

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusaders Gridders Announce



December 15 - Oradell, NJ - Nine members of the 2021 Varsity Football Team announced their college decisions on Wednesday. While their on-field performances were exceptional, these placements have boundless potential.

FRONT ROW (LEFT TO RIGHT):

Logan Rager - Princeton University (NJ)
Steve Angeli - University of Notre Dame (IN)
Jaeden Gould - University of Nebraska (NE)
Ryan Butler - Princeton University (NJ)

TOP ROW (LEFT TO RIGHT):

Head Coach, Vito Campanile
Jayden Bellamy: University of Notre Dame (IN)
Larue Linder: Johns Hopkins University (MD)
Dominick Brogna: University of Delaware (DE)
Ben Manuelian - Middlebury College (VT)
Fabian France - United States Naval Academy (MD)

Congratulations and great thanks to all who have contributed in making these dreams a reality!

Crusader BOWLING

MARTIN LEADS BC OVER PC

December 13 - Hackensack, NJ The varsity bowling team defeated Paramus Catholic 7-0 on Thursday. Justin Martin's high series of 567 led the Crusaders to the victory. The Crusaders improved to 2-1 (Overall and Big North) behind strong bowling from Paul Brignola, Ethan Gayam and Liam Chin.

Bowler	G1	G2	G3	Total
Paul Brignola	166	148	149	463
Ethan Gayam	151	155	148	454
Liam Chin	148	170	150	468
Justin Martin	220	189	158	567
Bergen Catholic	685	662	605	1952
Paramus Catholic	437	501	529	1467

BRIGNOLA LEADS BC OVER PC JV

December 13 - Hackensack, NJ - John Brignola's high game (202) and high series (513) led the Crusaders to a 5-0 victory over Paramus Catholic. The JV remains unbeaten at 3-0 behind strong bowling from Brignola, Nick Brignola and Sean McKechnie. Calvin Villanueva, Keegan Gallagher, Stephen Paul and Nick Rossig made major contributions to the victory as well.

Bowler	G1	G2	G3	Total
John Brignola	164	147	202	513
Nick Brignola	115	109	120	344
Sean McKechnie	163	142	118	423
Calvin Villanueva	87	X	X	87
Keegan Gallagher	X	101	83	184
Stephen Paul	X	125	94	219
Nick Rossig	98	91	84	273
Bergen Catholic	529	499	X	1028
Paramus Catholic	348	399	X	747

Crusader SWIMMING

SWIMMERS IMPROVE TO 4-0

December 13 - Ridgewood, NJ - Seven different swimmers took home first place finishes in individual events and the Crusaders swept the top spots in the relays to lead BC to a 104-64 victory over the Panthers of Pascack Valley.

Event: 200 Medley Relay

Pl	Time	Time
1	Andrew Mazzacano, Doyee Kim, Alex Rose, Christian Skaff	1:50.26
3	Ricky Wright, Benjamin Vester, Eric Kwon, Ellias Garcia	1:52.43
5	Matthew Unanue, John Tregidgo, Logan Andrade, Michael Khym	2:26.22

Event: 200 Free

1	Raymond Stelmark	1:55.19
3	Benjamin Vester	2:12.57
6	Matthew Unanue	3:06.97

Event: 200 Individual Medley (IM)

1	Doyee Kim	2:03.79
4	Eric Kwon	2:09.02
6	Logan Andrade	2:52.24

Event: 50 Free

1	Alex Rose	23.68
3	Raymond Stelmark	24.73
5	Michael Khym	28.04

Event: 100 Fly

2	Elias Garcia	0:57.12
3	Jeremiah Tomioka	0:58.41
4	Andrew Mazzacano	0:59.31

Event: 100 Free

1	Eric Kwon	0:53.31
3	Harris Kinnear	0:57.15
6	Matthew Unanue	1:20.03

Event: 500 Free

1	Andrew Mazzacano	5:22.61
2	Alex Rose	5:23.18

Event: 200 Free Relay

1	Raymond Stelmark, Elias Garcia, Christian Skaff, Doyee Kim	1:42.43
3	Junseo Won, John Tregidgo, Logan Andrade, Matthew Unanue	2:13.19

Event: 100 Back

1	Ricky Wright	1:04.55
3	Benjamin Vester	1:11.43

Event: 100 Breast

1	Christian Skaff	1:08.58
3	Jeremiah Tomioka	1:13.76
5	Logan Andrade	1:36.93

Event: 400 Free Relay

1	Andrew Mazzacano, Elias Garcia, Raymond Stelmark, Alex Rose	3:42.09
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Crusader ICE HOCKEY

MUSTARD'S 7 POINTER LIFTS BC

December 15 - Hackensack, NJ - Bergen Catholic hosted Ridge on Wednesday afternoon at the Ice House and emerged with a 9-4 victory.

Matt Hughes opened the scoring off an assist from JT Verdino just three minutes, three seconds into the game. The Red Devils responded just 31 seconds later to tie the score and BC was unable to jump in front again until Matt Desiderio found the back of the net with 5:26 remaining in the period. Declan Quinn and John Mustard assisted on the goal. Mustard would continue on to have a monster day, piling up seven points on three goals and four assists.

TEAM	SCORING				SHOTS ON GOAL			
	1	2	3	TOT	1	2	3	TOT
R	1	3	0	3				22
BC	2	4	3	9				26

Ridge tied the score to open the second period, but BC went on to score four goals in the second and three in the third to finish off their Central Jersey competitors. John Mustard recorded a hat trick in the process and Matt Hughes (2 goals) and Desideiro each scored on the run.

PLAYER	GOALS	ASSISTS	POINTS
John Mustard	3	4	7
Matt Hughes	3	1	4
Declan Quinn	0	4	4
Matt Desiderio	2	1	3
Matt Maglio	0	3	3
Alex Frassetto	1	0	1
Bryceon Lago	0	1	1
Nicholas Frassetto	0	1	1
Jacob Carver	0	1	1
JT Verdino	0	1	1
GOALIE	SAV	GA	SAV %
Gavin Shoernstein	18	4	.818
R	17	9	.654

BC is now 2-1-1 on the season and currently ranked #1 in North Jersey by Northjersey.com.

Crusader FOOTBALL

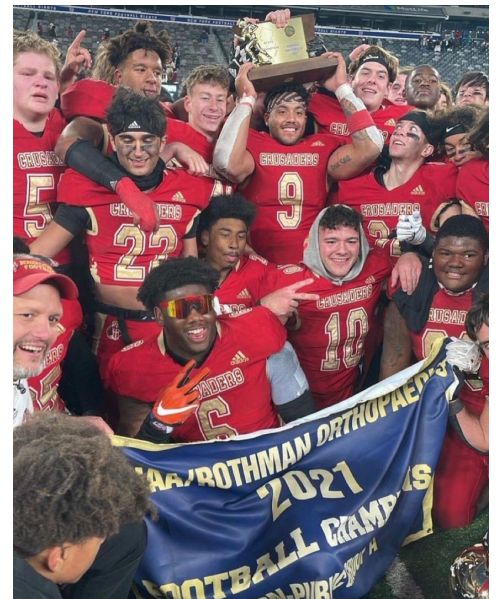
NO SURPRISE HERE:

THE GREATEST THIS YEAR

December 16 - Oradell, NJ - The Big North United announced its Player, Coach and Team of the Year and to no one's surprise, the Crusaders swept all three spots.

2021 Player of the Year: Running Back Ryan Butler -

Butler ended his historic career demonstrating the only thing that could stifle him was a global pandemic. Minus Covid-19, it's hard to imagine the Princeton-bound senior would not hold every school



record for rushing, scoring and yards from scrimmage.

2021 Coach of the Year: Vito Campanile - The only thing greater than leading his Crusaders to a perfect 12-0 record was the passion he generated in and about his program. From wins and losses to college placement to relationships he developed with his players, Coach was a PERFECT choice for COY!

2021 Team of the Year: Bergen Catholic Crusaders -

It says something in the world of "everyone gets a trophy" that BC swept all three categories. The 2021 team was only the second in school history to reach the historic 12-0 mark; the last time was 1998 and BC's team of the year. The 2021 Team boasts six First-Team All-State Footballers and one Second-Team Player. Bergen County Team of the Year and the #1 team in New Jersey and #4 ranked team in the USA Today's Super 25 Poll.

CRUSADER FOOTBALL TEAM PRESENTED WITH ERIC LEGRAND TEAM OF THE YEAR TROPHY



December 16 - Oradell, NJ - The Senior Class members of the 2021 Football State Champion Crusaders pictured above with the Eric LeGrand Trophy in Hoehl Gymnasium.

Crusader BASKETBALL JV HOOPS TIPS OFF NEW SEASON

December 17 - Oradell, NJ - The Patrick School (TPS) visited the Christopher "CJ" Donfield Court at Hoehl Gymnasium on Friday to open the 2021-2022 Basketball Season.

The visitors looked primed and ready to start as they quickly jumped to a 7-2 lead. A quick time-out and adjustment to a full-court trap turned into a 25-point run and ultimately giving the Crusaders a 27-10 first quarter lead.

TEAM	1	2	3	4	TOT
The Patrick School	10	10	16	14	50
Bergen Catholic	27	20	14	13	74

The Crusaders continued to roll behind outstanding play from 11, 5, 2 and extended their lead to twenty-seven points at the half.

TPS is a quality opponent and there was no reason to think they would go quietly. Following halftime, the visiting Irish outscored BC 16-14 in the third quarter, but BC had amassed too much of a lead to overcome.

23 converted on a pair of three-point plays in the second half.

Crusader BOWLING

HOW ABOUT 125 IN A ROW?

December 17 - Hackensack, NJ The varsity bowling team defeated Don Bosco Prep 5-2 on Thursday. John DelJuidice' high series of 567 led the Crusaders to the victory. DelJuidice also recorded a team-high game of 203 with Justin Martin nipping at his heels knocking down 201 pins.

The Crusaders improved to 2-1 (Overall and Big North) behind strong bowling from Paul Brignola, Ethan Gayam and Liam Chin.

Bowler	G1	G2	G3	Total
Paul Brignola	167	182	191	540
Ethan Gayam	141	142	174	457
Justin Martin	201	187	176	564
John DelJuidice	203	176	196	575
Bergen Catholic	712	687	727	2126
Don Bosco Prep	555	710	591	1856

BRIGNOLA LEADS BC OVER PC JV

December 17 - Hackensack, NJ - John Brignola's high game (202) and high series (513) led the Crusaders to a 5-0 victory over Paramus Catholic. The JV remains unbeaten at 3-0 behind strong bowling from Brignola, Nick Brignola and Sean McKechnie. Calvin Villanueva, Keegan Gallagher, Stephen Paul and Nick Rossig made major contributions to the victory as well.

Bowler	G1	G2	G3	Total
John Brignola	202	141	161	504
Dan Marino	84	80	60	224
Ethan Gayam	145	172	187	504
James Salazaar	152	195	182	529
Nick Brignola	122	112	126	360
Bergen Catholic	583	588	590	1761
Don Bosco Prep	428	465	458	1251

Crusader

BASKETBALL

NJ'S #3 RANKED CRUSADERS

SMOTHER MIAMI IN OPENER



December 18 - Coral Springs, FL - BC opened the

2021-22 Basketball Season at the prestigious Kreul Classic at the Coral Springs City Gym with

a 59-46 victory over Miami Senior High School on Saturday.

The Crusaders played stifling defense and efficient offense in the first half, jumping out to a 31-12 lead over the Stingrays. The Florida team played strong, outscoring BC by 3 in each the third and fourth quarters, but it was not enough to overcome the BC lead. Terry Copeland led the Crusader scorers with 22 points and Will Richardson scored 16.

TEAM	1	2	3	4	TOT
Miami Sr HS	4	8	12	22	46
Bergen Catholic	17	14	9	19	59

The Crusaders continued to roll behind outstanding play from 11, 5, 2 and extended their lead to twenty-seven points at the half.

BC will play Windemere Prep on Monday at 5:30 pm at Coral Springs City Gym.

PLAYER	2PT	3PT	FT	POINTS
Elias Espinosa	NA	NA	NA	2
Terry Copeland	NA	NA	NA	22
Will Richardson	NA	NA	NA	16
Elijah Flournoy	NA	NA	NA	2
Julian Brown	NA	NA	NA	8

Crusader

WRESTLING

BC SENDS ELEVEN TO

SEMI-FINALS AT X-CALIBUR

December 18-19 - Wilkes Barre, PA - BC's grapplers travelled to the Poconos take part in the X-Calibur Invitational Tournament.

The Crusaders are currently ranked #1 in NJ and were impressive, sending wrestlers into the semifinals in 11 of the 13 weight classes on Saturday at Wyoming Seminary in Kingston, PA.

Top seeds advancing for the Crusaders were: Chris Nucifora at 113 pounds, Aiden Wallace at 126, Ryan Ford at 132, Joseph Cangro at 138, Justin Onello at 172 and Remy Brancato at 215.

Others moving to within two victories of a title were second-seeded A.J. Fricchione at 189, five seeds Eric Broadie at 152 and Nicholas Fea at 160 and unseeded wrestlers Brian Melamud at 106 and Benjamin Shue at 285.



Entering the semifinal round, the Crusaders were in first place with 158 points.

BIRD OF THE WEEK

ANNA'S HUMMINGBIRD



December 3 - Phoenix, AZ - This is one of many Anna's Hummingbirds we encountered on our trip to Phoenix.

These are the most abundant variety of hummingbird on the west coast and their breeding range has greatly increased due to planting of exotic flowering trees. Here are some additional fun facts

- On rare occasions, bees and wasps may become impaled on the bill of an Anna's Hummingbird, causing the bird to starve to death.
- Hummingbirds are strictly a New World animal. They fascinated the first Europeans who arrived on the continent. Christopher Columbus wrote about them and many wondered if they were a cross between a bird and an insect (at one point being called "flybirds"). Later, their feathers became fashionable ornaments in Europe (a practice that has thankfully fallen out of favor).
- What do you call a flock of hummingbirds? Few animals have so many applicable terms, and none so beautiful. Instead of calling them a flock, choose between a bouquet, a glittering, a hover, a shimmer, or a tune of hummingbirds.
- The iridescent throat patch of male hummingbirds is called a gorget. The Anna's gorget extends over its head, making it more of a balaclava than a bib. Oddly, female Anna's have a tiny red gorget—females of most species have none.
- Hummingbirds have tiny legs and can neither hop nor walk, though they can sort of scoot sideways while perched.
- Anna's Hummingbirds normally have a body temperature of around 107 degrees Fahrenheit—that's a scorching temperature for a human. When outside temperatures fall, Anna's and many other species of hummingbirds enter torpor. Their breathing and heart rate slow, and their body temperature can fall as low as 48 degrees Fahrenheit. When the temperature warms, the hummingbirds can become active again in a few minutes.
- The oldest recorded Anna's Hummingbird was at least 8 years, 2 months old, when it was recaptured and rereleased during a banding operation in Arizona.
- SCAN THE QR CODE TO READ MORE ABOUT ANNA'S HUMMINGBIRD

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 Fourth Week

Dear Jesus, may the light of your love always shine in our
 hearts. As Christmas draws closer, we marvel at your great
 love for us. Let your love transform every aspect of our lives
 and touch everyone we encounter. Our hearts are open to you,
 Jesus. Amen.

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

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WEEKLY SCHEDULE – CHRISTMAS BREAK

Monday, December 20, 2021				
Var Basketball	5:30pm	N	Windemere Prep	Coral Springs City Gym
Varsity Bowling	4:00pm	A	Mahwah	Holiday Bowl
JV Bowling	4:00pm	A	Mahwah	Holiday Bowl
Tuesday, December 21, 2021				
Var Basketball	TBD	N	TBA	Coral Springs City Gym
JV Basketball	5:30pm	H	Old Tappan	Hoehl Gymnasium
Fr Basketball	4:00pm	H	Old Tappan	Hoehl Gymnasium
Wednesday, December 22, 2021				
Varsity Bowling	4:00pm	H	Westwood	Bowler City
JV Bowling	4:00pm	H	Westwood	Bowler City
Thursday, December 23, 2021				
Varsity Ice Hockey	7:00pm	A	Don Bosco Prep	Ice Vault
Indoor Track	TBA	N	Paul Schwartz Invitational	Rockland Community College

Merry Christmas!

Monday, December 27, 2021				
JV Basketball	TBD	H	TBA	Hoehl Gymnasium
Fr Basketball	TBD	H	TBA	Hoehl Gymnasium
Indoor Track	TBD	N	Ocean Breeze Holiday Festival	Ocean Breeze, Staten Island, NY
Tuesday, December 28, 2021				
Var Basketball	3:30pm	N	Bishop Walsh	Cape Henlopen High School
Wednesday, December 29, 2021				
Var Wrestling	8:00am	N	Powerade Tournament	Canon McMillan HS
JV Basketball	TBD	H	TBA	Hoehl Gymnasium
Fr Basketball	TBD	H	TBA	Hoehl Gymnasium
Thursday, December 30, 2021				
Var Wrestling	9:30am	N	Powerade Tournament	Canon McMillan HS

Happy New Year 2022!

Saturday, January 1, 2022				
Indoor Track	TBA	N	757 Showdown	Virginia Beach, VA
Sunday, January 2, 2022				
Var Basketball	6:00pm	H	Roselle Catholic	Hoehl Gymnasium
Indoor Track	TBA	N	757 Showdown	Virginia Beach, VA