

# The Hoopster

## The Colonie Senior Basketball League Weekly Newsletter

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CSBL

Published since 1991

CSBL Established 1989

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1991-2013  
Dave Kaminsky  
2014-2018  
Andy Kramarchyk  
2019-2020

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March 30, 2024 Vol 33, #25

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### FINAL STANDINGS

COLONIE DIVISION	W	L	WPct	GB	ALBANY DIVISION	W	L	WPct	GB
<b>1-21BOOM-6</b>	16	2	0.889	-	<b>1-Coldwell Banker-10</b>	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

#### Albany Division 2024

3/9/2024 **Highest Seeded Team is the Home Team**

1-Coldwell Banker

3/16/2024

1-Coldwell Banker-33  
Glenn Richter-14

Bye

3/23/2024

12:05 #4-5 Hour Energy-36  
Jamie Thompson-9

4-5 Hour Energy 43  
Jamie Thompson-10

9:15 4-5 Hour Energy-42  
Mike McMorris-14

5-Barclay Damon 35  
Mike Hastings-15

2-Morris Ford 73  
Bob Hanson-26

12:05 2-Morris Ford-66  
Bob Hanson-39

7-2Shea Catering 46  
Joe Chamberlin-14



10:40 #2-Morris Ford-56  
Bob Hanson-28

3-Maccio PT 29  
Knipper-13

10:40 6-Realty Sold Solutions-37  
Jeff Sausville-14

6-Realty Sold Solutions 47  
Atwell&Cropsey-14

**Morris Ford**  
Champions

#### Colonie Division 2024

3/9/24 **Highest Seeded Team is the Home Team**

1-21 BOOM

3/16/24

1 21 BOOM-83  
Jim Blendall-24

Bye

3/23/24

1:30 #4-518 Realty-80  
Prescott Saunders-44

4-518 Realty 73  
Prescott Saunders-33

4:20 4-518 Realty-90  
Prescott Saunders-50

5-Team Mamba 68

12:05 **518 Realty**  
Champions

2-BFT 360 45  
Jim Becker-14

1:30 7-1st National Bank-69  
Kevin McFerran-26



7 1st National Bank 54  
Russo & Premo-13

2:55 #6-Lark Graphics-74  
Shawn Ritzie-22

3-Labatt Blue 60  
Mauricia Almeida-27

2:55 6-Lark Gaphics-84  
Shawn Ritzie-27

6 Lark Graphics 62  
Shawn Ritzie-17

Have a great summer. See you in September

# FINAL RESULTS -Championship games of March 23

GAME 1		ALBANY DIVISION													
Morris Ford-9								5 Hour Energy - 8							
No.	2	3	FTM	FTA	PF	TP	No.	2	3	FTM	FTA	PF	TP		
Doug Putnam	13	0	0	0	0	0	Jim Thompson	DNP						0	
Bob Hanson	3	10	1	5	6	2	Jamie Thompson	3	2	0	5	8	4	9	
Ron Mattice	5	4	0	1	3	2	Mike Lombardi	10	3	0	0	0	2	6	
Luis Molina	1	1	4	0	0	2	Mike McMorris	2	1	1	0	0	3	5	
Jerry Sample	11	1	0	0	0	0	Jon Riedel	13	1	0	1	2	3	3	
Mitch Griffin	4	1	0	0	0	3	Brian Zweig	11	0	2	0	0	2	6	
Dave Lapinel	10	0	0	1	2	0	Bob Fish	1	2	1	0	2	0	7	
Bernie Morine	2	0	0	0	0	0	Ben Krahforst	DNP	4					0	
							George Bartel	DNP	0					0	
							Dan Figueroa	0	0	0	0	0	0	0	
17 5 7 11 9 56							9 4 6 12 14 36								

GAME 2		COLONIE DIVISION													
Lark Graphics - 2								518 Realty - 5							
No.	2	3	FTM	FTA	PF	TP	No.	2	3	FTM	FTA	PF	TP		
Tom Dodd	15	2	4	1	2	4	17	Tom Ginnelly	1	0	0	0	0	0	
Hildon Cabrera	2	0	0	0	0	0	0	Keith Anderson	12	0	0	0	0	0	
Mike Collins	1	5	1	1	3	5	14	Mike McCullough	11	1	0	0	0	4	
Chuck DiPace	11	1	1	0	0	3	5	Randy McHale	13	5	2	4	5	2	
John Ford	5	5	0	2	4	4	12	Rar Pacatte	5	3	0	0	0	4	
Andy George	3	0	0	0	0	0	0	Joe Parker	10	0	0	0	0	0	
Tim Massey	10	2	0	0	0	0	4	Prescott Saunders	4	4	8	12	15	1	
Shawn Ritzie	8	3	4	4	4	0	22	Jim Smith	3	2	0	4	4	3	
							0							8	
							0							0	
							0							0	
18 10 8 13 16 74							15 10 20 24 14 80								

## Sixth Man Award

This is year 3 of the CSBL Sixth Man Award. The Sixth Man is a player who generally does not start but who comes off the bench and makes a vital contribution to his team's success. A Sixth Man is a player who can provide instant offense, high energy, and/or intense defense. The Sixth Man typically plays a lot of minutes and gives his team a spark and a boost. Team captains in each division vote to select the winner. This year's winners are Sal Villa of Maccio PT in the Albany division and Dave Bass of 21 BOOM in the Colonie division. Congratulations.

Albany division-Sal Villa-Maccio PT



Colonie division-Dave Bass-21 BOOM



## *CSBL Championship Games*

### *Albany Division*

In the Albany Championship game #4 Five Hour Energy and #2 Morris Ford went back and forth on the scoreboard leading to an 8 point edge for Morris Ford at the half. Stifling defense, board control, the hot hand of sharpshooter Bob Hanson with 28 points and four big 3 point daggers from Luis Molina helped Morris Ford pull away and secure the Championship with a 56-36 victory.



### *Colonie Division*



As they have done all season, Prescott Saunders, 44 points with 8 three's, and Randy McHale, 20 points, led #4 518 Realty to a narrow victory over # 6 Lark Graphics. The game was close and hard fought with 518 trailing the entire game until taking their first lead with 45 seconds remaining. 518 enjoyed an advantage at the free throw line hitting 20 of 24 vs 8 of 13 for Lark to escape with an 80-74 victory.

Season stats for each player in the league have been compiled by Butch Ostrander. The stats are now posted on the website. They are located under Archived Stats - Season Stats





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### What is Practitioner Assisted STRETCHING?

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The BFT 360 training device is here! This unique device fosters development of the small muscles in the foot to improve balance and overall function. Created and designed by CSBL player and sponsor Will Smith, the BFT 360 is available for retail sale and training programs at Fleet Feet stores. CSBL members receive a 20% discount off the \$79.95 price for on-line purchase until April 30 using the code **CSBL**. [www.BFT360.com](http://www.BFT360.com) Contact Will Smith at 518-869-0021 for information and questions.



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

As we age we experience muscle and joint stiffness and reduced flexibility that can cause pain and reduce athletic performance. Stretch Zone may be able to help you.

Stretch Zone's isolation of individual muscles breaks up tissue glue, unwrapping the stranglehold on your posture and valuable energy. Proper stretching slows down the aging process. You can improve posture, circulation, and range of motion by coming to our stretch studio.

Stretch Zone now has 3 locations in the Albany area. **Your first visit is free.**

### Locations:

1. 98 Wolf Rd  
Albany  
518-280-0870
2. 54 Crossing Blvd  
Clifton Park
3. 180 Delaware Ave - Delaware Plaza  
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