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The Colonie Senior Basketball League Weekly Newsletter

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Bob Corcione, Commissioner: 518.225.6766

Past Publishers: Dick Oliphant 1991-2013 Dave Kaminsky 2014-2018 Andy Kramarchyk 2019-2020

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Web: Geoff Coufal / geoff.coufal@gmail.com

Website www.colonieseniorbasketball.com

Publisher: Geoff Coufal / geoff.coufal@gmail.com / 518-330-3779

Albany Wait List: Vince DiGiulio / vman1100@hotmail.com / 518-669-2959

FINAL STANE

Colonie Wait List: Mark White / mark@whitehouserealtyny.com / 518-365-4900

FINAL STANDINGS												
COLONIE DIVISION	W	L	WPct	GB	ALBANY DIVISION	W	L	WPct	GB			
1-21BOOM-6	16	2	0.889	-	1-Coldwell Banker-10	14	4	0.778	-			
2-BFT 360 -7	10	8	0.556	6	2-Morris Ford-9	11	7	0.611	3			
3-Labatt Blue-3	10	8	0.556	6	3-Maccio PT-13	10	8	0.556	4			
4-518 Realty-5	10	8	0.556	6	4-5 Hour Energy-8	9	9	0.500	5			
5-Team Mamba-4	8	10	0.444	8	5-Barclay Damon-14	8	10	0.444	6			
6-Lark Graphics-2	7	11	0.389	9	6-Realty Sold Solutions-1	6	12	0.333	8			
7-1st National Bank-1	2	16	0.111	14	7-2Shea Catering-12	5	13	0.278	9			

Saturday, March 23 (Championships) Lishakill

Highest seeded team is the Home team

10:40 5 Hour Energy @ Morris Ford 12:05 Lark Graphics @ 518 Realty

2:00 Banquet





The league banquet will be held on March 23 after the completion of the championship games starting at 2:00 and ending at 6:00. It will be held at the Western Turnpike Golf Course at 2350 Western Ave in Guilderland. The banquet is free for all CSBL members including players-(roster, sub, Wait List and past players), scorekeepers, and referees. The banquet includes appetizers, beer and wine, dinner, and dessert. There will be an awards ceremony and discussion of league business.



SEMIFINAL RESULTS (gms 1-4)-games of March 16

GAME 1															
Realty Sold Solutions	No.	2	3	FTM	FTA P	F	TP	MORRIS FORD-	No.	2	3	FTM	FTA	PF	TP
Vince DiGiulio	11	1	0	0	0	1	2	Doug Putnam	13	0	0	0	0	0	0
Jon Atwell	2	1	0	0	0	3	2	Bob Hanson	3	12	5	0	2	0	39
Darrell DreschDNP	10						0	Ron Mattice	5	2	0	0	4	1	4
Kim Burns	3	1	1	0	0	1	5	Luis Molina	1	0	2	0	0	1	6
Jeff Sausville	1	3	2	2	2	1	14	Jerry Sample	11	2	0	2	5	3	6
John Nicoletta	4	3	0	0	2	0	6	Mitch Griffin	4	0	0	0	0	0	0
Rich Blackman	5	1	0	1	2	0	3	Dave Lapinel	10	4	0	1	2	0	9
Tony Hickey	5	0	0	0	0	0	0	Bernie Morine	2	1	0	0	0	1	2
Dan Cropsey	33	2	0	1	2	4	5								0
							0								0
		12	3	4	8 1	0	37			21	7	3	13	6	66

GAME 2															
5 Hour Energy - 8	No.	2	3	FTM	FTA	PF	TP	Coldwell Banker - 10	No.	2	3	FTM	FTA	PF	TP
Jim ThompsoiDNP							0	Brian War(DNP	3	0	0	0	0	0	0
Jamie Thompson	3	2	0	1	2	2	5	Glenn Richter	1	1	2	6	6	2	14
Mike Lombardi	10	2	0	2	4	0	6	Bob Hope	10	1	0	0	0	3	2
Mike McMorris	2	4	2	0	0	2	14	Alex Ciccarone	2	2	0	0	0	1	4
Jon Riedel	13	1	0	2	4	0	4	Jay Krege	13	2	0	0	0	3	4
Brian Zweig	11	0	1	2	5	2	5	Chris Burke	14	1	1	0	0	2	5
Bob Fish	1	0	2	0	0	0	6	Mike Purcell	11	1	0	0	0	1	2
Ben Krahforst	4	0	0	2	2	0	2	Joe Leva	5	1	0	0	0	0	2
George Barte DNP	0						0								0
Dan Figueroa	0	0	0	0	0	0	0	Dave Taylor DNP	12						0
		9	5	9	17	6	42			9	3	6	6	12	33

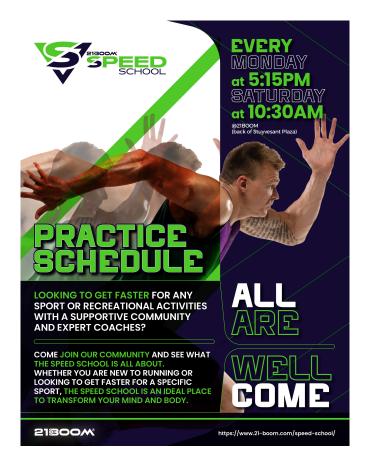
GAME 3															
518 Realty - 5	No.	2	3	FTM	FTA	PF	TP	21 BOOM - 6	No.	2	3	FTM	FTA	PF	TP
Tom Ginnelly	1	0	0	0	0	1	0	Butch Ostrander	12	1	1	0	0	3	5
Keith Anderson	12	0	0	0	0	0	0	Dave Bass	1	3	0	0	0	2	6
Mike McCullough	11	1	1	1	2	1	6	Jim Blendell	5	9	0	6	7	2	24
Randy McHale	13	5	3	2	4	1	21	Henry Gagnon	13	2	0	0	0	2	4
Rar Pacatte	5	2	0	0	0	5	4	Jim Hicks	11	5	1	0	2	2	13
Joe Parker	10	0	1	2	2	2	5	Doug Keyer	4	0	2	7	7	1	13
Prescott Saunders	4	8	9	7	10	3	50	Jack Scully	3	0	0	0	0	0	0
Jim Smith	3	2	0	0	0	5	4	Mark White	2	4	3	1	2	0	18
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1st National Bank - 1	No.	2	3	FTM	FTA	PF	TP	Lark Graphics - 2	No.	2	3	FTM	FTA	PF	TP
Randy Premo	12	2	1	0	0	7	7	Tom Dodd	15	1	4	0	0	0	14
Steve Avery	4	1	0	0	0	2	2	Hildon Cabrera	2	2	0	0	0	0	4
Mike Emery	11	0	0	0	0	2	0	Mike Collins	1	3	3	3	5	2	18
Kevin Jarvis	14	2	0	0	0	1	4	Chuck DiPace	11	1	0	1	2	3	3
Gerald Ma DNP	10						0	John Ford	5	6	0	0	0	2	12
Bob Russo	5	8	1	2	7	2	21	Andy George	3	2	0	0	0	1	4
Bill Scunziano	13	2	0	1	1	3	5	Tim Massey	10	1	0	0	0	2	2
John Walker	54	2	0	0	0	0	4	Shawn Ritzie	8	3	4	9	10	1	27
Kevin McFerran	35	6	4	2	2	0	26								0
							0								0
		23	6	5	10	17	69			19	11	13	17	11	84

Sponsor Update





What are you doing in the off-season to prepare for next year?

Get ahead of the competition and get your body ready for the 2024-2025 season. Starting April 1st, 21BOOM introduces a comprehensive speed and athletic development program called the SPEED SCHOOL. All CSBL Hoopers and family (all ages) are welcome regardless of current speed and athletic capabilities.

Join a supportive community with expert coaches every Monday evening and Saturday morning as we dial in the programming necessary for a total-body transformation. The 21BOOM Speed School provides a comprehensive programming framework based on science and sports psychology to help every participant reach their potential. Become faster, stronger, and mentally tougher through sprint programming, stability, and mobility training, and motivational coaching.

Call Korey McCoy at 518.424.3724 with questions or check out www.21-boom.com/speed-school/.

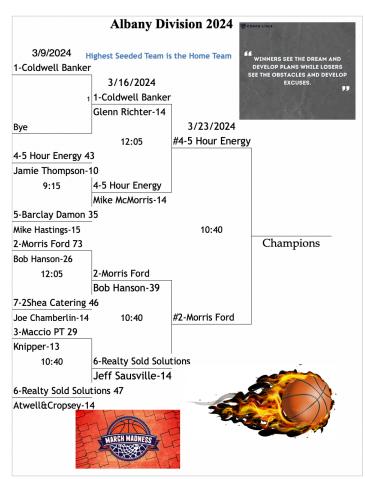
CSBL members- 1st month is free then special discount of \$149/month

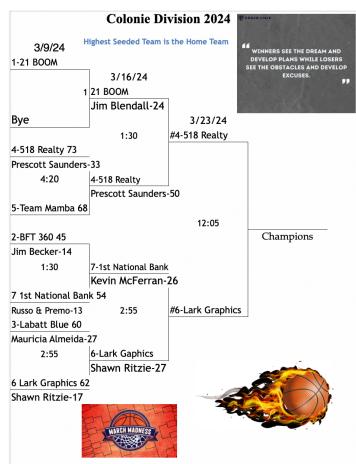
Korey McCoy Team Leader, 21BOOM

Email: admin@21-BOOM.com Mobile: 518-424-3724

WWW: https://www.21-boom.com/







3/9 1st Round

9:15 Albany 4 vs 5 10:40 Albany 3 vs 6 12:05 Albany 2 vs 7 1:30 Colonie 2 vs 7 2:55 Colonie 3 vs 6

4:20 Colonie 4 vs 5



3/16 2nd Round

10:40 Albany winner of 2/7 vs 3/6 12:05 Albany 1 vs winner of 4/5 1:30 Colonie 1 vs winner of 4/5 2:55 Colonie winner of 2/7 vs 3/6

3/23 Championships

10:40 Albany 12:05 Colonie

2:00-6:00 Banquet at Western Turnpike Golf

Course following last game



March Madness

Ding Dong the 1's Are Gone! In a stunning day of action at Lishakill the #1 seeds in both divisions were upset by the #4 seed. In the Colonie division #1 21 BOOM had been dominant all season with a 16-2 record but was upset by 518 Realty in a fierce, hotly contested game. 518 was led by Prescott Saunders with a playoff record 50 points including nine 3 pointers and 27 points from Randy McHale. #6 Lark Graphics rode a 27 point outing by Shawn Ritzie to victory over #7 1st National Bank which was led by 26 points from Kevin McFerran.

In a low scoring game in the Albany division, #4 seed Five Hour Energy used a suffocating defense to hold high scoring Glenn Richter to 14 points to upset Coldwell Banker and earn themselves a spot in the finals. #2 Morris Ford rolled over #6 Realty Sold Solutions behind 39 points from Bob Hanson.

The finals will feature Cinderella matchups of #4 vs #6 in the Colonie division and #2 vs #4 in the Albany division. Didn't see that coming! Good luck fellows-you've earned a spot in the final dance.

et's Get Ready to Rumble!



