

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### Brown Takes NCA to Town

**December 28 - Cape Henlopen, DE** - The Crusaders won their



match-up in the Slam Dunk to the Shore this Tuesday, with a 62-60 victory over National Christian Academy of Maryland. Julian Brown led the team with fourteen

points on a trio of three-pointers, two field goals and a free-throw. He contributed on the boards as well, pulling down four rebounds and assisting on two other baskets.

TEAM	1	2	3	4	TOT
<b>National Christian (MD)</b>	16	12	16	16	<b>60</b>
<b>Bergen Catholic</b>	9	14	20	19	<b>62</b>

For the first time of the year, BC found themselves behind after the first quarter as the Eagles opened up a 7-point lead. Quarter-by-quarter, the lead see-sawed with BC creating a 7-point lead midway through the fourth quarter. The Eagles went on a 8-1 run, however, taking back the lead until Will Richardson (10 pts, 4 reb, 3 ast) gave BC a 61-60 lead with 33 seconds remaining.

PLAYER	2PT	3PT	FT	PTS	REB	AST
Brandon Benjamin	4	0	1	9	<b>8</b>	1
Elias Espinosa	1	3	0	11	1	2
Terry Copeland	3	0	1	7	5	2
Will Richardson	1	2	2	10	4	<b>3</b>
Tyler McQuaid	0	0	2	2	0	0
Julian Brown	2	3	1	<b>14</b>	4	2
Elijah Flournoy	2	0	2	6	2	1
David Munro	1	0	1	3	0	0
Austin Spencer	0	0	0	0	0	0

Sophomore Brandon Benjamin had his best scoring game to date, knocking down 9 points, but even more important was the leadership role he played with rebounds, grabbing a game-high

eight. Elias Espinosa played another strong game for BC, scoring eleven.

### COACH CAMPANILE - NATIONAL COACH OF THE YEAR FINALIST

**December 28 - Oradell, NJ** - The All-American Bowl Selection Committee announced the finalists for the prestigious Coach of the Year Award. The All-American Bowl's Coach of the Year honors the nation's top high school coach for exceptional coaching abilities and leadership skills and acknowledges his role as a positive influence on young Americans on and off the field.

Coach Vito Campanile is one of five finalists this year following an exceptional performance, leading his Crusader Football Team to a 12-0 record, #1 ranking in New Jersey and #3 overall ranking in the country.



As an NBC Sports-owned property, the All-American Bowl is part of a marquee lineup of elite events that includes the

Olympics, the NHL, the Premier League, and the number one primetime show since 2011: Sunday Night Football. The All-American Bowl is annually the most-watched, most-talked about, and most-prestigious high school all-star event with more than 4,100,000 unique television viewers and over 20,000 in attendance. The history and tradition of the All-American Bowl is unparalleled: 496 draft picks; 74 Super Bowl champions; 190 Pro Bowl selections; 16 Heisman finalists including, but not limited to: Odell Beckham Jr., Christian McCaffrey, Tim Tebow, Derrick Henry, DeVonta Smith, and Trevor Lawrence. For more information, visit [NBCSports.com/AllAmericanBowl](https://www.nbcsports.com/allamericanbowl).

## Crusader INDOOR TRACK

### Indoor Track Delight at the Annual Paul Schwartz Invite

**December 23 - Suffern, NY** - The Indoor Track Team opened their season in Rockland County at the Paul Schwartz Invitational on Thursday. It was the first time the team has run "indoors" since February 2020 (last year they ran outdoors late in the season due to Covid-19). Here are the results:

#### 55m Dash

Frosh:

Ethan Cohall 4th place  
Christian Choi 6th place

Novice:

Anthony Disilvio 2nd place  
Will Self 3rd place

#### 55m Hurdles:

Jason Lessieu 5th Place

#### 200m:

Novice:

Steele Matthews 2nd place  
Grailin Simmons 6th Place

Frosh:

Quincy Porter 1st place  
Christian Choi 6th place

#### Pole Vault

Oliver Lopez 4th place

#### 800m

Alex Shaia 2:13

#### Frosh 4x400

(Quincy Porter, Ed Stoker, Nick Shortridge, and Christian Choi) 2nd Place

### Novice Runners Make Strides @ Ocean Breeze Holiday Festival

**December 27 - Staten Island, NY** - A lineup of primarily novice runners represented the Crusader faithful during the break with quite a few making some notable performances:

#### Varsity 4x400

Joe Griffith, Miles Suitt, Quincy Porter, (Split a 53.13 which would be a state freshman lead in the open 400m race) Alex Shaia.

#### Freshman 4x200

(Christian Choi Zion Suitt, Nicholas Shortridge, Quincy Porter) 2<sup>nd</sup> Place

#### 55m Dash Novice

Nicholas Shortridge 7.22 and 2<sup>nd</sup> Place

#### Shot Put Novice Division

Sean Coll 33ft 10in 1<sup>st</sup> Place  
Patrick Sweeney 33ft 7.5in 2<sup>nd</sup> Place  
Jorge Pogue 32ft 7.5in 3<sup>rd</sup> Place

## Crusader WRESTLING

### FEA WINS POWERADE TOUREY, BC PLACES 5<sup>th</sup> OVERALL

**December 29-30 - Pittsburgh, PA** - Junior 160-pound wrestler was one of only five Jersey wrestlers to reach the finals of the Powerade Wrestling Tournament on Thursday. The Junior made the most of it, defeating a nationally-ranked opponent in the final.

Wyoming Seminary (PA) won the overall tournament with a score of 300 points. Malvern Prep (PA) finished second with 209 points and Blair Academy and Notre Dame-Green Pond (PA) finished tied for third with 147 points, just ahead of BC which finished with 145.5 points. Other New Jersey finishers included St. Joseph Regional (8<sup>th</sup>), Delbarton (10<sup>th</sup>),

# Crusader ATHLETICS

## WHILE YOU WERE AWAY...

**JV ICE HOCKEY** defeated Ridgewood 1-0 on Monday, December 27 and lost to Monsignor Farrell on Tuesday December 28 (4-2).

**JV BASKETBALL** won the Bergen Catholic JV Holiday Tournament, defeating Bergenfield HS 71-43 on Monday and The Patrick School 80-46 on Wednesday. They improved to 5-0 overall with a 64-36 victory over Paramus Catholic on Thursday, December 30<sup>th</sup>.

**FROSH BASKETBALL** won its Bergen Catholic Frosh Tournament Match-up vs. Archbishop Stepinac 70-65 on Monday, December 27<sup>th</sup> at the Hoehl Gymnasium. The young hoopsters are now 3-0 on the young season.

**SKIING SEASON** starts with Giant Slalom Events on January 7<sup>th</sup>!



In the final at 160, the fourth-seeded Fea came up with an escape in the final seconds to erase a two-point deficit and pull out a 7-5 sudden-victory in overtime versus second-seeded Lorenzo Norman of Blair, who is ranked No. 10 nationally by Flo Wrestling.

### Final Results

106	Brian Melamud	5 <sup>th</sup> Place
<b>138</b>	<b>Joe Cangro</b>	<b>4<sup>th</sup> Place</b>
160	Nick Fea	CHAMPION
189	AJ Fricchione	8 <sup>th</sup> Place
215	Remy Brancato	6 <sup>th</sup> Place
285	Dominick Brogna	5 <sup>th</sup> Place



# BIRD OF THE WEEK

## HARLEQUIN DUCK



**December 28 - Barnegat Light, NJ** – I agree with you. That is a beautiful duck. One might call it a work of art.

Generally this sea duck is found in the Great White North, but every year, a number relocates to feed on crustaceans at the Barnegat Inlet. Exit 63 to LBI and travel north to the lighthouse state park, you will have a nice adventure and opportunity to see a couple of dozen birds. You will need to walk out on the jetty, but now through early March, you are guaranteed to see Harlequins near the jetty.

Other species we typically see include: Canada Goose, Brant, Mallard, American Black Duck, Common Eider, Black Scoter, White-winged Scoter, Surf Scoter, Long-tailed Duck, Bufflehead, Common Loon, Red-throated Loon, Red-breasted Merganser, Great Cormorant, Double-crested Cormorant, Northern Gannet, Sanderling, Purple Sandpiper, Ruddy Turnstone, Herring Gull, Ring-billed Gull, Great Black-backed Gull, Peregrine Falcon, Snow Bunting, Northern Cardinal, Yellow-rumped Warbler, Song Sparrow, White-throated Sparrow, Mourning Dove, House Finch, European Starling and more.

### *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 – JANUARY 3-9

### Tuesday, January 4, 2022

Var Basketball	7:00pm	H	DePaul Catholic	Hoehl Gymnasium
JV Basketball	5:30pm	H	DePaul Catholic	Hoehl Gymnasium
Fr Basketball	4:00pm	H	DePaul Catholic	Hoehl Gymnasium
Varsity Bowling	4:00pm	A	Fair Lawn	Fair Lawn
JV Bowling	4:00pm	A	Fair Lawn	Fair Lawn

### Wednesday, January 5, 2022

Var Wrestling	6:30pm	A	Northern Highlands	Northern Highlands
Varsity Ice Hockey	3:00pm	H	Seton Hall Preparatory	Ice House

### Thursday, January 6, 2022

Var Basketball	7:00pm	A	Saint Joseph Regional	St. Joseph Regional
JV Basketball	5:30pm	A	Saint Joseph Regional	St. Joseph Regional
Fr Basketball	4:00pm	A	Saint Joseph Regional	St. Joseph Regional
Varsity Hockey	4:00pm	A	Princeton Day School	Lisa McGraw Skating Rink
JV Ice Hockey	4:00pm	A	Delbarton	Aspen Ice
Varsity Bowling	4:00pm	H	West Milford	Bowler City
JV Bowling	4:00pm	H	West Milford	Bowler City

### Friday, January 7, 2022

Var Wrestling	7:00pm	H	Wyoming Seminary	Hoehl Gymnasium
JV Ice Hockey	7:15pm	H	Saint Peter's Prep	Ice House
Varsity/JV Skiing	3:00pm	N	Giant Slalom	Winter4Kids

### Saturday, January 8, 2022

Swimming	1:30pm	A	River Dell	Clifton B&G Club
Fr Basketball	9:30am	H	Columbia	Hoehl Gymnasium
JV Basketball	11:00am	H	Columbia	Hoehl Gymnasium
Indoor Track	TBA	A	Garfield Shot Put/High Jump	Garfield HS

### Sunday, January 9, 2022

Var Basketball	1:00pm	H	Paramus Catholic	Hoehl Gymnasium
Varsity Ice Hockey	8:00pm	A	Saint Joseph Regional	Sport-O-Rama