



# Paul Sheehy

Attorney Paul Sheehy is a founding member of ProStar Sports Agency with more than 35 years of experience representing NFL players and NFL/NCAA coaches. His clients have earned four Walter Payton NFL Man of the Year nominations, garnered 17 Pro Bowl selections, and made 47 Super Bowl appearances.

## PROFILE

### Hometown:

Derby, Connecticut

### Law School:

Whittier College  
School of Law

### Lives in:

Littleton, Colorado

### Works at:

ProStar Sports Agency

### Practice Areas:

Sports law

### What do you like the most about your practice area?

Professionally, I love the diversity of it, as sports law touches on so many different areas of law. Personally, I feel genuinely blessed to have such outstanding athletes and coaches as clients and to work alongside such remarkable professionals at our agency. I can't imagine doing anything else.

### What do you think is the most essential professional skill?

I'll give you two: issue-spotting and anticipation. One of my legal mentors once told me, "If you can spot the issues before anyone else, you're more than halfway home." Along the same lines, I think the magic in any negotiation is to anticipate—and prepare for—issues before they arise. It's important to stay several moves ahead.

### What's your favorite local restaurant?

This one's easy. Virgilio's Pizzeria & Wine Bar in Littleton, conveniently located halfway between my house and my office! It's owned by a close childhood friend of mine from Connecticut, and many of the recipes are his mother's.

### What are you passionate about?

I truly am passionate about my work, but outside the office, I love working with kids in my role as assistant head football coach at Dakota Ridge High School (2025 4A State Champions, I might add!). I also love my role as chair of the CBA Sports and Entertainment Law Section, mostly because of my amazing colleagues on the executive council. And I am very passionate about my role as adjunct professor at the University of Colorado Law School, where I teach sports law. I really don't dip my toes into anything—I dive head-first into the deep end.

### What is your superpower and why?

My resiliency. No obstacle has ever been too big to deter me from attacking it, and I understood long ago that any failures I've met with were just opportunities to explore another path to the finish line.

### At a party, where are you most likely to be found?

Probably right in the middle of the most crowded room sharing a story or two.

### People would be surprised if they knew this about you:

I'm a huge F1 fan. I never miss a race, or even a practice session or qualifying. I even have a racing simulator at home, which I don't get to use nearly enough!


### If you could start a charity, what would it be?

An animal rescue organization for my wife, Sheila, to run. All of our dogs have been rescues, and caring for them is her true passion. She would be exceptional at it—and she'd absolutely make an impact.

### What are you most excited about right now?

I'm particularly excited about the evolving landscape of college sports in the wake of the House settlement. It is creating incredible opportunities for both student-athletes and universities, while enabling attorneys in this space to craft agreements that are fair and equitable for all parties involved.

### Where is your happy place?

On a football field somewhere. Anywhere. 

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