

MIKE McCOWAN

FORWARD/CENTER (4, 5, 3)
USA PASSPORT



PROFESSIONAL EXPERIENCE – 5TH YEAR

MICHAEL McCOWAN
Height: 6' 09" 204 cm
Weight: 245 lbs. 111 kg
Birth Date: January 28, 1983
Nationality: USA Passport
Home City: Oklahoma City, OK



Agent Contact Info:

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PROFESSIONAL PLAYING CAREER HIGHLIGHTS

- 1997-2001 Capital Hill High School, Oklahoma City, OK - 20.2ppg, 12.1rpg 3.5bpg
- Led team to State Semi-Finals and State Tournament 3 years
- 1997-1998 Selected to Super Five
- 1998-1999 Finished Season Ranked #3 in the State
- Selected to 2nd Team All-State, 1st Team All-City, 1st Team All-Defense
- Selected as Team MVP & Western Heights Tournament MVP
- 1999-2000 Finished Season Ranked #6 in the State
- Selected to 1st Team All-City, 1st Team All-Defense
- Selected as Team MVP & Western Heights Tournament MVP
- 2000-2001 Finished Season Ranked #5 in the State - Selected as Team MVP
- Selected to 1st Team All-State, 1st Team All-City, 1st Team All-Defense
- Selected as McDonalds' All-State, Big All-City All-Star
- Selected as Faith Seven All-Star, Jim Thorpe All-Star
- 2002-2003 North Eastern Colorado (NJCAA) Finished Season Ranked # 7 in the Country
- 15.5ppg, 12.2rpg, 3.1bpg, 50.2FG%
- Selected to 1st Team All-Conference & Region 9 Newcomer of The Year
- 2003-2004 University of New Mexico (NCAA) 4.1ppg, 3.2rpg, 2.5bpg
- 2005-2006 University of west Georgia - Finished Season Ranked #3 in The Country
- 9.2ppg, 10.3rpg, 4.1bpg, 48.1FG%
- 2004-2005 Run & Gun (SEBL) 24-4 Pro-Am Champion - 22.7ppg, 15.3rpg, 4.2bpg, 5.3apg
- Selected as Pro-Am MVP & SEBL Metro A-League 2nd Team All-League
- 2005-2006 Rome ServPro-1(SEBL) SEBL Metro A-League Finalist - 15.2ppg, 12.4rpg
- SEBL Metro A-League Finalist
- SEBL Metro A-League 1st Team All-League Selection
- 2005-2006 Run & gun(Villa Rica Pro-Am) 25-3 PRO-AM CHAMPION
- Selected as The Pro-Am MVP - 25.3ppg, 11.6rpg, 4.2bpg
- 2006-2007 Jacksonville Jam (ABA) 28-9 #2 - SOUTH EAST CHAMPIONS
- 15.7ppg, 10.8rpg, 60.3FG%, 90.1FT%
- 2006-2007 Alanta vision (ABA) 6-0 – 14.8ppg, 11.3rpg
- 2007 Cartersville Baseline Warriors (SEBL): 10 games: 11ppg, 8.5rpg, 2.0bpg
- SEBL METRO A-LEAGUE CHAMPION
- 2007-2008 Oklahoma Cavalry (USA-CBA) CBA CHAMPIONS
- 2008 Houston Blaze TPBL & Chile Demayor Tour - 15-0 - 23.2ppg, 13.4rpg, 4.0bpg
- 2008 Cartersville Base Line Warriors - China CBA Tour - 15.6ppg, 12.3rpg, 3.5bpg
- 2008-2009 Oklahoma City Thunder (NBA) Pre-season Work-Outs
- 2008-2009 Oklahoma Impact (UBL) 17-1 (#1) UBL CHAMPIONS – 17.6ppg, 11.3rpg
- Selected as a UBL All-Star

SCOUTING REPORT ON MIKE McCOWAN: Excellent physical condition with outstanding leaping ability provides many opportunities for blocking shots and rebounding. Mike has strong hands. He catches passes and holds ball aggressively. Executes post moves with back to the basket as well as faced up. Finishes strong and consistently. Finishes well in transition. Consistent shooter and all around scorer. Has great anticipation and jumping ability, boxes out. Strong post and on the ball defender. Has good footwork and active hands. Great shot blocker but not foul prone. Has good game knowledge. Can adjust to change in plays and can grasp defensive strategies. His athleticism and presence in the paint are his main assets. Mike is a very coachable player. He is capable of playing in any professional level. Great Personality as well.

HIGHLIGHT/GAME VIDEOS – Mike McCowan's Videos are online on his webpage at www.prossinsports.com. Click on the following link to watch Mike's videos: (Cut & paste into browser if the link is broken): <http://www.prossinsports.com/BasketballMikeMcCowanBio.html>