career, not only for his batting, but for his fielding. He won 4 Gold Gloves (1975, 1978, 1979 and 1980) and was a 9-time all-star from 1975 to 1983. He starred in the 1975 World Series for the Red Sox against the Cincinnati Reds and in 1982 was named MVP of the 1982 ALCS for the Angels.

In 2005, Fred was named to the Boston Red Sox Hall of Fame and in 200X he was named to the College Baseball Hall of Fame.

In his post-playing career, Fred stayed in baseball becoming a broadcaster for CBS, Fox and ESPN over several years.

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