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## **MSU's Semansky and NAU's Frost Named Big Sky Conference Players of the Week**

OGDEN, Utah (January 7, 2013) - Montana State's Rachel Semansky and Northern Arizona's Amanda Frost have been named the Big Sky Conference Women's Basketball Co-Players of the Week for the games played the week of Dec. 31-Jan. 6.

Semansky, a senior from Highwood, Mont., helped the Bobcats go 2-0 last week with a couple of Big Sky Conference road wins against Portland State (81-74) and Eastern Washington (73-60).

For the weekend, Semansky averaged 21 points and 6.5 rebounds, while shooting an impressive 72 percent (13-18) from the field and 84 percent (16-19) from the free throw line. In MSU's first outing of the weekend, Semansky tied the MSU school-record going 12-of-12 from the free throw line to finish with a game-high 22 points, while adding five rebounds, two assists, two steals and a blocked shot.

She followed that effort as the Bobcats snapped EWU's five-game winning streak, posting 20 points (8-10 FGs), eight rebounds and an assist. On the season, the forward has recorded four games with 20 or more points. She also leads the Big Sky in field-goal percentage, a spot she's held the past two seasons. Her 764 career rebounds moves her into third on MSU's all-time list, while her 1,154 career points are 14th all-time. Semansky also became just the third Bobcat in history to record over 1,110 points and 750 rebounds.

Frost, a junior from Riverside, Calif., scored a career-high 27 points in her first game of the season to lead NAU to a 71-61 road win over Southern Utah. She shot 10-of-15 from the field including 3-of-5 from 3-point range, while adding three assists, two steals, two rebounds, and a block in 36 minutes. She was playing in her first game of the year after suffering an injury the week before the start of the season.

Others Nominated: Carrie Ojeda, Eastern Washington; Lindsey Reed, Idaho State; Katie Baker, Montana; Madi Buck, North Dakota; Lauren Oosdyke, Northern Colorado; Courtney VanBrocklin, Portland State and Kimie Hawkins, Southern Utah

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