

## **Trent Forrest, Zavier Simpson, Matisse Thybulle Lead 20th annual All-Glue Team**

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### **Trent Forrest, 6-4 junior guard, Florida State**

Glue guys typically march to the beat of their own drum. In Forrest's case, that is literally true. His mother, Barbara Lee, is pastor of a church in their hometown of Chipley, Fla. Whenever Forrest is home, he plays drums for the church choir. Forrest's father, Lester, used to coach Trent in Little League baseball, and he continues to coach and mentor young kids in his community.

Forrest's parents both played basketball for Chipola Junior College in Marianna, Fla. So from a very young age, he was taught that the game should be a vehicle for serving a greater good. That meant acting as a de facto drummer on the court, creating a beat for his teammates and doing whatever needed to keep everyone's steps simpatico. "My parents always emphasized to me that I should know all the positions on the floor," Forrest says. "That made it natural for me to become a point guard in college. I can keep telling my teammates where they're supposed to be, and at the same time know what I'm supposed to be doing."

That helped him morph into a full-time point guard after leaving Chipley High as the school's all-time leading scorer. Forrest was a valuable reserve during his first two seasons in Tallahassee, and he was instrumental in Florida State's run to the Elite Eight last year, averaging 9.5 points, 5.3 rebounds, 4.8 assists and 2.5 steals in the Seminoles' four NCAA Tournament games.

This season, Forrest has thrived as the starting point guard. He is capable of scoring more than his current average of 9.1 points per game, which is third on the team, but he knows he is more valuable as a playmaker. He leads the squad in assists (3.8) and steals (1.9) while also grabbing 4.6 rebounds. His 1.88 assist-to-turnover ratio ranks fifth in the ACC. Forrest has done all of this while being hampered by a chronic toe injury he suffered at the start of ACC play.

To hear coach Leonard Hamilton tell it, Forrest's contributions off the court are even more significant. His maturity, intelligence and commitment to service make him a natural leader. He is also an impressive student. Forrest graduated Chipley High School with a 4.3 GPA, and three times he has been named to the All-ACC academic team. He has accrued so many credits that he will only require a part-time schedule to complete his undergraduate degree this fall, whereupon he will begin pursuing a master's in sport management.

Hamilton has been a college head coach for 31 seasons. It says a lot that even at this advanced age, he appreciates the chance to step back and watch his point guard serve as the drummer, maestro and glue guy for one of the best teams he has coached at Florida State. "You very seldom have an opportunity to coach this kind of a guy in a lifetime," Hamilton says. "He's extremely bright. He's a self-motivated, high-energy, hard-working guy. He never makes excuses, and he's a great teammate. And whenever we have team meetings and I give the guys the opportunity to speak up, he gives an in-depth evaluation that sounds almost like a coach. He just does everything the right way."