



FALL 2024 MID-SEASON UPDATE

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MIDCOAST TEAM GRADES

CELTICS – D

One of the League's most disappointing starts in recent memory derailed this squad over the first four weeks. Their recent nail-biting win over the injury-ridden Nets does not exactly bode well either. This team will need more from their starters across the board if they hope to make any noise this season.

KNICKS – A

The Knicks exemplify the best-possible outcome of an expansion project for any League. This team is packed full of new stars with a refreshingly humble demeanor and unparalleled swagger. Simply put, this group has dominated the competition in Rockland and is poised for a deep postseason run.

NETS – D

With two starters having gone down with serious injuries just four weeks in, things aren't looking promising for this hard-nosed and competitive team. A roster shakeup, thanks in part to the waiver wire, may act as a temporary bandage but a lot of work still needs to be done for them to stop the bleeding.

RAPTORS – B

Individuals on this roster were riding a wave of chemistry and momentum from their basketball pursuits this past summer. Over the first few weeks, key players were absent during key moments. While they've scraped enough wins to hold second place, they're still not playing at their full potential just yet.

SEBAGO TEAM GRADES

CLIPPERS (D)

With the oldest average age of any roster in the League, it makes sense that the Clippers have had a hard time keeping up with this Fall's more youthful player-base. However, looking at some of the big names on this roster, nothing could prepare you for the degree that they're underperforming on the offense so far this season.

GRIZZLIES (B)

The Grizzlies have a highly questionable rotation at times but given that they're led by a talented cast of scorers and well-known options coming off their bench, their 3-2 record so far is about what one could expect. To get over the hump and compete at the top of their Division, they will have to improve both efficiency and focus on both ends.

KINGS (A)

Team-oriented unlike any team we've seen in recent memory. Members of the Kings seemingly strive to uplift and enable their teammates for great looks and appear to be having a lot of fun playing quality basketball. So far, the results are there to back it up. We'd be surprised to see them fall any further than second place in Sebago this Fall.

ROCKETS (F)

The Rockets are a major disappointment so far. I doubt anyone expected this kind of start from them, especially internally. Despite all of that noise, we wouldn't be surprised to see a complete turnaround for them, just looking at some of the names on the roster. Even though they reside in the Sebago basement, keep an eye on them.

SPURS (A)

If a sucker-punch was a basketball team, it'd be this Spurs squad. Lightning fast and voracious are the descriptors that come to mind. Being one of the most talented rosters assembled in Sebago Division history, the expectations are very high for them. While they're not a perfect team, they have no glaring weaknesses or low-points to mention.

SUNS (B)

With one of the best first five in the League, their record may fool even the best. At their peak, the Suns are a force to be reckoned with. We've also seen them have games where nobody shows up mentally – so consistency is very much in question. We need to see more from some of their starters to make their presence known come playoff time.

ATLANTIC TEAM GRADES

BLAZERS (C)

The Blazers have the most significant presence of any team across the entire League. That presence will occasionally bleed into their performance in a negative way, clouding team chemistry and stagnating their pace. With their bench averaging just 3.2 PPG, a great deal of pressure is applied to the starters who carry offensive responsibilities.

JAZZ (A)

When you have faith in the abilities of your teammates, the game will speak for itself. That statement echoes the identity of the Jazz, whose draft strategy was to pick friends. Usually, this strategy is destined for the basement of the standings but this group proves that the right combination of skills can make chemistry a team's greatest strength.

NUGGETS (B)

With consistent, great two-way play and a capable bench, the Nuggets have been steadily solid after the first month of the season. Though one can question their rotation strategy at times, some more lowkey names have produced consistently with limited minutes. That unselfish mentality and mental discipline will go a long way for them.

PELICANS (D)

This team feels very unsure of itself. For a squad with so much talent, there is just as much of a lack of leadership and faith. Their rotation has issues and key roles have yet to be fully realized. Without getting into the specifics of each role and how it's faltered so far, their 10 TOPG and 19.7 3P% are probably a good place to start internally.

SONICS (D)

If BBQ chicken, hero ball, and [that one Kobe moment](#) were a team ... you get the picture. This is another one of those groups with heaps of talent but so far, an inability to put the pieces together. Averaging an Atlantic Division low of 51.8 PPG, the Sonics are in major need of a switch-up and fast.

WOLVES (A)

For such a great team, it's a shock that their 1st Round selection has been a 4th or 5th option. With newcomers, strong veterans, and blossoming talents with recent championship DNA, this Wolves squad has one of the highest ceilings among teams across the League. Being one of the best ball-moving teams in Atlantic helps too.

KENNEBEC TEAM GRADES

BUCKS – F

At every step, the Bucks have been in their own way. Attendance from top draft selections and overall direction have been major questions. They're only hitting a quarter of their shots from deep despite taking almost 120 of them (30-118). Being the clear worst team so far, they can only go up from here.

CAVS – B

With a total of ten rings among players on this roster, you can't count them out of contention at any point. Their 74.4 PPG ranks atop their Division but they'd do well to diversify their scoring options in the second half of the season in preparation for some of the defensive juggernauts sure to be waiting in the Playoffs.

HAWKS – A

Excellent defense and all-around cohesion have been huge boons for this team so far. Reliable options off the bench have supported one of the League's most quality starting fives. Since no team has yet been able to exploit cracks in the Hawks foundation, it is hard to believe they have any at all.

WIZARDS – C

With an exciting group of players both new and familiar, the Wizards have been a slight disappointment so far. Despite that, they're the closest any team has come to knocking the top-ranked Hawks down a peg. Leadership and quality offense will enable their success in the second half of the season.

AWARD RACES

Each Award will have five mentions, one from each Division and one write-in

MOST VALUABLE CAPTAIN

Kyle Donlin, Raptors
Dan Thomas, Kings
DeSean Cromwell, Jazz
Keith Stoddard, Hawks
Tristen Chaine, Suns

BEST DEFENSIVE PLAYER

Cooper Wirkala, Knicks
Zackary Pomerleau, Kings
DeSean Cromwell, Jazz
Daniel Fortier, Hawks
Matt Dowdell-Smith, Nuggets

MOST VALUABLE PLAYER

Cooper Wirkala, Knicks
Liam Grass, Spurs
Amir Moss, Blazers
Jordan DeRosby, Cavs
Bradley Dolan, Hawks

BEST VETERAN

Brian Scott, Nets
Chris Field, Spurs
Justin Kipp, Wolves
Josh Berard, Wizards
Chris Heretakis, Celtics

BEST OFFENSIVE PLAYER

Cooper Wirkala, Knicks
Ryan Gorman, Spurs
Tyler Hethcoat, Nuggets
Jordan DeRosby, Cavs
Damon Beck, Cavs

BEST ROOKIE

Cooper Wirkala, Knicks
Ryan Hodgdon, Suns
Pat Kelly, Pelicans
Malik Farley, Wizards
Jack Lombardo, Raptors

BEST ROLE PLAYER

Mike Sawyer, Knicks
Chris Gillikin, Grizzlies
Minor Retolaza, Wolves
Jalaughn Jackson, Hawks
Abdi Dualeh, Kings

POWER RANKING 1-10

1 – KNICKS (5-0)

2 – HAWKS (5-0)

3 – KINGS (4-1)

4 – SPURS (4-1)

5 – JAZZ (4-1)

6 – WOLVES (4-1)

7 – RAPTORS (3-2)

8 – CAVS (3-2)

9 – NUGGETS (3-2)

10 – SUNS (3-2)

POWER RANKING 11-20

11 – GRIZZLIES (3-2)

12 – BLAZERS (2-3)

13 – WIZARDS (2-3)

14 – PELICANS (1-4)

15 – SONICS (1-4)

16 – CELTICS (1-4)

17 – NETS (1-4)

18 – CLIPPERS (1-4)

19 – ROCKETS (0-5)

20 – BUCKS (0-5)

HALL OF FAME, CLASS OF 2024

ISAIAH “IZZY” BRATHWAITE



2x Champion
1x Finals MVP
3x Most Valuable Player
8x Best Defensive Player (Most Ever)
3x Blocks Champion (Tied for Most Ever)
7x Steals Champion (Most Ever)
6x Assists Champion (Most Ever)
Achieved the Only Quadruple-Double in League History (2x)
Most Steals in a Game (12, 2x)
Most Blocks in a Game (10, 2x)

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Izzy will be inducted into the Maine Basketball League Hall of Fame on Monday, November 18 during the final week of the Kennebec Division regular season. A brief ceremony will be held between games on his behalf. Congratulations Izzy – thanks for all the amazing memories!