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SEAHAWKS RB SHAUN ALEXANDER, VIKINGS S DARREN SHARPER & BUCCANEERS P JOSH BIDWELL NAMED NFC PLAYERS OF MONTH FOR NOVEMBER

Running back **SHAUN ALEXANDER** of the Seattle Seahawks, safety **DARREN SHARPER** of the Minnesota Vikings, and punter **JOSH BIDWELL** of the Tampa Bay Buccaneers are the NFC Offensive, Defensive and Special Teams Players of the Month for November, the NFL announced today.

OFFENSE: RB SHAUN ALEXANDER, SEATTLE SEAHAWKS

- **SHAUN ALEXANDER** was a vital cog for a Seattle offense that averaged 28.8 points per game in November, as the Seahawks finished the month with a 4-0 record and seven consecutive wins overall, the second-longest winning streak in franchise history. Alexander rushed for 563 yards, averaging 140.8 yards per contest. His eighth touchdown of the month came in a 24-21 overtime win last Sunday against the Giants and was his 20th of 2005, joining **MARSHALL FAULK** (2000-01), **PRIEST HOLMES** (2002-03), and **EMMITT SMITH** (1994-95) as the only players in NFL history with multiple 20-TD seasons. Alexander rushed for 173 yards on November 6 in a 33-19 win at Arizona, scoring two touchdowns. The following week he sparked a season sweep of the Rams, rushing for three touchdowns and 165 yards in the 31-16 win. A 115-yard, two touchdown effort in a 27-25 win at San Francisco on November 20 was his eighth consecutive 100-yard game against division foes, joining **MARCUS ALLEN** (1985-86), **FREEMAN MC NEIL** (1984-85) and **WALTER PAYTON** (1976-77) for the longest such streak since 1970.

A six-year veteran from Alabama, this is Alexander's first career Player of the Month award.

DEFENSE: S DARREN SHARPER, MINNESOTA VIKINGS

- **DARREN SHARPER** helped the resurgent Vikings to a 4-0 November as Minnesota improved its record to 6-5, two games behind the division-leading Bears. In his first season with the team, Sharper is a key performer on a defense that surrendered 16 points per game in the month, a vast improvement over the 27.6 allowed in the season's first seven games. The nine-year veteran posted six interceptions in November, adding 11 tackles. On November 13, the two-time All-Star helped Minnesota hand the Giants their first home loss of the season in a 24-21 win. Sharper intercepted three passes, returning one for a 92-yard touchdown and picking off another in the end zone, as he posted 123 interception return yards. Then last Sunday in a 24-12 win over Cleveland, Sharper intercepted two passes, one in the end zone and one that led to a Minnesota touchdown on the ensuing possession. The long-time Packer had three tackles in a 20-17 win over his former club in on November 21 and notched his first interception of the month in a 27-14 win over Detroit on November 6.

The William & Mary product shares the NFL lead in interceptions with seven (**DELTA O'NEAL**, Cincinnati) and became the first NFL player with six interceptions in a month since O'Neal accomplished the feat in October of 2001. This is Sharper's first career Player of the Month award.

SPECIAL TEAMS: P JOSH BIDWELL, TAMPA BAY BUCCANEERS

- Tampa Bay punter **JOSH BIDWELL** earned his first career Player of the Month honor, punting 20 times in November for a 45.6-yard average, with five punts pinning opponents inside their own 20-yard line. Bidwell has specialized in long punts this season, extending his streak of consecutive games with a 50-yard punt to 12, the second longest active streak in the NFL, trailing only Oakland's **SHANE LECHLER** (32). Bidwell punted three times for an average of 50.0 yards in a 30-27 win over Atlanta on November 20, hitting a long punt of 59 yards and twice pinning the Falcons inside the 20. He equaled his 59-yard long on November 6 against Carolina, averaging 48.2 yards on six punts. A native of Winston, Oregon, Bidwell played collegiately at Oregon and leads the NFL with a 46.6-yard punting average in 2005.

2005 NFC PLAYERS OF THE MONTH

	<u>Offense</u>	<u>Defense</u>	<u>Special Teams</u>
September	QB Donovan McNabb, Philadelphia	S Adam Archuleta, St. Louis	P Chris Kluwe, Minnesota
October	WR Steve Smith, Carolina	DT Rod Coleman, Atlanta	K Neil Rackers, Arizona
November	RB Shaun Alexander, Seattle	S Darren Sharper, Minnesota	P Josh Bidwell, Tampa Bay