

## **Florida State Guard Trent Forrest: A True Seminole**

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Florida State coach Leonard Hamilton isn't known for heaping praise on his players.

He only praises them when they've earned it, and even then, it's usually reserved. He's not the type of coach to overhype a player.

So when he spoke about FSU guard Trent Forrest following the No. 17 Seminoles' (23-6, 11-5 ACC) 78-73 win over North Carolina State Saturday, it caught everyone in the room off guard.

Not because Forrest doesn't deserve it, but because of how effusive it was.

"He's a competitor," Hamilton said.

"He loves basketball. He represents what the Unconquered spirit means. He's a Seminole through and through. He's a legacy guy. His relatives have played. He's Amp Lee's cousin. It means an awful lot to him."

He had 13 points with six rebounds, three assists, two steals, and a block against the Wolfpack despite being far less than healthy.

Forrest has been dealing with a debilitating toe injury that's been described as "extremely painful" by both Forrest and Hamilton this season.

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Forrest's offensive game is built on being explosive and driving to the basket, but the injury has prevented him from doing that consistently this year.

Despite the injury, he's still finding a way to impact the game on offense with his court vision and elite passing skills. On defense, he's still one of the top defenders in the conference.

"He's not 100 percent, but he gives you what he has every time he walks on the court," Hamilton said.

"That's a true measure of a person's character is how do they respond under adversity. When things are not going well how do you respond? It's easy to be happy when everything's going great. When you feel wonderful. But how do you respond when you're not quite at your best?"

Forrest leads the team averaging 3.76 assists per game and 1.97 steals per game this season. He's also third on the team averaging 9.1 points per game. He's seventh in the ACC in assist-to-turnover ratio (2-1) this season.

Forrest's doing it all while playing almost 30 minutes a game, while starting all 29 games this season.

"That just says a lot about his character and what being a basketball player at Florida State means to him because he gives us everything he has every day," Hamilton said.

"On the court and off the court and in the academic room."