

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

ARCAROLI'S HATTIE TOPS PREP

Offense comes to life vs. St. Peter's Prep as 8 Crusaders Contribute Points

November 29 - Hackensack, NJ - The Crusaders jumped out to a quick three-nothing lead in the first period, but then had to finish strong in order to earn a 6-3 win against a feisty Marauder squad.

TEAM	SCORING				SHOTS ON GOAL			
	1	2	3	TOT	1	2	3	TOT
SPP	1	1	1	3	5	7	6	18
BC	3	0	3	6	12	7	12	21

John Mustard scored the first goal of the Crusader season with 8:35 remaining in the first period off assists from Jacob Carver and Antonio Arcaroli. Nick Lago followed up with a goal just two-minutes and four seconds later off a feed from Connor Kelly and Niko Smilovic. Arcoli scored with 4:39 remaining in the period, assisted by Mustard and Matt Hughes giving BC a 3-0 lead.

The Prep would not go quietly, however. Michael Benkovitz scored with 1:03 remaining in the first, as he started toward a natural hat trick. His second goal, was the only one scored in the second period was short-handed with 10:42 remaining and he tied the score at 3-3 with his third



straight, a power-play goal, at the 14:48 mark in the third period.

With 8:39 remaining, Antonio Arcaroli took matters into his own hands, scoring an

unassisted goal to give BC a lead they would never relinquish. Arcaroli scored again with 14 seconds to provide insurance, assisted by Hughes and Bryceon Lago.

Matt Desiderio scored off assists from Arcaroli and Hughes with one tick of the clock remaining, to finish off the score BC 6 - SPP 3. The Crusaders even their season record to 1-1 on the season with this victory.

PLAYER	GOALS	ASSISTS	POINTS
Antonio Arcaroli	3	2	5
John Mustard	1	1	2
Bryceon Lago	1	1	2
Matt Desiderio	1	0	1
Jacob Carver	0	1	1
Connor Kelly	0	1	1
Niko Smilovic	0	1	1
Matt Hughes	0	3	3
GOALIE	SAV	GA	SAV %
Daniel Dmitrievsky	15	3	.833
SPP	15	6	.714

Crusader

ICE HOCKEY

JV ICE HOCKEY DEFEATS RAMAPO

November 28 - Wayne, NJ - The JV Ice Hockey Team earned their first win of the season at the Ice Vault on Sunday Night against Ramapo HS. The Crusaders defeated the Green Raiders 5-1 as the offense fired on all cylinders.

Crusader BOWLING

BOWLERS STRIKE FIRST IN 2021

November 30 - Hackensack, NJ - The Varsity Bowling Team opened the season in grand fashion on Tuesday, winning the Big North Conference Preseason Bowling Tournament in the United Division.



Above, the varsity team poses with Head Coach, Larry Fierro. Left to right: Ethan Gayam, Paul Brignola, John DelJuidice, Larry Fierro, Justin Martin and Assistant Coach, Hunter Butkera. Below, Paul Brignola (L) finished second and John DelJuidice (R) earned the individual championship in the tournament.



Liam Chin led the Crusaders in his opening game, shooting a 196. He went onto a strong tournament, finishing in 6th overall with 518 pins. Paul Brignola's 178 and 223 in the second propelled him through to a very strong tournament as well as the senior placed second overall. The bowler of the day turned out to be John DelJuidice, whose Game High 233

and Series High 591 resulted in him placing #1 of all bowlers.

Bowler	G1	G2	G3	Total	Rank
Paul Brignola	178	223	161	562	2
Ethan Gayam	135	149	122	406	11
Liam Chin	196	145	177	518	6
Justin Martin	113	13	147	391	14
John DelJuidice	169	233	189	591	1
BC	791	763	796	2468	1

JV BOWLERS TAKE SECOND

December 1- Hackensack, NJ - The JV Bowling team followed their senior members, taking second overall in the Inaugural BNC Preseason Tournament. James Salazar was the individual champion, leading the Crusaders with a game-high 209 and series high 578.

Bowler	G1	G2	G3	Total	Rank
John Brignola	109	112	186	407	
Nick Rossig	102	101	92	295	
James Salazar	175	209	194	578	1
Stephen Paul	85	-	-	85	
William Chin	123	168	147	438	
Nick Brignola	103	-	99	294	
Keegan Gallagher	-	114	117	231	
BC	612	704	743	2059	2

#4 HOCKEY DRAWS WITH #3CBA

December 1 - Wall Township, NJ - The Crusaders rode the Colts to a 2-2 tie at the Jersey Shore Arena on Wednesday in a Gordon Cup match-up and face-off between two of the state's Top 5 teams.

TEAM	SCORING				SHOTS ON GOAL			
	1	2	3	TOT	1	2	3	TOT
BC	0	1	1	2				
CBA	1	1	0	2				24

The Crusaders fell behind to the home team from Christian Brothers Academy 1-0 after one and 2-0 midway through the second. John Mustard made an outstanding play, weaving in and out of traffic and firing the puck past the Colt goaltender for a power-play goal.

Matt Maglio tied the score for the Crusaders off an assist from Mustard and Declan Quinn. Gavin Shornstein was a brick wall between the pipes, holding the Colts to just 2 scores.

PLAYER	GOALS	ASSISTS	POINTS
John Mustard	1	1	2
Matt Maglio	1	0	1
Brooks	0	1	1
Wright	0	1	1
GOALIE	SAV	GA	SAV %
Gavin Shorenstein	22	2	.917
SPP	n/a	2	n/a



Crusader SWIMMING

SWIMMERS MAKE A BIG SPLASH WITH WIN #1

December 1 - Ridgewood, NJ - Doyee Kim, Alex Rose and Gavin Perez all took home three first place finishes to lead BC to a 138-17 victory over Passaic High School in their opening meet. The three anchored the 200 Medley and 400 Free Relay Teams while Kim won the 100 Fly, Rose won the 100 Free and Perez won the 100 Back.

Event: 200 Medley Relay		
Pl	Time	Time
1	Doyee Kim, Alex Rose, Andrew Mazzacano, Gavin Perez	1:48.02
2	Raymond Stelmark, Benjamin Vester, Matthew Semelsberger, Jaden Lee	1:56.04
3	Harris Kinnear, Enzo Yuen, Logan Andrade, Matthew Unanue	2:09.07
Event: 200 Free		
1	Ellias Garcia	2:13.02
2	Christian Skaff	2:13.08
3	Logan Andrade	2:31.04
Event: 200 Individual Medley (IM)		
1	Raymond Stelmark	2:13.07
2	Ricky Wright	2:25.04
3	Harris Kinnear	2:28.00
Event: 50 Free		
1	Andrew Mazzacano	27.79
2	Jeremiah Tomioka	28.22
3	Matthew Unanue	34.66
Event: 100 Fly		
1	Doyee Kim	0:56.02
2	Eric Kwon	0:59.01
3	Ricky Wright	1:05.02
Event: 100 Free		
1	Alex Rose	0:56.01
2	Enzo Yuen	1:05.09
3	Matthew Unanue	1:21.01
Event: 500 Free		
1	Jaden Lee	5:56.07
2	Benjamin Vester	5:57.09
3	Harris Kinnear	6:09.08

The Crusaders took first, second and third in virtually every event against the Indians with 16 fifteen different swimmers competing and scoring for the Crusaders.

Event: 200 Free Relay

1	Raymond Stelmark, Matthew Semelsberger, Christian Skaff, Andrew Mazzacano	1:39.04
2	Eric Kwon, Ricky Wright, Jeremiah Tomioka, Ellias Garcia	1:38.08
3	Enzo Yuen, Matthew Unanue, Logan Andrade, Harris Kinnear	2:00.05

Event: 100 Back

1	Gavin Perez	1:08.07
2	Eric Kwon	0:59.00
3	Benjamin Vester	1:11.01

Event: 100 Breast

1	Matthew Semelsberger	1:19.04
2	Enzo Yuen	1:22.01
3	Logan Andrade	1:33.05

Event: 400 Free Relay

1	Doyee Kim, Christian Skaff, Gavin Perez, Alex Rose	3:50.04
2	Jeremiah Tomioka, Ellias Garcia, Jaden Lee, Benjamin Vester	3:56.01



This is the USA TODAY Sports Super 25 high school football rankings for Nov. 30, 2021.

1. Mater Dei (Santa Ana, Calif.)

Record: 11-0; Last Result: def. Servite 27-7

2. Westlake (Austin, Texas)

Record: 13-0; Last Result: def. Pharr-San Juan-Alamo North 56-0.

3. Collins Hill (Suwanee, Ga.)

Record: 13-0; Last Result: def. Lowndes 49-7.

4. Bergen Catholic (Oradell, N.J.)

Record: 12-0; Last Result: def. Don Bosco Prep 28-7.

5. St. Frances Academy (Baltimore, Md.)

Record: 8-1; Season Complete.

6. Center Grove (Greenwood, Ind.)

Record: 14-0; Last Result: def. Westfield 27-21.

7. Katy (Texas)

Record: 13-0; Last Result: def. King 41-24.

8. Servite (Anaheim, Calif.)

Record: 10-3; Last Result: 27-7 loss to Mater Dei.

9. St. John Bosco (Bellflower, Calif.)

Record: 10-2; Season Complete.

10. Hamilton (Chandler, Ariz.)

Record: 11-0; Last Result: def. American Leadership Academy 38-14.

BIRD OF THE WEEK

FEMALE BELTED KINGFISHER

November 29 - Lyndhurst, NJ - There's nothing better than "Championship Monday" especially when it gives you an opportunity to go out birding! I saw this beauty on Monday morning, a female Belted Kingfisher. With kingfishers, you tend to hear them before you see them. Their call is a loud rattling sound, that once you've heard it a number of times you know it for good.

Then, it's just a matter of finding this exquisite bird. I always felt they look like a member of diving team whose hair is all over the place after they return poolside following a triple lindy, or something. The bird pictured below is a female, identified by the rust on the belly and flanks. Belted kingfisher females are actually more colorful than the males, which are slate and white (no rust).

Kingfishers can behave as hummingbirds do, hovering above the water, eye-balling a fish and then diving to impale the fish with their large bills.

The kingfisher is one of the oldest bird forms in the world, with fossils of their genus found in Florida that date back 2,000,000 years.

Learn more about the bird at: https://www.allaboutbirds.org/guide/Belted_Kingfisher



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

Prayer for Lighting the Advent Candle Second Week

God of power and mercy open our hearts in welcome.
 Remove the things that hinder us from receiving Christ with joy so that we may
 share his wisdom and become one with him when he comes in glory, for he
 lives and reigns with you and the Holy Spirit, one God, forever and ever.

The T O O L B O X

The Jesus Prayer

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

Blessed Edmund Rice Prayer 2021

Creator God, we thank you for the life and work of this gifted man,
 Blessed Edmund Rice. He opened his heart generously to
 Christ present and appealing to him in the poor who were
 oppressed by poverty and injustice. May we follow his example of
 faith and generosity. O God, give us the courage and compassion of
 Blessed Edmund as we seek to support one another, protect
 the vulnerable and care for the earth, our common home.
 We make this prayer through Jesus Christ Our Lord, 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

WEEKLY SCHEDULE – DECEMBER 6-12

Monday, December 6, 2021

Varsity Bowling	4:00pm	N	St. Joseph Regional	Bowler City
JV Bowling	4:00pm	N	St. Joseph Regional	Bowler City

Tuesday, December 7, 2021

JV Basketball (scr)	6:00pm	H	Ramapo	Hoehl Gymnasium
Fr Basketball (scr)	4:30pm	H	Ramapo	Hoehl Gymnasium
Swimming	3:45pm	A	PCTI	PCTI

Wednesday, December 8, 2021

JV Ice Hockey	3:15pm	H	Seton Hall Prep	Ice House
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Thursday, December 9, 2021

Var Basketball (scr)	4:30pm	A	Elizabeth	Dunn Center
JV Basketball (scr)	4:30pm	A	Elizabeth	School #4
Fr Basketball (scr)	4:30pm	A	Elizabeth	School #92
Varsity Bowling	4:00pm	A	DePaul	T-Bowl
JV Bowling	4:00pm	A	DePaul	T-Bowl
Varsity Ice Hockey	4:00pm	A	Princeton Day	Princeton Day
Swimming	3:00pm	A	Clifton	Clifton Boys & Girls Club

Friday, December 10, 2021

JV Ice Hockey	8:00pm	H	CBA	Ice House
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Saturday, December 11, 2021

Var Basketball (scr)	12:00pm	H	Gil St. Bernard	Hoehl Gymnasium
JV Basketball (scr)	1:30pm	H	Gill St. Bernard	Hohel Gymnasium

Sunday, December 12, 2021

NO EVENTS SCHEDULED