

TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

COLLEGE COMMITMENTS HIGHLIGHT THE MONTH OF MAY



May 7, 18 - Oradell, NJ - Bergen Catholic conducted its final two Athletic Commitment Events of the year during the past Wednesdays. Thank you to our parents and congratulations to all who participated in the events!

ABOVE L-R Back Row: Head Football Coach Vito Campanile, Head Wrestling Coach Dave Bell, Nick Fea (Wrestling - North Carolina), Matthew L’Hommedieu (Baseball - Rutgers, Newark), Head Basketball Coach Billy Armstrong, Head Baseball Coach Bob Muggeo. **Front Row:** Elias Espinosa (Basketball - Connecticut College), Zach Wasserlauf (Baseball - Emory University), Christopher Merrill (Football and Baseball - Eastern University).

RIGHT: Coach Muggeo, Mr. and Mrs. Sabathia and Carsten Sabathia (Baseball - Georgia Tech).

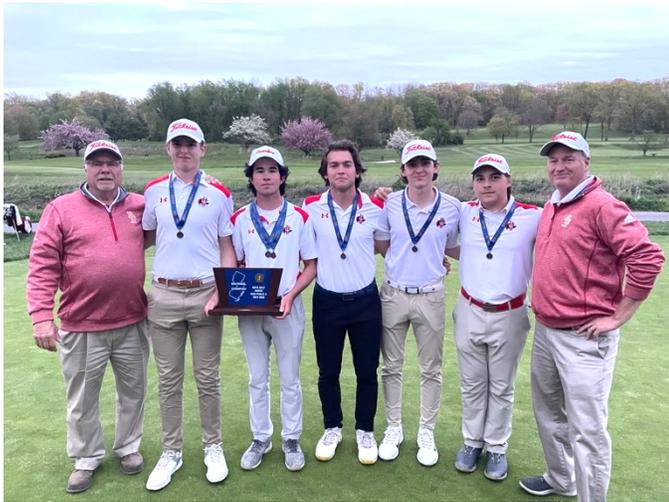


Carsten SABATHIA
Bergen Catholic, CRUISERS BASEBALL

Crusader GOLF

GOLF TEAM WINS STATE TITLE!

May 17 - Washington, NJ - Liam White and Ryan Applin each shot 76, tying for 14th overall in the 2022 NJSIAA Golf Championships at Hawk Point Golf Club. Tommy O'Neil finished 46th with an 80. Nick Schwake's 82 helped him to a 57th place and get BC over the hump.



Congratulations to Coach Jim "jake" Jacobsen on a great season!

Crusader TENNIS

BC FALLS TO HILLTOPPERS

May 17 - Summit, NJ - The Crusader Tennis Team fell to Summit's Hilltoppers 5-0 on Tuesday in Union County.

- 1st Singles Andrew Song lost 4-6, 3-6.
- 2nd Singles Phillip Saint Cyrus lost 6-7, 1-6.
- 3rd Singles Christian Choi lost
- 1st Doubles Brian Song/Daniel Song lost 5-7, 3-6
- 2nd John Nalbadian/John DelJudice lost 5-7, 1-6

CRUSADERS TAME PANTHERS

May 18 - Hillsdale, NJ - The Crusader Tennis Team defeated Pascack Valley 5-0 on Wednesday.

- 1st Singles Andrew Song won 6-3, 6-0.
- 2nd Singles Phillip Saint Cyrus won 6-4, 6-1.
- 3rd Singles John DelJudice won 6-2, 6-0
- 1st Doubles John Nalbadian/Dan Calianese won 6-3, 6-0
- 2nd Doubles Jordi Visser/Daniel Kim won 6-2, 6-0

CRUSADERS DEFEAT RAIDERS

May 19 - Franklin Lakes, NJ - The Crusader Tennis Team defeated Ramapo 4-1 on Thursday.

- 1st Singles Andrew Song lost 2-6, 2-6.
- 2nd Singles Phillip Saint Cyrus won 6-2, 6-1.
- 3rd Singles Christian Choi won 6-0, 6-1.
- 1st Doubles Brian Song/Daniel Song won 6⁵-7⁷, 6-2, 1¹⁰-0²
- 2nd Doubles John Nalbadian /Daniel Kim won 6-0, 6-1.

Crusader BASEBALL

CRUSADERS HAMMER CUTTERS ON SENIOR DAY

May 18 - Lyndhurst, NJ - Carsten Sabathia and Mike Gillen each went deep as BC defeated Fair Lawn 12-2 on Wednesday. Juan DeLaCruz picked up 3RBIs on two doubles

BERGEN CATHOLIC BASEBALL
SENIOR DAY 2022

Juan DeLaCruz - Matthew L'Hommedieu - Michael Gillen
Matthew Clifford - Zach Wasserlauf - Nick Stavros - Andrew Cronin -
DJ Licini - Elias Espinosa - Chris Merrill - Carsten Sabathia
Lukas Tsai - Larue Linder

and a triple at the plate as BC pounded out a dozen hits against Fair Lawn pitching.

Elias Espinosa did a good job setting the table as he was hit by two pitches, stole a base and scored twice from the leadoff position. DeLaCruz, Nick Stavros and Andrew Cronin each scored two runs for the Crusaders as well.

Matt L'Hommedieu struck out one and shut down the side as the starting pitcher. Larue Linder earned the win, going three innings, striking out four and allowing 2 earned runs. Matt Clifford struck out two and closed out the game in the fifth on just 13 pitches to help BC improve to 14-6 on the season.

SABATHIA GOES YARD, ZEE 4RBIs LEAD BC OVER PATRIOTS

May 21 - Wayne, NJ - Caarsten Sabathia hit his second homerun in two games and fourth for the season as BC shutout Wayne Hills 15-0 on Friday.

Harrison Certo had a two-RBI double and Jamie Zee added four RBIs on two-for-three hitting including a triple. Luca Reyes, Braden Connors and Sabathia each scored two runs in the victory.

Stanley Moreno earned the win for BC, striking out three and allowing no runs. Hills batters only reached base safely twice in the game.

The Crusaders enter tomorrow's BCCA contest with a 15-6 record.

CRUSADER COUNTY RUN COMES TO AN END

May 21 - Wood Ridge, NJ - The Crusaders found themselves in an early hole, but fought to dig themselves out, right until the very last inning. Alas, it was just too little too late, and BC fell to Ramsey 6-3 in the BCCA Tournament.

Juan DeLaCruz starred offensively for the Crusaders. The senior had two doubles, an RBI and two runs scored. Jamie Zee drove in a run and Braden Connors scored a run on one-for-two hitting.

Luke Dellantash was the starting pitcher. He went two and a third innings, allowing one earned run and striking out

four. Mike Gillen took the loss, yielding five runs, while striking out a pair on three and two-thirds innings.



The Crusaders are now 15-7 and look forward to the NJSIAA Tournament.

Crusader LACROSSE COMEBACK FALLS JUST SHORT IN FIRST ROUND STATE GAME

May 21 - Oradell, NJ - The Crusaders ended the season with the same opponent they started the season with, CBA of Lincroft. If the prequel told us anything, it was this would be a battle. (The Crusaders won an 11-10 double overtime game back on March 30th.)

BC found themselves in a 2-0 hole after one quarter, but 4:15 into the second, Jack Tenaglia got BC going off an assist from Nick Muller. After a CBA goal, Luke Macejka would score his first (on his way to a hat trick), but CBA closed out the half with a pair of goals to extend their lead to 5-2.

Sophomore attacker Jake Taromina scored a goal, sandwiched between two CBA goals and things looked dim as the Crusaders entered the fourth with a four-goal deficit.

Taromina scored to open the fourth and Face-off Specialist Dan Sheppard followed it up with a goal of his own.

Unfortunately, that seemed to ignite a three-goal Colt response and BC was down 10-5 with just 4:35 remaining.

BC has been fortunate with a double-headed monster at face-off with Sheppard and Pat Cece which makes them dangerous at any time. With 3:42 remaining, Nick Muller found Tenaglia for his second of the game, making it 10-6. Muller then assisted Brady Twomey to make the score 10-7 with 2:31 remaining. Luke Macejka was assisted by Tenaglia with 0:42 remaining to cut the lead to 2, then Macejka scored again 15 seconds later off a Brady Twomey assist.

As it turned out, just a little too late as the clock ran down on the Crusader season. The team fought through some great adversity, but showed its heart right up until the very end.

BIRD OF THE WEEK

YELLOW WARBLER

May 22 - Lyndhurst, NJ - One of the more common small birds you'll find in our area from mid-May through early July is the Yellow Warbler. Their song which sounds like someone saying, "Sweet, sweet, a little more sweet," is distinctive in helping you identify where this 4.5"-5" wood warbler may be hiding. My experience generally tells me to look high trees. While some warblers are found in the middle of lower bushes, Yellow warblers seem to like the view from above.



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.