



Pre-draft Workouts - June 24, 2008

# TRENT PLAISTED



**College:** Brigham Young

**Position:** Forward

**Height:** 6-11

**Weight:** 245

**Birthdate:** 10/20/86

**2007-08 Averages**

**PPG:** 15.6

**RPG:** 7.7

**APG:** 1.5

**MPG:** 27.4

**Highlights:** Earned First Team All-Mountain West Conference honors as a junior. Earned Second Team honors his freshman and sophomore seasons. Named 2006 MWC Freshman of the Year. Currently ranks as the 14th all-time leading scorer in BYU history with 1,372 career points. Registered 17 career double-doubles.

**Junior (2007-08):** Led the team in rebounding (7.7 rpg, ranked second in the MWC) and ranked second in scoring (15.6 ppg, sixth). Finished second in the league in field goal percentage (.542) and ninth in blocked shots (0.97 bpg). Scored 20 or more points 11 times. Posted eight double-doubles. Matched career-high with a season-high 27 points on 10-for-14 shooting vs. TCU. Registered 24 points and 17 rebounds vs. North Carolina. Tallied 21 points and 12 rebounds at Louisville. Notched 14 points, 15 rebounds and a season-high five blocked shots vs. Weber State. Scored 18 points and matched a career-high by grabbing 18 rebounds vs. Pepperdine. Contributed 13 points and five rebounds in the first round of the NCAA Tournament vs. Texas A&M.

**Sophomore (2006-07):** Ranked second on the team in scoring (12.6 ppg) and rebounding (6.2 rpg, ranked seventh in the MWC), while leading the team in blocked shots (1.4 bpg, seventh). Scored 20 or more points six times. Registered three double-doubles. Set career-high with 27 points on 11-for-16 shooting at Colorado State. Tallied 19 points and a season-high 12 rebounds vs. Southern Utah. Scored 22 points vs. Air Force. Posted a career-high six blocks vs. San Diego State. Recorded 22 points and nine rebounds in the first round of the MWC Tournament. Matched career-high with 27 points and added 10 rebounds in the semifinals.

**Redshirt Freshman (2005-06):** Led team in scoring (13.6 ppg, ranked eighth in the MWC) and rebounding (6.9 rpg, fifth). Also ranked sixth in the league in field goal percentage (.522). Posted six double-doubles. Recorded season-high 22 points and grabbed 16 rebounds vs. TCU and registered 17 points and a career-high 18 rebounds in the rematch. Tallied 16 points, 12 rebounds and a season-high four assists vs. UNLV. Scored 20 points and grabbed nine rebounds at Southern Cal. Posted 18 points, 13 rebounds and four blocked shots vs. Houston in the first round of the postseason NIT.

**Freshman (2004-05):** Averaged 1.6 points and 0.6 rebounds in 8.8 minutes a contest,

**Additional information on back...**

appearing in five games before sitting out the rest of the season due to a knee injury. Granted a medical redshirt.

**Personal:** Scheduled to graduate in August with a degree in economics. Is the youngest of five children. Got married in the summer of 2007.

| <b>Brigham Young</b> |            |           |            |            |             |            |            |             |            |            |             |            |            |            |            |             |             |
|----------------------|------------|-----------|------------|------------|-------------|------------|------------|-------------|------------|------------|-------------|------------|------------|------------|------------|-------------|-------------|
| <b>Season</b>        | <b>G</b>   | <b>GS</b> | <b>FGM</b> | <b>FGA</b> | <b>PCT</b>  | <b>FTM</b> | <b>FTA</b> | <b>PCT</b>  | <b>3PM</b> | <b>3PA</b> | <b>PCT</b>  | <b>REB</b> | <b>AST</b> | <b>STL</b> | <b>BL</b>  | <b>PTS</b>  | <b>AVG</b>  |
| 2004-05              | 5          | 0         | 0          | 3          | .000        | 3          | 6          | .500        | 0          | 0          | .000        | 8          | 1          | 0          | 0          | 3           | 0.60        |
| 2005-06              | 29         | 29        | 144        | 276        | .522        | 106        | 172        | .616        | 0          | 0          | .000        | 199        | 28         | 12         | 27         | 394         | 13.6        |
| 2006-07              | 34         | 33        | 167        | 306        | .546        | 96         | 195        | .492        | 0          | 0          | .000        | 210        | 40         | 15         | 46         | 430         | 12.6        |
| 2007-08              | 35         | 35        | 202        | 373        | .542        | 141        | 260        | .542        | 0          | 0          | .000        | 269        | 54         | 15         | 34         | 545         | 15.6        |
| <b>Totals</b>        | <b>103</b> | <b>97</b> | <b>513</b> | <b>958</b> | <b>.535</b> | <b>346</b> | <b>633</b> | <b>.547</b> | <b>0</b>   | <b>0</b>   | <b>.000</b> | <b>686</b> | <b>123</b> | <b>42</b>  | <b>107</b> | <b>1372</b> | <b>13.3</b> |