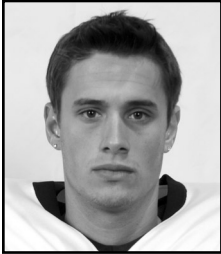
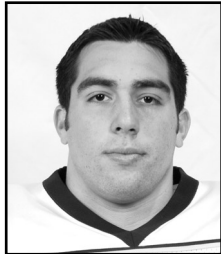


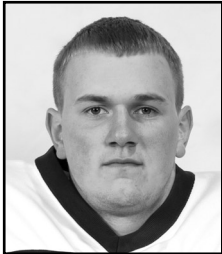
THE 2004 BULLDOGS



THWAITES



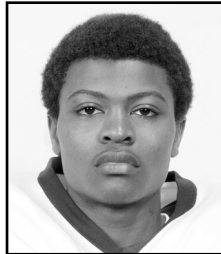
VANDEMBERG



VAN WIERN



JEFF WILLIAMS



LAMAR WILLIAMS



WRUBLE



ANDY THWAITES
Split End
6-2 ♦ 185 ♦ Senior
Stanton (Central Montcalm)

Talented, athletic wideout . . . Two-year starter . . . Has exceptional hands and great ball skills . . . Possession-type receiver . . . Elusive runner . . . Fine blocker . . . Missed spring drills due to an injury . . . Two-time (2002-03) GLIAC All-Academic Team recipient . . . Placed third on squad with 23 catches for 220 yards in 10 games . . . Caught six aeriels for 49 yards at Michigan Tech (10/11) . . . Totaled 66 yards on five receptions vs. Mercyhurst (10/18) . . . Co-recipient of FSU Outstanding Offensive Rookie in '02 as a result of ranking third in team receptions and second in receiving yards . . . Had eight catches for 82 yards and a TD at Northwood (10/5) . . . Played in three outings in 2001 . . . An all-stater at Central Montcalm High . . . A three-time Central State Activities Association honoree . . . Coached by his father (Bill) . . . Participated in the '99 Michigan All-Star Game . . . Received league MVP football and basketball kudos as a senior . . . Special Olympics volunteer . . . Older brothers, Brian and Steve, played basketball at Calvin and Kalamazoo, respectively . . . FSU Letters: Two . . . Birthdate: 6/30/81 . . . Major: Marketing.

YEAR	G-GS	REC	CAREER STATISTICAL TOTALS			AVG/N
2001-03	23-19	55	YDS	TD	LG	
			631	3	35	11.5



JOHN VANDENBERG
Fullback
5-11 ♦ 251 ♦ Sophomore
Trenton

Enters fall camp as the starter . . . Powerful runner and blocker . . . Shows good low center of gravity . . . Has fine hands and can catch the ball well . . . Mobile . . . Smart and instinctive . . . FSU Dean's Academic Award honoree . . . Appeared in five outings last fall, primarily on special teams . . . Recorded season's lone tackle vs. Mercyhurst (10/18) . . . Redshirted in 2002 . . . A honorable mention all-stater as a senior at Trenton High under coach Bob Czarniecki . . . Named team MVP along with garnering both team defensive and offensive player of the year kudos in senior season . . . Picked up all-area and all-metro west accolades in final prep year . . . Rushed for 879 yards and eight TD's while posting 136 tackles during senior campaign . . . Ran for 350 yards and three TD's as a junior . . . Made a missionary trip to Ecuador . . . Both parents are auto workers at Ford . . . One of four children (two brothers) . . . FSU Letters: One . . . Birthdate: 4/13/84 . . . Major: Criminal Justice.



C.J. VAN WIERN
Quarterback
6-4 ♦ 223 ♦ Freshman
Holland (West Ottawa)

Promising signal-caller . . . Listed as a backup going into the fall and performed well in spring ball . . . Tremendous competitor . . . Fundamentally sound . . . Mobile . . . Natural leader and reads coverages well . . . Tough and confident individual . . . A first-team all-stater at West Ottawa High . . . Prepped by Jim Caserta . . . 2003 graduate . . . Achieved first-team recognition on both *Detroit News* and *Grand Rapids Press'* Dream Teams as a senior . . . Passed for 2,139 yards and 29 TD's in senior year to rank 20th all-time among state single-season passing leaders and sixth in TD's . . . Guided Panthers to most wins in school history (8-3) and first-ever playoff victory in 2002 . . . Set six school marks in '02 . . . Received first-team OK Red Conference laurels in senior season after picking up league honorable mention honors as a junior . . . Two-time (2001-02) *Holland Sentinel* All-Area honoree . . . A 2002-03 *Detroit Free Press* Class A Sixth-Team All-State and *Associated Press* All-State Honorable Mention pick . . . Also playing basketball at FSU . . . Birthdate: 2/27/85 . . . Major: Social Studies.



JEFF WILLIAMS
Guard
6-2 ♦ 298 ♦ Senior
West Branch (Ogemaw Heights)

Competing to regain starting right guard job after being sidelined in last season's final eight games due to an injury . . . Appears fully recovered from his injury and should be a fixture on the Bulldog offensive line . . . Aggressive lineman . . . Capable run blocker . . . Intense . . . Displays good technique . . . Knows offensive schemes well . . . Battles all of the time and plays right to the whistle . . . Started first three 2003 contests before season-ending mishap vs. Northern Michigan (9/20) . . . Achieved All-GLIAC H.M. honors, GLIAC All-Academic kudos and was FSU's Most Improved Offensive Player as a 2002 starter . . . Switched to current position from defensive tackle in 2001 spring drills . . . Saw action in two outings in 2001 . . . Posted only tackle of season vs. Michigan Tech (10/20) . . . Earned All-North East Michigan Conference and team MVP honors in senior year at Ogemaw Heights High . . . Coached by Larry Bellor . . . His father is a machinist and mother works as a nurse . . . FSU Letters: One . . . Birthdate: 5/4/82 . . . Major: Plastics Engineering Technology.



LAMAR WILLIAMS
Cornerback
6-0 ♦ 167 ♦ Freshman
Flint (Northern)

Redshirt freshman . . . Talented . . . Up-and-coming defender . . . Will provide quality depth this season . . . Has good size for a corner . . . Displays good quickness, change-of-direction and leaping ability . . . Covers well . . . Turned in an excellent spring . . . Injured last season and was redshirted . . . Achieved All-Saginaw Valley Second-Team and all-city laurels during senior year at Northern High . . . Coached by Gary Lee . . . Graduated in 2003 . . . Served as team captain and was squad's co-MVP as a senior . . . Registered 45 tackles with six interceptions, including two for TD's, in final prep campaign . . . Averaged 14.7 yards per punt return while compiling 217 total yards in returns . . . Received the Vikings' Newcomer of the Year Award in 2001 as NHS captured the city championship crown and qualified for the state playoffs . . . His mother (Kendall Reaves) was a cheerleader at FSU in the mid 1970's . . . Birthdate: 1/4/85 . . . Major: Rubber Technology.



NATE WRUBLE
Tight End
6-7 ♦ 225 ♦ Senior
Harbor Beach

A tall, athletic tight end with natural receiving skills . . . Competing in his initial campaign . . . Battling for starting nod and is expected to play considerably . . . Should contribute to the passing game . . . Excelled in spring drills . . . Has great hands and runs good routes . . . Talented with tremendous upside potential . . . Uses size to his advantage . . . Can get downfield . . . Better receiver than blocker at this stage . . . Played at Harbor Beach High under coach Troy Schelke . . . Participated four years apiece in football and basketball . . . Was twice a prep all-state selection and a first-team all-conference pick in basketball . . . Was a four-year (2000-04) FSU basketball letterwinner and a three-time (2001-04) GLIAC All-Academic Team member . . . Helped guide the Bulldogs to the 2003-04 GLIAC North Division title in hoops . . . Will have identical jersey number as in basketball . . . Birthdate: 11/12/81 . . . Major: Criminal Justice.

★ THE 2004 BULLDOGS (By State) ★

Michigan	106	Ohio	2
Illinois	4	New Jersey	1
Indiana	3		

