

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Kruel is Kind to Crusaders

December 21 - Coral Springs, FL - Bergen Catholic won the Kruel Classic in South Florida this Tuesday following its 62-51 win over South Gwinnett High School of Georgia. South Gwinnett was 13-0 entering the contest and ranked #2 in the Peach State.



The Crusaders opened the game strong with a 12-2 run. All three contests this tournament have ended with a considerable first quarter lead for the Crusaders and this game was no different. BC led 14-7 after one.



The Comets brought a 13-0 record into this game and fought to a 18-18 tie midway through the second. They proceeded to put BC on its heels as that run continued to produce a three-point lead 25-22,

but leadership of seniors Will Richardson (19 pts, 7 steals) and Elias Espinosa (4 first half points) kicked in to help BC re-establish a four-point lead at half 33-29.

TEAM	1	2	3	4	TOT
South Gwinnett (GA)	7	22	7	15	51
Bergen Catholic	14	19	11	18	62

The lead doubled by the end of the third quarter to 44-36 behind strong the strong inside play of sophomore big men Terry Copeland (14 pts, 15 rebounds) and Brandon Benjamin (9 pts, 10 rebounds).

Copeland (19.7 ppg and double-digit rebounds per game) was named Tournament MVP. Guard Julian Brown, Richardson and Copeland were all named to the 2021 All-Tournament Team.

PLAYER	2PT	3PT	FT	POINTS
Brandon Benjamin	NA	NA	NA	9
Elias Espinosa	NA	NA	NA	4
Terry Copeland	NA	NA	NA	14
Will Richardson	NA	NA	NA	19
Tyler McQuaid	NA	NA	NA	3
Julian Brown	NA	NA	NA	13

2021 KRUEL CLASSIC CHAMPION BERGEN CATHOLIC CRUSADERS



Crusader

BASKETBALL

WILL RICHARDSON

REACHES 1,000 POINTS

December 21 - Coral Springs, FL - In BC's third game of the 2021 Season, Senior Guard Will Richardson became the seventeenth player in school history to surpass the 1000 point mark. Will entered the season with 950 points and his 19 points vs. Miami Sr. HS (FL), 24 vs Windermere Prep (FL) and 16 vs South Gwinnette (GA) in the Championship Game put him over the top with 1,009 career points to date.



The last three players to reach the 1,000 point mark, Doug Edert, Zach Freemantle and Matt Zona, all shared the court with Will throughout his career. The Fordham bound guard is a four year starter for the Crusaders. He was a key contributor to BC's run to the Tournament of Champions Final in 2019 and Bergen's State Championship Team in the Covid-19-shortened tournament in 2020.

Crusader Basketball 1000 Point Scorers

Grad Year	Name	Points
1974	Jim Moye	1,125
1976	George Dennerlein	1,161
1977	Joe Colletta	1,079
1989	Mike Pedone	1,180
1991	Robin James	1,065
1999	Mark Jerz	1,200
2003	Sean Banks	1,519
2003	Joe Sandberg	1,153
2006	Nick Vier	1,043
2014	Nadi Beciri	1,017
2015	Justin Salem	1,114
2017	Taj-Malik Benning	1,024
2019	Doug Edert	1,017
2019	Zach Freemantle	1,152
2020	Matt Zona	1,236
2022	Will Richardson	1,009

CRUSADERS ADVANCE TO KRUDEL CLASSIC FINAL

December 20 - Coral Springs, FL - BC won its second game of the young season, defeating Windermere Prep of Windermere, Florida on Monday in the Semifinals of the Kreul Classic. Once again, BC opened with an explosive first quarter, but the Crusaders finished strong with a dominant second half, finishing off the Lakers 78-55.

TEAM	1	2	3	4	TOT
Windermere Prep (FL)	8	18	16	11	55
Bergen Catholic	21	16	21	20	78

Fordham-bound Senior Will Richardson led the Crusaders with 24 points, surpassing the 900 point mark in his career. 6'9" sophomore Terry Copeland broke the 20-point mark for the second game in a row with 6'7" classmate Brandon Benjamin pitching in 10 points. Wagner-bound senior guard Julian Brown added 10 points as well.

PLAYER	2PT	3PT	FT	POINTS
Brandon Benjamin	5	0	0	10
Austin Sargenti	1	0	0	2
Elias Espinosa	2	1	0	7
Terry Copeland	9	1	0	21
Will Richardson	7	3	1	24
Elijah Flournoy	1	0	0	2
David Munro	1	0	0	2
Julian Brown	2	2	0	10

FROSH HOOPS OPENS WITH ROAD WIN

December 17 - East Orange, NJ - The Crusader Freshman Basketball Team opened the season on a winning note, defeating East Orange 65-23. John Morris' game high 15 points and Nick Matos' 13 points led the Crusaders

TEAM	1	2	3	4	TOT
East Orange	-	-	-	-	23
Bergen Catholic	20	15	20	10	65

Peter Gallo (8 points) and Guy Vickers (7) provided some solid offensive play and Jayden Garcia, Jerry Armstrong and Christian Roche demonstrated some range, each knocking down three-point baskets.

PLAYER	2PT	3PT	FT	POINTS
Lockton Walker	2	0	0	4
John Morris	5	1	2	15
Guy Vickers	1	0	5	7
Alex Neunzig	1	0	0	2
Jayden Garcia	1	1	0	5
Aasod Adams	0	0	2	2
Christian Roche	0	1	0	3
Peter Gallo	4	0	0	8
Mike Rinaldi	1	0	0	2
Jerry Armstrong	0	1	1	4
Nick Matos	5	1	0	13

Crusader BOWLING

BOWLERS STRIKE T-BIRDS WITH NO ROOM TO SPARE

December 20 - Oakland, NJ The varsity bowling team defeated Mahwah HS 7-0 on Monday at Holiday Bowl. Game 1 was decided by just two pins (606-604) and Game 3 by only one pin (639-638) making this the closest match (16 pin overall differential) of the young season. Liam Chin's High Game (208) and High Series (529) led the way.

Bowler	G1	G2	G3	Total
Paul Brignola	171	135	195	501
Liam Chin	155	208	166	529
James Salazar	146	144	128	418
John DelJuidice	134	119	150	403
Bergen Catholic	606	606	639	1851
Mahwah	604	593	638	1835

BRIG BROS LEAD BC OVER T-BIRDS

December 20 - Oakland, NJ - John Brignola's high game (150) and high series (389) led the Crusaders to a 3-2 nail-biter over Mahwah. The JV remains unbeaten at 5-0 behind strong bowling from Brignola, his brother, Nick, Stephen Paul and Robert Reynoso.

Bowler	G1	G2	G3	Total
John Brignola	150	115	124	389
Nick Brignola	74	73	114	261
Robert Reynoso	115	86	93	294
Stephen Paul	108	80	120	308
Bergen Catholic	447	354	451	1252
Mahwah	482	329	334	1145

RESULT JUST NOT IN THE CARDS FOR BOWLERS VS. WESTWOOD

December 22 - Hackensack, NJ - Neither team of bowlers was particularly pleased with their results just three days before Christmas as both Varsity and JV were swept by Westwood's Cardinals 7-0, 5-0. On the bright side, the team outperformed its previous match by over 150 total pins at the varsity level.

Bowler	G1	G2	G3	Total
Paul Brignola	166	158	161	485
James Salazar	145	138	146	429
Liam Chin	157	208	160	525
John DelJuidice	199	184	194	577
Bergen Catholic	667	678	661	2016
Westwood	723	738	677	2138

This marked the JV's first loss of the season. They are currently 5-1 going into Christmas.

Bowler	G1	G2	G3	Total
John Brignola	113	135	102	350
Colin Daly	84	101	95	280
Robert Reynoso	70	95	87	252
Keegan Galligher	97	105	110	302
Bergen Catholic	364	437	394	1195
Westwood	503	506	416	1425

#3 NATIONAL RANKING HIGHEST IN SCHOOL HISTORY

December 26 - Oradell, NJ - Final Football Rankings are out and MaxPrep's #3 National Ranking of the 2021 Crusader State Championship Team is the highest ranking in school history. **USA Today's** Super 25 has the Crusaders at #4 in the country.

FINAL MAXPREPS TOP 25

- MATER DEI** SANTA ANA, CA 12-0
- AUSTIN WESTLAKE** AUSTIN, TX 16-0
- BERGEN CATHOLIC** ORADELL, NJ 12-0
- ST. FRANCES ACADEMY** BALTIMORE, MD 8-1
- SERVITE** ANAHEIM, CA 10-3
- ST. JOHN BOSCO** BELLFLOWER, CA 10-2
- CENTER GROVE** GREENWOOD, IN 14-0
- JESUIT** TAMPA, FL 15-0
- ST. THOMAS AQUINAS** FORT LAUDERDALE, FL 14-1
- CENTENNIAL** CORONA, CA 11-1

SWIPE TO SEE 11-25

Previously nationally-ranked teams for BC include: 1982 (#10), 1991 (#11), 1992 (#13), 1998 (#9) and 2020 (#25).

Bergen Catholic's Wrestling Team won a mythical national championship in 2018. The only BC team to date to win an actual national championship was the 1991 National Champion Mock Trial Team who, behind the arguments of Lead Council Glen McGorty '91 and his teammates, won the nation-wide event in New Orleans, LA.

Crusader ICE HOCKEY ROUND ONE TO THE HOME TEAM

December 23 - Wayne, NJ - The Ironmen scored in spurts early, jumping out to a 3-0 lead in the first period. John Mustard scored a goal for the Crusaders with just five seconds remaining in the first to cut the lead to 3-1. But despite outshooting their opponents 30-26, BC was unable to find the back of the net as Don Bosco rolled to a 7-1 victory in the Gordon Conference match-up.

TEAM	SCORING				SHOTS ON GOAL			
	1	2	3	TOT	1	2	3	TOT
DBP	3	2	2	7				26
BC	1	0	0	1				30

Antonio Arcaroli assisted on Mustard's goal and Gavin Shoernstein made 19 saves for BC.

PLAYER	GOALS	ASSISTS	POINTS
John Mustard	1	0	1
Antonio Arcaroli	0	1	1
GOALIE	SAV	GA	SAV %
Gavin Shoernstein	19	7	.731
DBP	29	1	.967

Crusader WRESTLING

BC WINS X-CALIBUR TOURNEY

December 18-19 - Wilkes Barre, PA - BC's grapplers travelled to the Poconos take part in the X-Calibur Invitational Tournament. The Crusaders won the tournament which was hosted by Wilkes-Barre Area High School, a 1-year old school with a gym, capable of running six mats. Here are some photos from the event.



BIRD OF THE YEAR

NORTHERN LAPWING



December 22 - Alloway, NJ – What can I say? This is definitely BOTW worthy, but for 2021, it's a no-brainer Bird of the Year!

There is only one reason I travel to Salem County, New Jersey: a bird. In this case, it was a rare bird. If you've seen the greatest Birding movie ever made, *The Big Year*, with Jack Black, Steve Martin, Owen Wilson, Rashida Jones, Rosemund Pike, Anjelica Huston, Brian Dennehy and Diane Wiest, you've heard the term "Code 4." No, not "Code Red" like in *A Few Good Men*...Code 4.

For its checklist, the American Birding Association assigns a code number for each bird that has been recorded in North America; generally speaking, the higher the code number, the rarer the bird. As defined by the ABA on its website, code 4 birds are "species not recorded annually in the ABA Checklist Area, but with six or more total records—including three or more in the past 30 years—reflecting some pattern of occurrence."

The Northern Lapwing is one of those such birds. The birds live in temperate Eurosiberia and generally require a number winter storms to usher it our way. I heard people talking about the northern lapwing of the 1920's seen in New Jersey and people hypothesizing that this may be "the lapwing" that was earlier spotted in Maine this year. Regardless, for me it was my first Northern Lapwing, a "lifer." Life bird #420 to be exact, and it was my 280th species identified this year... my best year to date.

Takeaways from this bird. It has beautiful iridescent green feathers, much like the much, much smaller hummingbirds we saw in Arizona. It is a plover-like bird, similar to a killdeer, but about 2 inches larger with a wingspan that is nearly 9" wider. It had beautiful facial markings and it was graceful in flight as its wings seemed to undulate like someone doing the wave with their arms extended. He caught a worm while I was watching him. He also stretched his long, rounded wings. This bird was a joy for a birder to see as it seemed very generous with his various poses and actions. This was a terrific early Christmas gift for certain! If I happen to find the Stellar's Sea Eagle before New Year's Day, this bird will lose its title, but for now, it's #1 for 2021.

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

The Jesus Prayer

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

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in
them the fire of your love. Send forth your Spirit and they
shall be created and You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the
hearts of the faithful, grant that by the same Holy Spirit we
may be truly wise and ever enjoy His consolations,
through Christ Our Lord, Amen.

The

T O O L B O X

Blessed edmund rice prayer

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 – CHRISTMAS BREAK

Merry Christmas!

Monday, December 27, 2021				
Fr Basketball	5:30pm	H	St. Peter's Prep	Hoehl Gymnasium
JV Basketball	4:00pm	H	Franklin	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				
Bowling	8:00am	N	Holiday Tournament	Montvale Lanes
Var Wrestling	8:00am	N	Powerade Tournament	Canon McMillan HS
JV Basketball	TBD	H	TBD	Hoehl Gymnasium
Fr Basketball	TBD	H	TBD	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

