

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

**BEN SHUE  
SMASHES  
NATIONAL  
RECORD**

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## THIS WEEK IN BERGEN CATHOLIC SPORTS

### *Crusader* TRACK & FIELD

#### **BEN SHUE SETS NEW NATIONAL MARK FOR FRESHMAN DISCUS**

#### **AT JACK YOCKERS RELAYS**

**April 20 - Ridgewood, NJ** - Freshman Benjamin Shue not only destroyed the Bergen Catholic Varsity Discuss Record set by Chuck D'Amico in 1974 (a throw of 174'8"), he set a new standard for throwers with 192'3" which broke the previous national freshman record of 191'8" set in 1999 by Derek Randall of Beeville, Texas.



To read more about Ben's exceptional performance, read all about it here at MileSplitNJ: <https://tinyurl.com/ycksma7n>

# COUNTY CHAMPION

### *Crusader* TENNIS

The Crusader Tennis Team is out to a terrific start, boasting one of its strongest line-ups in some time. For the first time in recent memory, BC has two outstanding players that can compete and win at first singles notably Andrew Song and Phillip Saint Cyrus. Follow that up with a solid line up with including Christian Choi, John DelJuidice and Jordi Visser you have some terrific depth with the singles.

The Doubles teams seem just as strong as they have been in many years with Brian and Daniel Song, John Nalbandian and Daniel Calianese, Markus Kim and Ethan Gayam and KangMin Park.

#### **TENNIS SUFFERS FIRST DEFEAT**

**April 8 - Mahwah, NJ** - The Crusaders fell to Don Bosco Prep at Ramapo College on Friday afternoon 1-4.

1<sup>st</sup> Singles Phillip Saint Cyrus lost 0-6 1-6

2<sup>nd</sup> Singles Christian Choi 0-6 0-6

3<sup>rd</sup> Singles John DelJuidice lost 1-6 3-6

1<sup>st</sup> Doubles Brian song / Daniel Song lost 6-2 3-6 5-7

2<sup>nd</sup> Doubles John Nalbandian/Daniel Calianese 6-2 6-2

#### **JV FALLS 2-3 TO IRONMEN**

#### **TENNIS ROARS BACK WITH 5-0 VICTORY OVER PARAMUS**

**April 11 - Paramus** - The Crusaders improved to 3-1 with a 5-0 victory over the Spartans of Paramus High School.

1<sup>st</sup> Singles Phillip Saint Cyrus won 6-1 6-0

2<sup>nd</sup> Singles Christian Choi won 6-2 6-0

3<sup>rd</sup> singles Jordi Vissar won 6-0 6-1

1<sup>st</sup> doubles Marcus Kim/Daniel Calianese won 6-1 6-1

2<sup>nd</sup> doubles Kangmin Park/Ethan Gayam won by forfeit

## CRUSADERS CONTINUE TO ROLL 4-1 OVER GREEN KNIGHTS

**April 12 - Montvale** - The Crusaders improved to 4-1 on the season, defeating St. Joseph Regional in Montvale.

1<sup>st</sup> Singles Andrew Song lost 0-6, 0-6.

2<sup>nd</sup> Singles Phillip Saint Cyrus won 6-0, 6-1.

3<sup>rd</sup> Singles Christian Choi won 6-1, 6-1.

1<sup>st</sup> Doubles Brian Song/Daniel Song won 6-0, 6-0.

2<sup>nd</sup> Doubles John Nalbadian/Daniel Calianese 6-0, 6-0.

## CRUSADERS TAME PASCACK VALLEY PANTHERS 5-0

**April 13 - Hillsdale** - The Crusaders improved to 5-1 on the season, defeating Pascack Valley on Wednesday.

1<sup>st</sup> Singles Andrew Song won 6-1, 6-0.

2<sup>nd</sup> Singles Phillip Saint Cyrus won 6-2, 6-0.

3<sup>rd</sup> Singles Christian Choi won 4-6, 6-3, 11<sup>3</sup>-0<sup>11</sup>.

1<sup>st</sup> Doubles Brian Song/Daniel Song won 6-1, 6-0.

2<sup>nd</sup> Doubles John Nalbadian/Daniel Calianese 6-2, 6-2.

## CRUSADERS BEAT PALADINS 5-0

**April 13 - Paramus** - The Crusaders improved to 6-1 on the season, defeating Paramus Catholic on Thursday.

1<sup>st</sup> Singles Phillip Saint Cyrus won 6-0, 6-1.

2<sup>nd</sup> Singles Christian Choi won 6-2, 6-0.

3<sup>rd</sup> Singles Jordi Visser won 6-0, 6-1.

1<sup>st</sup> Doubles Marcus Kim/Daniel Calianese won 6-1, 6-1.

2<sup>nd</sup> Doubles Ethan Gayam/KangMin Park won by forfeit.

## TENNIS STORMS SOUTH CAROLINA



During the Easter Break, the Crusader Tennis Team travelled to South Carolina to take on some of the best the Mid-Atlantic United States has to offer.

## TENNIS BEATS HILTON HEAD 4-3

**April 18 - Hilton Head, SC** - The Crusaders defeated the Seahawks 4-3 on Monday.

1<sup>st</sup> Singles Andrew Song won 6-1 6-4

2<sup>nd</sup> Singles Phillip Saint Cyrus lost 4-6 3-6

3<sup>rd</sup> Singles Christian Choi lost 0-6 1-6

4<sup>th</sup> Singles John Deljuidice won 6-1 6-7 (7-3) 11-9

5<sup>th</sup> Singles Jordi Visser lost 6-4 2-6 10-12

1<sup>st</sup> Doubles Andrew Song/John Nalbadian won 8-6

2<sup>nd</sup> Doubles John Nalbadian/Daniel Calianese won 6-2 6-2

## BC OVER PHILLIP SIMMONS 4-2

**April 19 - Charleston, SC** - The Crusaders defeated the Iron Horses 4-2 on Tuesday in South Carolina..

1<sup>st</sup> Singles Andrew Song lost 0-6 1-6

2<sup>nd</sup> Singles Phillip Saint Cyrus lost 1-6 2-6

3<sup>rd</sup> Singles Christian Choi won 6-4 6-4

4<sup>th</sup> Singles John Deljuidice won 6-1 7-6 (7-3)

5<sup>th</sup> Singles Jordi Visser won 6-3 6-3

Doubles Ryan Kim / Daniel Calianese won 6-1 6-0

## TENNIS FALLS TO BEAUFORT 6-0

**April 20 - Beaufort, SC** - In their final match of the road trip the Crusaders fell to Beaufort 6-0.

1<sup>st</sup> Singles Andrew Song lost 2-6 1-6

2<sup>nd</sup> Singles Phillip Saint Cyrus lost 2-6 1-6

3<sup>rd</sup> Singles Christian Choi lost 2-6 2-6

4<sup>th</sup> Singles John Deljuidice lost 3-6 1-6

5<sup>th</sup> Singles Daniel Calianese lost 3-6 0-6

Doubles John Nalbadian / Ryan Kim 7-5, 5-7, 7-10

## Crusader BASEBALL BC LOSES TIGHT ONE TO NVOT

**April 13 - Ridgely Park, NJ - (by David Polli '23)**

Faybel Ventura's 6th inning RBI single lifted the Golden Knights over the Crusaders, moving the Crusaders to 4-2.

Bergen Catholic struck big and early on Missouri Commit Alex Kranzler, scoring 5 runs in the first 3 innings. 3 of those came in the first, 2 RBI's courtesy of late add to the lineup



Aidan Baglino. The future Fairfield Stag's double was added on to by a high single to left from Bowdoin commit Lukas Tsai.

In the top of the 4th, Harry Certo singled and brought in Chris Merrill from second adding on another one. In the 3rd, Nick Stavros (Bridgewater College) singled to bring in freshman Jamie Zee, but Kransler didn't let that phase him and finished the day with a strong second half, striking out 9 in the process.

The Golden Knights scored in every inning after the second with 1 in the 3rd, 1 in the 4th, 2 in the fifth, and the winner in the 6th. BC sophomore Luke Dellentash pitched well for the Crusaders only allowing 2 earned runs, as did his replacement junior relief pitcher Dhruv Vengurlekar, but 5 errors behind them were what did the Crusaders in.

The Crusaders' win streak ends and they turn their focus to Monday April 18th. They'll be at West Point on the Army Black Knights field taking on arch rivals Don Bosco Prep.



## BERGEN - BOSCO ROUND ONE!

**April 18 - West Point, NY - (by David Polli '23)** The Crusaders dropped the first of a two game stretch against arch rivals Don Bosco Prep in a special game at the Army West Point campus. It was a pitchers' duel with BC's Michael Gillen and Clayton Poliey on the mound for DBP.

The game started off with an Allen Hernandez single in the bottom of the first to give the Ironmen a lead and the maroon and white never looked back.

Poliey went 7 strong holding the Crusaders to 3 hits and no walks while freezing 13 Bergen batsmen.

Michael Gillen went toe to toe with Poliey also pitching 7 innings and only giving up 2 earned runs. But that was not enough as Poliey's big complete-game shutout day up at West Point earned him an Army salute. Final Score: Don Bosco 4, Bergen Catholic 0



## BC - DBP - TAKE TWO

**April 20 - Ramsey, NJ - (by David Polli '23)** The Ironmen in Ramsey completed the two-game sweep of the Crusaders with a dominating 12-1 win at Don Bosco. The story for the Crusaders was the errors, as they ended up with 5 on the day. Jack Duffy, the starter for BC, went 1 and 2/3 innings with 9 runs getting on the board for the Ironmen, and only two of them being earned.

Caden Dana, the Kentucky Commit, threw 5 great innings against the Crusaders, settling down after letting up a Braden Connors RBI single in the top of the first. The Crusaders fall to 4-4 on the season while the Ironmen get the sweep on the week.

## CRUSADERS ENJOY FAST LANE

**April 22 - Teaneck, NJ - (by David Polli '23)** The Red and Gold got back on the winning Track with a dominant 15-1 performance beating the Teaneck Highwaymen in 6 innings at Teaneck's Hawthorne field.

Alex Cavegn's performance on the bump was astounding, only allowing 1 run through 5 innings. He had a big backup



to earn the win from his hitters as 7 walks and 5 Hit by pitches earned the Crusaders plenty of free base runners.

Justin Batts, Elias Espinosa, Jamie Zee, and Luca Reyes all brought in multiple runners throughout the game. Batts really put his foot on the Crusaders' gas with a base-clearing double in the top of the 6th inning. That put the Crusaders past the mercy rule of 10.

Matt L'Hommedieu made work of the final Teaneck batters with 18 pitches to close out a much needed win for the Crusaders.



## TOP-25 SHOWDOWN IN MORRISTOWN

**April 23 - Morristown, NJ - (by David Polli '23)** On a beautiful day for baseball in Morristown, New Jersey, fans were treated to a wildly entertaining back and forth matchup between two top 25 teams in the state.

Sophomore Luke Dellentash got the start for the Crusaders and was solid through 3.2 innings of work.

In the first inning, Delbarton got their offense started when Jack Harley singled on a 1-0 count, scoring one run. An Aidan Dill sacrifice fly scored Connor Dreyer making it 2-0 after 3.

Bergen Catholic evened things up at two in the top of the fourth inning as Aidan Baglino's sac fly scored the second run for BC. The first you ask? A 330+ bomb from Luca Reyes to lead off the inning.

But then came in Amir Eltaki. Eltaki, who was credited with the victory for Delbarton, coming in relief. The bulldog went three innings, allowing two runs on one hit and striking out five. He shut the Crusaders down until the 7th inning when Delbarton made a pitching change.

The Crusaders manufactured two runs from disciplined baseball to make it a game again before Chris Accardo entered the game out of the bullpen and earned the save to close out the game in relief.

The Crusaders will be looking to Monday's game against DePaul Catholic to start to string of wins.

## Crusader LACROSSE

### BC FALLS TO MOUNTAIN LAKES AFTER VALIANT RALLY





## BC WINS BIG IN THE NATION'S SMALLEST STATE



**April 19 - Warwick, RI** - BC travelled to Rhode Island early in the week in order to get a look at Brown University and practice at their field. On Tuesday, the Crusaders took on Bishop Hendricken High School, a school sponsored by the Congregation of Christian Brothers for some years. In the end, BC was too strong for the school with the massive scoreboard, overwhelming their hosts 18-5.



Crispin Kaye was perfect shooting, scoring 5 goals on 5 shots. Nick Muller also contributed 5 points with a one-goal, four-assist effort. Sophomore attacker, Jake Taromina added 4 assists helping a bunch of guys to pick up a bunch of goals. Luke Macejka, John Mustard and Anderson Chang each scored two goals and Brady Twomey and Charles Oropeza recorded a goal and an assist each. Chris Gonzalez, Mark Ruggiero, Brian Winters and Matt Reilly each scored one goal and Pat Cece and Jack Tenaglia each added an assist.

Parker Day had a good day between the pipes, turning away six shots while only yielding two. BC was strong at the face off X with Dan Sheppard winning 10 of 13 faceoffs.

BC is now 3-4 on the season after defeating winless Bishop Hendricken.

## CRUSADERS WIN AS MULLER, KAYE & TAROMINA SCORE BIG

**April 21 - Middletown, NJ** - The Bergen Catholic Lacrosse Team continued its dominance on the road with a victory over Middletown South High School 15-7 on Thursday.

Nick Muller recorded another six point game, scoring a pair of goals and adding 4 assists. Jake Taromina was four goals and two assists on the day and Crispiin Kaye recorded a double hat trick (6 goals) plus 2 assists.



Goalies Dominic Pira and Parker Day each recorded 5 saves in the victory. BC was outstanding at the face off X with Dan Sheppard winning 10 of 12 faceoffs and Pat Cece winning 11 of 12, a combined 87.5% winning percentage.

BC is now 4-4 on the season after knocking Middletown South down to 5-3.

## BC FALLS IN GIBBS DIVISION BATTLE

**April 23 - Oradell, NJ** - The Crusaders continued to struggle at the Jack, suffering a 15-5 defeat at the hands of division-rival Ridgewood.

Nick Muller played a critical role in all of BC's offense setting up four of the five goals and doing the work himself

with a goal in the fourth quarter. Muller's first assist was to Anderson Chang, whose rocket shot with 4:22 remaining in the second period got BC on the board. Crispin Kaye recorded a pair of goals and Richie Reid scored a third period goal to help BC with its third score of the day.

## CRUSADERS TEAM UP FOR JSZ PLAY OF THE WEEK

**April 24 - Oradell, NJ** - In Jersey Sports Zone's Weekly Top 10, Dominic Pira, Crispin Kaye and Jake Taromina compiled an end-to-end highlight of their own. Watch 'til the end on YouTube to see their teamwork:

<https://www.youtube.com/watch?v=wFCZwt1EhMI>



**April 11 - Montclair, NJ** - Tommy O'Neil's one-under 35 led BC to a 154-182 victory over Indian Hills Regional High School. Liam White shot three-over par (39) followed by Nikhil Sahu (40), Nick Schwake (40), Adam Sincavage (42) and Andrew Lama (47) at Upper Montclair CC.

## CRUSADERS SINK MARAUDERS

**April 12 - Ridgewood, NJ** - Tommy O'Neil and Liam White's pair of two-over 38s led BC to a 160-164 victory over St. Peter's Prep. Nick Schwake (42), Adam Sincavage (42), Nikhil Sahu (44) and Andrew Lama (47) pitched in for the victory at beautiful Ridgewood Country Club.

## CRUSADERS DEFEAT PARAMUS

**April 13 - Haworth, NJ** - Tommy O'Neil's two-under 34 led BC to a 161-214 victory over Paramus High School. The Crusaders felt right at home at the Haworth CC as Liam White shot 41 followed by Adam Sincavage (42), Nick Schwake (44), John Keyes (45) and Andrew Lama (50).

## CRUSADERS CLIP CARDINAL WINGS

**April 14 - Haworth, NJ** - Liam White shot 35, leading BC to victory over Westwood 155-187. Nick Schwake shot a 39. Adam Sincavage shot 40 and Nikhil Sahu, John Keyes and Andrew Lama all penciled in 41 for the afternoon.

## WHITE DOES ALL RIGHT AT BLUE DEVIL INVITATIONAL

**April 18 - Westfield, NJ** - Liam White and Nathan Dogin of Newark Academy tied for first with two-over 73's at the 2022 Blue Devil Invitational Tournament at Echo Lake CC.

The Crusaders shot a combined 321 to tie with Westfield, Morristown and Blair Academy for fourth place in the Blue Devil Invitational. Newark Academy won the event with a 312, followed by Madison HS (315) and Hunterdon Central (319).

Tommy O'Neill finished three strokes behind, tying for seventh. Adam Sincavage and Nikhil Sahu tied for 58<sup>th</sup>, shooting 86 and Nick Schwake's 91 was good for a tie at 80<sup>th</sup> in the 96-golfer pool.

## CRUSADERS TOO MUCH FOR RAMS

**April 19 - Ridgewood, NJ** - Liam White shot par 36, leading BC to victory over Ramsey 160-181. Tommy O'Neil's 38 and Adam Sincavage's 40 helped put BC on track. Nick Schwake and Andrew Lama each shot 46 and Nikhil Sahu brought home a 52 at Ridgewood CC.

## CRUSADERS SPLASH NORSEMAN

**April 20 - Haworth, NJ** - Ryan Applin made his BC debut and instantly made an impact for his new teammates shooting a one-over-par 37. He and Tommy O'Neill led BC over Northern Valley Demarest 156-196. Liam White shot 39 and Adam Sincavage added a 43 in the victory. Andrew Lama (45) and John Keyes (46) finished up for the Crusaders.

## CRUSADER TAKE 2ND FROM NVD

**April 21 - Tenafly, NJ** - The Crusaders improved to a perfect 11-0 on the season, defeating Mahwah 153-181 on Thursday at Knickerbocker CC.



# Crusader

## VOLLEYBALL

### YOUNG CRUSADERS CONTINUE TO IMPROVE

**April 24 - Oradell, NJ** - The Crusaders have struggled to find a win thus far in 2022, but it hasn't prevented a number of their future stars to shine.

Freshman Jeongsoo Park leads the team with 14 kills and Service Points (18) while Junior Ian Walls has put together team-best 46 assists on the season. His classmate, Jaewan Lee has 2.5 blocks in 2022. Mateo Orochena, another junior, has a team-high 8 Aces, while amassing twelve service points on the year.

Next up for the Crusaders is Fair Lawn High School at the Hoehl Gymnasium.

# Crusader

## TRACK & FIELD

### CRUSADERS TAKE OVERALL AND NON-PUBLIC CROWNS AT JACK YOCKERS RELAYS

**Ridgewood/Oradell, NJ -**

#### 400 Meter Hurdles

- 4<sup>th</sup> Tristan Oliver 1:01.83
- 6<sup>th</sup> Steele Matthews 1:02.78
- 11<sup>th</sup> Jason Lessieu 1:04.82

#### 4x1600 Meter Relay

- 2<sup>nd</sup> "A" 19:42.25

#### Triple Jump

- 3<sup>th</sup> Jason Lessieu 38'07"
- 5<sup>th</sup> Gabriel Beidleman 35'07"
- 6<sup>th</sup> Jimmy Pappas 33'09"

#### Javelin

- 1<sup>st</sup> Place as a Relay
  - 2<sup>nd</sup> Sean Coll 152'
  - 3<sup>rd</sup> Dantez Aracena 145'02"
  - 4<sup>th</sup> Nick Barra 145'

#### 4x100 Meter Relay

- 1<sup>st</sup> "A" 43.30

#### 4x400 Meter FROSH Relay

- 1<sup>st</sup> "A" 3:54.59

#### 4x400 Meter VARSITY Relay

- 1<sup>st</sup> "A" 3:26.74

#### 4x800 Meter Relay

- 2<sup>nd</sup> "A" 9:04.31

#### 1600 Meter Sprint Medley Relay

- 1<sup>st</sup> "A" 3:40.72

#### Distance Medley Relay

- 2<sup>nd</sup> "A" 11:31.52

#### 4x110 Meter Shuttle Hurdle Relay

- 2<sup>nd</sup> "A" 1:12.42



#### High Jump

- 1<sup>st</sup> Tristan Oliver 5'06"
- 4<sup>th</sup> Gabriel Beidleman 5'04"
- 6<sup>th</sup> Allan Hilton-Clarke 5'00"

**Long Jump**

- 1<sup>st</sup> Allan Hilton-Clarke 20'05.75"
- 6<sup>th</sup> Gabriel Beidleman 18'06.25"
- 7<sup>th</sup> Jason Lessieu 18'04.50"

**Triple Jump**

- 3<sup>rd</sup> Jason Lessieu 38'07"
- 5<sup>th</sup> Gabriel Beidleman 35'07"
- 6<sup>th</sup> Jimmy Pappas 33'09"

**Pole Vault**

- t2<sup>nd</sup> Nick Bernick 6'00"
- t2<sup>nd</sup> Oliver Lopez 6'00"

**Discus Throw**

- COUNTY CHAMPIONS
  - 1<sup>st</sup> Ben Shue 192'03" (NATIONAL FR RECORD)
  - 2<sup>nd</sup> Justin King 116'11"
  - 3<sup>rd</sup> Keegan Gallagher 108'07"

**Shot Put**

- 1<sup>st</sup> Ben Shue 56'00.75"
- 3<sup>rd</sup> Sean Coll 37'09.25"
- 5<sup>th</sup> Jorge Pogue 34'03"


# Crusader CREW

## SMALL AND KIM RACE IN PHILLY AT MANNY FLICK 4





**April 17 - Philadelphia, PA** - George Small and Matthew Kim entered the Boys Varsity 2x, placing fourth in their heat with a time of 6:08.180.

## CREW-SADERS GENERATING RESULTS AT MANNY FLICK 5














**April 24 - Philadelphia, PA** - George Small and Matthew Kim entered the Boys Varsity 2x, placed third in their heat with a time of 5:36.830.

Race: 20b 10:55 - 04/24/2022 (Scheduled)				Official	Flight 1500m	
Place	Bow	Blade	Organization	Finish Line	Percent	Margin
1st	3		Ridgewood Crew Darby, I.	5:13.100		
2nd	5		2: George Small - 18 (BCHS) 1: Matthew Kim - 18 (BCHS)	5:33.590	6.54%	0:20.490
3rd	2		2: George Small - 18 (BCHS) 1: Matthew Kim - 18 (BCHS)	5:36.830	7.58%	0:23.730
4th	1		Eustace Mintzas, Y.	6:56.730	33.10%	1:43.630

Ronan Howell, Luis Santos, Jared Junio and Edward Stoker worked in harmony to start the day for BC in the JV 1500 Quad. Together, they recorded a time of 6:36.970.

Race: 6b 09:15 - 04/24/2022 (Scheduled)				Official	Flight 1500m	
Place	Bow	Blade	Organization	Finish Line	Percent	Margin
1st	5		Germantown Academy Wescott, J.	5:11.410		
2nd	3		Ridgewood Crew	5:46.470	11.26%	0:35.060
3rd	1		4: Edward Stoker - 15 (BCHS) 3: Jared Junio - 17 (BCHS) 2: Luis Santos - 15 (BCHS) 1: Ronan Howell - 15 (BCHS)	6:11.920	19.43%	1:00.510
4th	2		Stoker, E.	6:36.970	27.48%	1:25.560

In the tenth event of the day, Giacomo Dente and Owen Ryan combined for the school's fastest time of the day: 5:25.320. It was good for 3<sup>rd</sup> place overall in the 1500 meter Boys JV 2x.

Event 10			Boys JV 2x		Print	
Race: 10a 13:05 - 04/24/2022 (Scheduled)			Official	Flight 1500m		
Place	Bow	Blade	Organization	Finish Line	Percent	Margin
1st	82		Springside Chestnut Hill Eckert, E.	5:20.840		
2nd	71		Holy Spirit Ricciardi, A.	5:23.460	0.82%	0:02.620
3rd	80		2: Owen Ryan - 18 (BCHS) 1: Giacomo Dente - 18 (BCHS)	5:25.320	1.40%	0:04.480
4th	66		Ryan, O.	5:26.060	1.63%	0:05.220
5th	67		Ridgewood Crew Hersperger, H.	5:28.400	2.36%	0:07.560
6th	76		Seton Hall Prep Latimer, C.	5:30.280	2.94%	0:09.440
7th	79		Holy Spirit Rodriguez, M.	5:37.050	5.05%	0:16.210
8th	68		Lower Merion Kupstas, Z.	5:39.020	5.67%	0:18.180
9th	73		North Arlington Crew Adagna, B.	5:45.530	7.70%	0:24.690
10th	70		Germantown Friends Robinson, N.	5:45.800	7.78%	0:24.960
11th	81		Germantown Academy Goldman, M.	5:57.140	11.31%	0:36.300
12th	78		North Arlington Crew Sanchez, C.	6:25.930	20.29%	1:05.090
13th	77		Great Valley Crew Amin, S.	6:26.350	20.42%	1:05.510

## *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.

## **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.



## *The Golden Rule*

Love one another as I have loved you.




## Traditional 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

### DEUS VULT – JOHN 6:39

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.

### 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.

## PRAYER FOR PEACE (IN UKRAINE AND RUSSIA)

Lord Jesus Christ, who are called  
the Prince of Peace, who are  
yourself our peace and  
reconciliation, who so often said,  
"Peace to you," grant us peace.  
Make all men and women  
witnesses of truth, justice, and  
brotherly love. Banish from their hearts whatever  
might endanger peace. Enlighten our rulers that  
they may guarantee and defend the great gift of  
peace. May all peoples on the earth become as  
brothers and sisters. May longed for peace blossom  
forth and reign always over us all.

Amen

- Pope Saint John Paul II



## an Irish Blessing

May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face,  
The rains fall soft upon your fields,  
And, until we meet again,  
May God hold you in the palm of His hand.

## 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.

## SUPERMAN GRACE BEFORE MEALS

We thank you Lord, for giving us food.  
We thank you Lord, for giving us food.



And for our daily bread  
When we need to be fed  
We thank you Lord, for giving us food  
Bum, bum, bum, bum, bum.

## Addams Family Grace Before Meals

We thank you for this food, Lord.  
For Mom and Dad and you, Lord.  
We thank you for this food, Lord.  
And for our family.  
Duh, duh, duh duh. SNAP SNAP.  
Duh, duh, duh duh. SNAP SNAP.  
Duh, duh, duh duh. .  
Duh, duh, duh duh. .  
Duh, duh, duh duh. SNAP SNAP.

# BIRD OF THE WEEK

## YELLOW-THROATED WARBLER



**April 14 - Allendale, NJ** - The Celery Farm on Franklin Turnpike has been abuzz about this rare-Bergen County warbler who has joined us for the past two weeks or so.

This beautiful little Yellow-throated warbler is more often found in south-central Jersey, but if you walk about 100 yards in from the dirt parking lot, you're likely to see a number of people looking in the trees for this little fellow. Don't be shy, ask one of them what they're looking for. Birders are always happy to point them out.

Be on the lookout for imposters (well not really imposters). This is the time of year for warblers to migrate into and through the area. So far, I have seen Palm, Pine, Yellow-rumped, Common Yellowthroat and this Yellow-throated warbler. Prairie Warbler has been reported at Parson's Pond in Franklin Lakes.

Don't be surprised to see as many as 35 different species of warbler pass through Bergen County from now until the middle of May. It's always fun to catch a glimpse of these "jewels" of the birding world.

**Monday, April 25, 2022**

Team	Time	H/A/N	Opponent	Site
Varsity Golf	12:00pm		Arcola Invitational	Arcola Country Club
JV Golf	3:30pm		TBA	Rockleigh Golf Course
JV Tennis	4:00pm	A	Ridgewood	Ridgewood
Varsity Tennis	4:00pm	A	Ridgewood	Ridgewood
JV Baseball	4:15pm	H	DePaul Catholic	Breslin Field
Varsity Baseball	4:15pm	A	DePaul Catholic	DePaul Catholic

**Tuesday, April 26, 2022**

Varsity Golf	3:00pm		Don Bosco Prep	Hackensack Golf Club
JV Golf	3:30pm		TBA	
JV Tennis	4:00pm	TBD	Bergen Tech	TBA
Track and Field	4:00pm	A	Saint Joseph Regional	Saint Joseph Regional
Varsity Tennis	4:00pm	A	Bergen Tech	Bergen Tech
Varsity Track	4:00pm	A	St. Joseph Regional	St. Joseph Regional
Fr Lacrosse	4:15pm	A	Ramapo	Ramapo
Varsity Lacrosse	4:15pm	H	Ramapo	The Jack
JV Lacrosse	6:00pm	H	Ramapo	The Jack

**Wednesday, April 27, 2022**

JV Golf	3:30pm		Northern Highlands	Haworth Country Club
Varsity Golf	3:45pm		Ramapo	Ridgewood Country Club
JV Tennis	4:00pm	A	Pascack Valley	Pascack Valley
Varsity Tennis	4:00pm	A	Pascack Valley	Pascack Valley
JV Baseball	4:15pm	H	DePaul Catholic	Breslin Field
Varsity Baseball	4:15pm	H	DePaul Catholic	Breslin Field
Varsity Volleyball	4:15pm	H	Fair Lawn	Hoehl Gymnasium
JV Volleyball	5:30pm	H	Fair Lawn	Hoehl Gymnasium

**Thursday, April 28, 2022**

Varsity Golf	3:00pm		Ridgewood	Haworth Country Club
JV Golf	3:30pm		TBA	
Varsity Tennis	4:00pm	A	Paterson-Kennedy	Paterson-Kennedy
Fr Baseball	4:15pm	A	Pope John XXIII	Pope John XXIII
JV Baseball	4:15pm	A	Pope John XXIII	Pope John XXIII
Varsity Baseball	4:15pm	H	Pope John XXIII	Breslin Field
Varsity Lacrosse	4:30pm	H	Iona Preparatory	The Jack
JV Lacrosse	6:00pm	H	Iona Preparatory	The Jack
Track and Field	TBD		Penn Relays	University of Pennsylvania

**Friday, April 29, 2022**

JV Tennis	4:00pm	A	Tenaflly	Tenaflly
Varsity Tennis	4:00pm	A	Tenaflly	Tenaflly
Varsity Volleyball	4:15pm	A	Bergenfield	Bergenfield
JV Volleyball	5:30pm	A	Bergenfield	Bergenfield
Fr Lacrosse	TBD	A	Connor Corish Tournament	Don Bosco Prep
Track and Field	TBD		Penn Relays	University of Pennsylvania

**Saturday, April 30, 2022**

JV Lacrosse	1:00pm	H	St. Joseph (Metuchen)	The Jack
Varsity Lacrosse	11:00am	H	St. Joseph (Metuchen)	The Jack
JV Baseball	2:00pm	A	Iona Prep	Iona Prep
Varsity Baseball	2:00pm	A	St. Joseph Regional	St. Joseph Regional
			Garden State Scholastic	
Crew	TBA		Championship	Pennsauken, NJ