

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Wrestlers Wrap Up Undefeated Season

April 8, 10 - Oradell, NJ - It was short. It was



quick. It was relatively painless. The Crusader Wrestling team dismantled Pope John XXIII of Sparta 57-15 on Thursday and

Arthur P. Shalick Regional HS 70-6 on Saturday, completing a 3-0 regular season. None of the three matches were even close as BC dominated pretty much from opening whistle to the final slap of the mat. Here's how the final two matches looked:

CRUSADERS 57 - LIONS 15

- 106 Chris Nucifora (BC) — Pin 4:23
- 113 Daniel Peragine (BC) — Forfeit
- 120 Aiden Wallace (BC) — Forfeit
- 126 Joseph Cangro (BC) — Pin 1:27
- 132 Riley Halal (BC) — Decision 9-5
- 138 Christopher Bacchioni (BC) — Pin 4:52
- 145 Eric Broadie (BC) — Pin 5:59
- 152 Nathaniel Camiscioli (BC) — Technical Fall (17-2) 3:20
- 160 Jake Zargo (BC) - Lost Decision 6-4



- 170 Justin Onello (BC) — Major Decision 11-2
- 220 Remy Brancato (BC) — Decision 5-3
- 285 Dominick Brogna (BC) — Pin 1:18



CRUSADERS 70 - COUGARS 6

- 106 Noah Kochman (BC) — Forfeit
- 113 Ryan Ford (BC) — Forfeit
- 120 Ethan Washburn (BC) — Pin 3:30
- 126 Joseph Cangro (BC) — Pin 1:01
- 138 Riley Halal (BC) — Decision 7-3
- 145 Christopher Bacchioni (BC) — Pin 2:22
- 152 William Mulligan (BC) — Pin 4:09
- 160 Jake Zargo (BC) — Pin 1:38
- 170 Justin Onello (BC) — Forfeit
- 182 Pantaleo Varga (BC) — Decision 4-0
- 220 Remy Brancato (BC) — Major Decision 12-4
- 285 Dominick Brogna (BC) — Pin 0:38



Crusaders Place Third in Red Devil Tournament

April 10 – East Amwell Township, NJ – The BC Golf team opened the 2021 season placing third out of sixteen teams at Saturday's Red Devil Tournament at the Heron Glen Golf Course.

Hunterdon Central took home the team crown with a combined score of 303 in the 18-hole event while Westfield (307) placed second, just four strokes ahead of BC (311). Thirteen Teams finished 322 and higher

Leading the Crusaders was junior, Liam White (73), followed by Thomas O'Neill (77), Nick Schwake (79), Charlie Cummings (82), Colin Foley (87) and Adam Sincavage (90).

Crusaders Top T'birds 183-202

April 9 – Haworth, NJ – The JV Golf team opened the 2021 spring season with a victory over Mahwah High School 183-202 in nine holes at Haworth Country Club.

Ryan Slovak was the top scorer for BC, recording a 42. Jeremy Cammayo (45), Andrew Lama (47), Calvin Jung (49), John Keyes (54) and Brandon Schacht (56) contributed to the victory.

Will Richardson Named First Team

All-New Jersey Basketball

March 23 – Newark, NJ – In the most selective team of the year, Will Richardson is one of five, to earn First-Team All-State as reported by NJ.COM and the Star Ledger.



The outstanding junior guard had an exceptional Covid-19 shortened season, helping BC to a #4 ranking in the state and a 7-2 record. Will led the Crusaders in scoring, averaging 18.2 points per game in his

junior campaign. He was exceptional at the free-throw line, sinking 88% of his shots at the line. Richardson currently has 669 career points, just 331 shy of the 1,000 point mark.

Germano Lands Position with Cornhuskers

April 7 – Oradell, NJ – Faculty member and former Crusader QB has been offered a position to coach at the University of Nebraska. Germano has served BC as a math teacher and varsity QB coach, where his mentorship of current Crusader QB, Steven Angeli, has helped create some outstanding results.

Mr. Germano was the New Jersey Gatorade Player of the Year during his senior year, one in which he led BC to MetLife and the state finals. He continued his education at Johns Hopkins, where he led the Blue Jays to one of their finest four-year runs in school history.



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Bergen Catholic Football

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JON GERMANO EXEMPLIFIES EVERYTHING WE WANT A BERGEN CATHOLIC MAN TO STAND FOR. HE IS THE DEFINITION OF A SERVANT LEADER AND HIS LEGACY REACHES FAR BEYOND THE FOOTBALL FIELD.

HIS COMMITMENT, ACCOUNTABILITY AND WORK ETHIC ARE FOREVER EMBEDDED INTO OUR CULTURE. WE COULD NOT BE MORE PROUD OF ALL JON HAS DONE FOR OUR SCHOOL. BERGEN CATHOLIC IS A FAR BETTER PLACE FOR HAVING JON GERMANO AS ONE OF OUR OWN, AND I AM CERTAIN THE UNIVERSITY OF NEBRASKA WILL SOON BE ABLE TO SAY THE SAME.

COACH FROST IS GETTING ONE OF THE BEST YOUNG COACHES IN AMERICA. DEUS VULT JON, GO BE GREAT!

-VITO CAMPANILE



224 likes

bergencatholicfb On behalf of the entire Bergen Catholic Football community we would like to congratulate Coach Germano on accepting a coaching position with the University of Nebraska football program.



Our Father

Our Father, Who art in Heaven
Hallowed be Thy Name
Thy Kingdom Come.
Thy will be done
On Earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses
As we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
Amen.

Hail Mary

Hail Mary, full of grace
The Lord is with You
Blessed are you among women
And blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God
Pray for us sinners
Now and at the hour of our death.
Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen

Act of Contrition

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.
I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Serenity Prayer

God grant me the serenity
to accept the things I cannot change,
Courage to change the things I can, and
Wisdom to know the difference. Amen

And this is the will of Him who sent me, that I shall lose none of all those He has given me, but raise them up at the last day.

Deus Vult
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The Jesus Prayer

Lord Jesus Christ, Son of God,
have mercy on me, a sinner.

Blessed Edmund Rice Prayer

O God we thank you for the life of
Blessed Edmund Rice.
He opened his heart to Christ present in those
oppressed by poverty and injustice.
May we follow his example of
faith and generosity.
Grant us the courage and compassion of
Blessed Edmund as we seek to live lives
of love and service. Amen.

Grace Before Meals

Bless us, O Lord, And these, thy gifts
Which we are about to receive from
thy bounty, through Christ, Our Lord. Amen

The Golden Rule

Love one another as I have loved you.

St. Patrick's Breastplate (shortened)

Christ with me. Christ before me. Christ behind me.
Christ in me. Christ beneath me. Christ above me.
Christ on my right. Christ on my left. Christ when I lie
down. Christ when I sit down. Christ when I arise.
Christ in the heart of every man who thinks of me.
Christ in the mouth of everyone who speaks of me.
Christ in every eye that sees me.
Christ in every ear that hears me.

Prayer of St Francis

Lord make me an instrument of Your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand.
To be loved, as to love
For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born...
To eternal life.

Bird of the Week:

YELLOW-THROATED WARBLER

The Yellow-Throated Warbler

- 5.1" – 5.5" long
- Grey above with bright yellow throat, black markings and a white belly.
- Rare bird in New Jersey and one that does not migrate great distances
- Generally found high in trees, foraging for insects among bark and pine cones.



READ MORE:

https://www.allaboutbirds.org/guide/Yellow-throated_Warbler/id

ALL THINGS ARE CREATED TWICE

April 11 – Estell Manor, NJ – As I was birding today, I reflected on the stories of creation:

³And God said, "Let there be light," and there was light. ⁴God saw that the light was good, and he separated the light from the darkness. ⁵God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day.

Did you ever notice how first God commanded something to occur, then it occurred? It's much the same with anything in our life. We make choices to accomplish something and then there is an outcome. Consider a house. First an architect plans it. Then it is built. The better the job is planned, the better the construction, the more functional.

This is true for our lives as well. The better we plan for the future, the more likely it can turn out as we hope

We had a solid plan for Sunday. We did our research and knew what birds we were targeting. Top on the list was the Yellow-throated Warbler. We looked it up in books and studied its appearance and habitat. We reviewed recent sightings and looked for a location we were likely to find them. We studied their call so we could zero in on a bird if we heard one among the dozens of species present. We charged our cameras, cleaned of the binoculars, checked the weather and filled the tank with gas.

As we arrived at Estell Manor Park, we listened intently for the bird. About ten minutes into our hike, we heard our first one, but were unable to spot it. Fortunately, we encountered about 7-8 others, including the one photographed above. We saw this day was GOOD!

Short-term or long-term, invest time in creating your plan. The better you do in creating it, the better chance your second creation will turn out the way your hoped and you will say that it was good too.