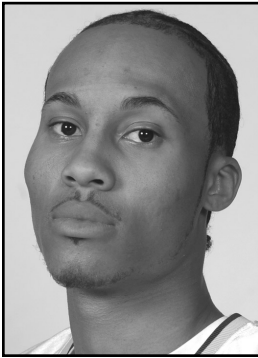


MEET THE 2004-05 BULLDOG NEWCOMERS



10
Bulldogs

ANTWAN HOLT

6-3 ♦ 165 ♦ Junior ♦ Guard
Okemos, Mich. (Northern Michigan)



2004-05: Possesses tremendous athletic ability ... Will be asked to play a significant role ... Provides added depth in the backcourt ... Adds experience ... Has made great strides during the preseason.

College: Spent initial two collegiate campaigns (2002-04) at Northern Michigan ... Ranked as the Wildcats' third-leading scorer (10.1 ppg) ... Posted team bests in minutes (792), made free throws (63), assists (63), steals (39) and three-point percentage (.434) ... Totaled 12 double-figure scoring games in 2003-04 ... Ranked 16th in GLIAC's overall rankings in free throw percentage (.700) and steals (1.39 spg) along with 25th in assists (2.25 apg) ... Sank 33-of-76 (.434) three-point field goals, which placed fifth overall among league leaders ... Started 14 contests in 2002-03 ... Averaged 10.5 ppg ... Earned team Newcomer of the Year Award ... Scored 10 points or more 15 times ... Led squad in free throws (79).

High School: A 2002 graduate of Okemos High School ... Led OHS to league and district championships in his final two campaigns ... Two-year varsity letterwinner ... Earned both team and conference MVP recognition as a senior (2001-02) ... Was a fourth-team all-state honoree and earned first-team all-conference kudos ... Prepped by Dan Stolz.

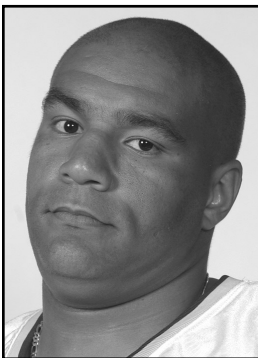
Personal: Son of Elbert and Darlene Holt of East Lansing, Mich. ... Born 5/16/84 in Los Angeles, Calif. ... Recreation Mgmt. major ... Averaged 11.5 points per game and posted two double-digit scoring efforts in four meetings against the Bulldogs while at NMU.

HOLT FILE

YEAR
Junior
POSITION
Guard
HEIGHT
6-3
WEIGHT
165
HOMETOWN
Okemos, Mich.
HIGH SCHOOL
Okemos
HIGH SCHOOL COACH
Dan Stolz
COLLEGIATE EXPERIENCE
Two Seasons
PREVIOUS COLLEGE
Northern Michigan



Ferris State



RS
Bulldogs

CHRIS NORTHCROSS

6-7 ♦ 250 ♦ Senior ♦ Forward/Center
Ann Arbor, Mich./Pioneer (Hillsdale)



2004-05: Will redshirt this season ... Continues to improve conditioning level ... Has significant collegiate playing experience ... Provides added practice competition ... Veteran team player ... Adds physical presence.

College: Required to redshirt this season per NCAA transfer regulations ... Did not play in 2003-04 ... Played three seasons (2000-03) at GLIAC member Hillsdale ... Ranked as squad's fourth-leading scorer (10.3 ppg) as a junior (2002-03) ... Made 26 starts in 28 appearances ... Was team's second-leading rebounder (4.7 rpg) ... Scored 288 points and grabbed 131 rebounds in 2002-03 ... Started 21 games as a sophomore (2001-02) ... Averaged 11.9 points and 4.3 rebounds per game in 2001-02 ... Ranked as squad's third-leading scorer as a sophomore ... Compiled 191 points and 81 rebounds as a freshman (2000-01) ... Played in 30 contests during his initial campaign under head coach Ed Douma ... FSU head coach Bill Sall was a Charger assistant coach during his first two seasons at HC.

High School: A 2000 graduate of Ann Arbor Pioneer High School ... Earned three varsity basketball letters and two in football ... Led squad to a district championship in both his junior and senior seasons ... Guided Ann Arbor Pioneer to a regional title and state quarter-final berth as a junior ... Earned team Most Improved Player Award kudos.

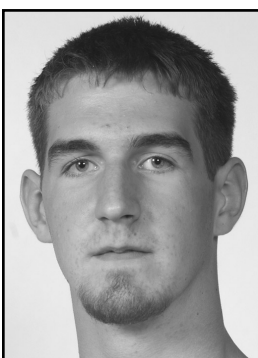
Personal: Son of Wilson and Winifred Northcross of Ann Arbor, Mich. ... Born 9/6/82 in Ann Arbor, Mich. ... Enjoys writing, music and football ... Majoring in english education.

NORTHCROSS FILE

YEAR
Senior
POSITION
Forward/Center
HEIGHT
6-7
WEIGHT
250
HOMETOWN
Ann Arbor, Mich.
HIGH SCHOOL
Pioneer
HIGH SCHOOL COACH
Brian Townsend
COLLEGIATE EXPERIENCE
Three Seasons
PREVIOUS COLLEGE
Hillsdale



Ferris State



42
Bulldogs

MIKE RUNSTROM

6-6 ♦ 205 ♦ Freshman ♦ Forward
Traverse City, Mich./Central



2004-05: Quality walk-on player ... Supplies needed depth ... Versatile athlete ... Provides added size ... Continues to progress and pick up systems ... Must adjust to collegiate game.

High School: A 2004 graduate of Traverse City Central High School ... All-State honorable mention honoree ... Averaged 15 points and 10 rebounds per game as a senior ... Led the Trojans to the district finals and a 15-8 overall record in his final season ... Totaled 11.7 points and 6.3 rebounds per contest as a junior ... Two-time All-Big North Conference honoree ... Tallied 50 blocked shots as TC Central compiled a 14-9 record in 2002-03 ... Coached by Jon Constant ... Named team Most Valuable Player in 2003-04 ... Chosen to Detroit Free Press 2003-04 Top 100 squad ... Led squad to a conference and district championship in 2001-02 ... Selected to conference all-academic team three seasons ... Also participated in cross country as a freshman.

Personal: Son of Tom and Diane Runstrom of Traverse City, Mich. ... Born 5/15/86 in Saginaw, Mich. ... Enjoys boating and video games ... Father is employed in pharmaceutical sales ... Has a younger sister, Laura ... Majoring in pre-pharmacy.

RUNSTROM FILE

YEAR
Freshman
POSITION
Forward
HEIGHT
6-6
WEIGHT
205
HOMETOWN
Traverse City, Mich.
HIGH SCHOOL
Central
HIGH SCHOOL COACH
Jon Constant
COLLEGIATE EXPERIENCE
None
PREVIOUS COLLEGE
None



Ferris State