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SEAHAWKS RB SHAUN ALEXANDER, FALCONS DT ROD COLEMAN & BUCCANEERS P JOSH BIDWELL NAMED NFC PLAYERS OF WEEK 3

Running back **SHAUN ALEXANDER** of the Seattle Seahawks, defensive tackle **ROD COLEMAN** of the Atlanta Falcons and punter **JOSH BIDWELL** of the Tampa Bay Buccaneers are the NFC Offensive, Defensive and Special Teams Players of the Week for games played the third week of the 2005 season (September 25-26), the NFL announced today.

OFFENSE: RB SHAUN ALEXANDER, SEATTLE SEAHAWKS

- Alexander tied a career-high and franchise-record with four rushing touchdowns, leading the Seahawks to a 37-12 win over the Arizona Cardinals. Alexander scored on three one-yard touchdown runs and gave Seattle a 7-3 first-quarter lead with a 25-yard touchdown run. The former Alabama star rushed for 140 yards on 22 carries, averaging 6.4 yards per rush. The game marked his 24th-career 100-yard rushing performance, tying him with **CHRIS WARREN** for the most in franchise history. The Seahawks improved to 19-5 when Alexander rushes for 100 yards.

In his sixth season from Alabama, this is Alexander's fifth-career Player of the Week award.

DEFENSE: DT ROD COLEMAN, ATLANTA FALCONS

- Coleman played a key role in the Falcons 24-16 road win over the Buffalo Bills, helping Atlanta improve to 2-1. The defensive tackle posted five tackles, 2.0 sacks, one forced fumble and one pass defended for a defensive unit that surrendered just 36 passing yards on the day. Coleman's 3.0 sacks this season tie him for second-most in the NFL among defensive tackles.

In his seventh season from East Carolina, this is Coleman's second-career Player of the Week honor.

SPECIAL TEAMS: P JOSH BIDWELL, TAMPA BAY BUCCANEERS

- Bidwell punted six times for 284 yards, averaging 47.3 yards per punt in the Buccaneers' 17-16 win over the Green Bay Packers at Lambeau Field. Bidwell was vital in helping the Bucs win the field position contest on the day, as his punts aided in Green Bay starting drives at their own 10-, 12-, 26- and 20-yard lines. Bidwell spent 2000-03 with Packers before joining the Bucs last season.

In his sixth season from Oregon, this is Bidwell's first-career Player of the Week award.

2005 NFC PLAYERS OF THE WEEK

	<u>Offense</u>	<u>Defense</u>	<u>Special Teams</u>
Wk 1	QB Drew Bledsoe, Dallas	DT Bryant Young, San Francisco	K John Carney, New Orleans
Wk 2	WR Santana Moss, Washington	LB Shelton Quarles, Tampa Bay	PR Bobby Wade, Chicago
Wk 3	RB Shaun Alexander, Seattle	DT Rod Coleman, Atlanta	P Josh Bidwell, Tampa Bay

Other nominees for NFC Offensive Player of Week 3 were:

- Dallas quarterback **DREW BLEDSOE**, who completed 24 of 38 attempts for 363 yards and two touchdowns, helping the Cowboys to a come-from-behind 34-31 win over San Francisco.
- Minnesota quarterback **DAUNTE CULPEPPER**, who completed 21 of 29 attempts for 300 yards, three touchdowns and no interceptions, finishing with a 140.0 passer rating in a 33-16 win against New Orleans.
- Tampa Bay wide receiver **JOEY GALLOWAY**, who had touchdown receptions of five and 10 yards, posting five receptions for 53 yards.
- St. Louis wide receiver **TORRY HOLT**, who totaled nine receptions for 163 yards, including a 32-yard touchdown catch in a 31-27 win over Tennessee.
- San Francisco wide receiver **BRANDON LLOYD**, who posted a career-high 142 yards receiving on four catches, including touchdown receptions of 89 and 13 yards.
- Philadelphia running back **BRIAN WESTBROOK**, who had a career-high 208 yards from scrimmage and two touchdowns, rushing for 68 yards and adding six receptions for 140 yards in a 23-20 win over Oakland.
- Tampa Bay rookie **CARNELL "CADILLAC" WILLIAMS**, who rushed for his season-high 158 yards on 37 carries, becoming the first player in NFL history to begin his career with three consecutive 100-yard rushing games.

Other nominees for NFC Defensive Player of Week 3 were:

- Tampa Bay safety **WILL ALLEN**, who recorded four tackles and a career-best two interceptions.
- St. Louis safety **ADAM ARCHULETA**, who posted seven tackles and an 85-yard interception return for a touchdown.
- Dallas linebacker **DAT NGUYEN**, who finished with nine tackles, one interception and one fumble recovery.
- Philadelphia linebacker **JEREMIAH TROTTER**, who notched 13 tackles and one forced fumble

Other nominees for NFC Special Teams Player of Week 3 were:

- Philadelphia kicker **DAVID AKERS**, who kicked a game-winning 23-yard field goal with nine seconds remaining.
- Minnesota punter **CHRIS KLUWE**, who averaged 48.4 yards on five punts with a long punt of 59 yards.
- Arizona kicker **NEIL RACKERS**, who connected on four of four field goal attempts from 54, 39, 50 and 39 yards.