



University of Great Falls
ARGONAUTS

SPORTS INFORMATION * NEWS RELEASE

For Immediate Release

Date: Wednesday, May 25, 2010

Contact: Mike Miranto, Sports Information Director, (406) 791-5208

Roy's Chrest Signs With UGF Women's Basketball



Great Falls, MT – University of Great Falls women's basketball coach **Bill Himmelberg** has announced the signing of **Donica Chrest** of Roy, Montana to an NAIA/Frontier Conference Letter of Intent today. Chrest will join the Lady Argo basketball program this coming fall after completing her senior year at Roy High School.

"I am really happy that Donica has chosen to become part of the Lady Argo basketball program," Himmelberg said. "She will bring a great work ethic and some extra-added toughness to our team. She possesses great quickness and a solid perimeter shot."

Chrest, a 5'4" left-handed guard, averaged nine points, seven assists and two steals per game this past season while playing for the combined team of Roy-Winifred. She helped the Lady Outlaws to the Class C State Tournament this past season and a 23-3 overall record as she shot 71% from the free throw line and 38% from the field en route to earning District 7C All-Conference First Team honors.

"I have chosen the University of Great Falls because of the strong emphasis that they put on their students' education," Chrest said. "I am also very excited to become a Lady Argo basketball player. When I went on my campus visit I got a chance to play with the girls and they really made me feel welcome. I hope to contribute a good work ethic, positive attitude and a love of the game to my team and teammates."