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## **SEAHAWKS RB SHAUN ALEXANDER, COWBOYS CB ANTHONY HENRY & BUCCANEERS P JOSH BIDWELL NAMED NFC PLAYERS OF WEEK 6**

Running back **SHAUN ALEXANDER** of the Seattle Seahawks, cornerback **ANTHONY HENRY** of the Dallas Cowboys 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 sixth week of the 2005 season (October 16-17), the NFL announced today.

Alexander and Henry will be on opposite sides this Sunday, when the Seahawks host the Cowboys in a matchup of 4-2 first-place teams.

### **OFFENSE: RB SHAUN ALEXANDER, SEATTLE SEAHAWKS**

- **SHAUN ALEXANDER** led the Seahawks to a convincing 42-10 win over the Houston Texans on Sunday night at Seattle's Qwest Field. Alexander rushed for 141 yards on 22 carries and scored four touchdowns from four, five, one and 23 yards in the win. His performance helped the club to a franchise single-game record rushing total of 320 yards. In the win, Alexander became the fourth player in NFL history with two four-touchdown games in a single season, joining **MARSHALL FAULK** (3, 2000), **GALE SAYERS** (1965) and **JIM TAYLOR** (1962) as the only players to have accomplished the feat. Alexander improved his league-leading touchdown total to 12. His 141 yards gives him 6,652 career, leaving him 55 yards from topping **CHRIS WARREN** (6,706) for the team rushing record.

In his sixth season from Alabama, this is Alexander's sixth career Player of the Week award and second of the season (Week 3).

### **DEFENSE: CB ANTHONY HENRY, DALLAS COWBOYS**

- **ANTHONY HENRY** was a top performer on a Dallas defense that rose to the occasion in an NFC East contest against the New York Giants, helping the Cowboys to an exciting 16-13 overtime victory at Texas Stadium. Henry led the team with seven tackles and four passes defended, adding one interception and forcing a fumble, as the Cowboys held the Giants to their lowest scoring output of the season. Henry's third quarter interception was the first off New York quarterback **ELI MANNING** since September 11 and ended a Giants scoring threat at the Dallas one-yard line. Henry forced a fumble later in the third quarter that was recovered by the Cowboys and led to a field goal attempt. The Dallas defense limited New York to 179 passing yards on the day.

In his fifth season from South Florida, this is Henry's second career Player of the Week honor (Week 10, 2001) and first with the Cowboys.

### **SPECIAL TEAMS: P JOSH BIDWELL, TAMPA BAY BUCCANEERS**

- In a game in which field position was of paramount importance, Tampa Bay punter **JOSH BIDWELL** helped provide his team an important advantage in a 27-13 home win against the Miami Dolphins. Bidwell punted seven times for 342 yards, an average of 48.9 yards per punt. On five of his seven punts, Bidwell pinned the Dolphins inside the 20-yard line, adding a long punt of 61 yards. Thanks in large part to the efforts of the Winston, Oregon native, Miami began 10 of their 14 possessions on the day inside their own 30-yard line – including their final three possessions at the 18, 16 and five-yard line as they attempted a comeback.

In his sixth season from Oregon, this is Bidwell's second career Player of the Week award. His first came earlier this year in Week 3.

## 2005 NFC PLAYERS OF THE WEEK

	<u>Offense</u>	<u>Defense</u>	<u>Special Teams</u>
<b>Wk 1</b>	QB Drew Bledsoe, Dallas	DT Bryant Young, San Francisco	K John Carney, New Orleans
<b>Wk 2</b>	WR Santana Moss, Washington	LB Shelton Quarles, Tampa Bay	PR Bobby Wade, Chicago
<b>Wk 3</b>	RB Shaun Alexander, Seattle	DT Rod Coleman, Atlanta	P Josh Bidwell, Tampa Bay
<b>Wk 4</b>	WR Plaxico Burress, NY Giants	DE Darren Howard, New Orleans	K Neil Rackers, Arizona
<b>Wk 5</b>	QB Matt Hasselbeck, Seattle	CB Al Harris, Green Bay	PR R.W. McQuarters, Detroit
<b>Wk 6</b>	RB Shaun Alexander, Seattle	CB Anthony Henry, Dallas	P Josh Bidwell, Tampa Bay

### Other nominees for NFC Offensive Player of Week 6 were:

- Washington quarterback **MARK BRUNELL**, who completed 25 of 41 pass attempts for 331 yards, three touchdowns and no interceptions, posting his season-high passer rating of 110.9 against Kansas City.
- Tampa Bay wide receiver **JOEY GALLOWAY**, who totaled a career-high tying nine receptions for 96 yards, including a seven-yard touchdown catch.
- Washington wide receiver **SANTANA MOSS**, who had a career-high tying 10 receptions for a career-best 173 yards, including touchdown receptions of four and 78 yards.
- Tampa Bay running back **MICHAEL PITTMAN**, who rushed for 127 yards on 15 carries, including a 57-yard touchdown run.
- Carolina wide receiver **STEVE SMITH**, who led the club with six receptions for 123 yards, including an 80-yard touchdown catch in a 21-20 win at Detroit.

### Other nominees for NFC Defensive Player of Week 6 were:

- Tampa Bay safety **WILL ALLEN**, who scored his first career touchdown on a 33-yard fumble return and added three tackles.
- Tampa Bay linebacker **DERRICK BROOKS**, who posted 10 tackles, 1.0 sack and two passes defended.
- Washington defensive tackle **CORNELIUS GRIFFIN**, who totaled seven tackles and 1.0 sack.
- Carolina defensive end **MIKE RUCKER**, who led the defensive line with six tackles and added 1.5 sacks and five quarterback hurries.
- Chicago linebacker **BRIAN URLACHER**, who led the team with 12 tackles, posted a pass break-up that led to an interception and added 2.0 sacks in a 28-3 win against NFC North-rival Minnesota.

### Other nominees for NFC Special Teams Player of Week 6 were:

- Atlanta kicker **TODD PETERSON**, who connected on two of two field goals, including a 36-yard game-winner as time expired in a 34-31 win against New Orleans.
- Chicago punt returner **BOBBY WADE**, who returned three punts for 63 yards, including a long return of 49 yards to set up a touchdown.