

TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

NJSIAA TENNIS

BC DEFEATS RAMS 5-0 TO ADVANCE IN FIRST ROUND

May 25 - Summit, NJ - The Crusader Tennis Team defeated Oratory Prep in the first round of the NJSIAA Non-Public A North Tennis Tournament.

1st Singles Andrew Song won 6-0, 6-2.

2nd Singles Phillip Saint Cyrus won 7-5, 2-6, 6-0.

3rd Singles John DelJuidice won 6-2, 5-7, 6-3.

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

2nd Doubles Ryan Kim/Daniel Calianese won 7-6 ⁽⁷⁻⁴⁾, 6-7 ⁽⁶⁻⁸⁾, 6-1.

BULLDOGS DEFEAT CRUSADERS

May 27 - Englewood, NJ - The Crusader Tennis Team fell to Dwight Englewood in the second round of the NJSIAA Non-Public A North Tennis Tournament on Friday.

1st Singles Andrew Song lost 6-1, 6-0.

2nd Singles Phillip Saint Cyrus lost 6-1, 6-3.

3rd Singles Christian Choi lost 6-3, 6-4.

1st Doubles Brian Song / Daniel Song lost 6-2, 6-2.

2nd Doubles John Nalbadian/John DelJuidice lost 6-2, 6-2.

Crusader RUGBY

Ruggers Scrum Pelham RC

May 25 - Pelham, NY - Aidan O'Malley recorded 3 tries and Donald Keating added a conversion as the Rugby team played to a 16-36 decision vs. Pelham RC in Westchester on Wednesday.



Crusader BASEBALL

ZEE'S HOMER NOT ENOUGH

May 26 - Metuchen, NJ - Jamie Zee accounted for all of the Crusader offense on Thursday, providing one run on his solo homer, but the Falcons of St. Joseph Metuchen scored four against Crusader pitching. Zee was two for four on the day and Justin Batts, Aidan Baglino and Nick Stavros each recorded a hit.

Luke Dellentash struck out a pair of Falcon batters and Jack Duffy and Mike Gillen each struck out one. The Crusaders are now 16-8 on the season.



JOHN GALLIONE BERGEN COUNTY FRESHMEN BOYS CHAMPS 2022

May 25, 2022 Hosted by: Bergen Track & Field LLC
 Ramsey High School
 Ramsey, NJ

Meet History

[Home](#) [Results](#) [Teams](#)

Meet Results

 Sort:

BERGEN CATHOLIC HS					ALL RESULTS	
EVENT	PLACE	ATHLETE	GRADE	RESULT	WIND	H#
M 100m	4	Nicholas Shortridge	9	11.54		1
M 400m	4	Zion Sutt	9	58.64		1
M 800m	4	Rhyse Ruffy	9	2:18.70		1
M 110H	4	Aiden Pacheco	9	20.54		1
M 110H	6	Sean Tandy	9	21.54		1
M 400H	6	Sean Tandy	9	1:13.54		1
M 4x400m	5			3:58.50		1
M LJ	3	Aiden Pacheco	9	16-09.25		1
M LJ	4	Keegan Galligher	9	16-08.50		1
M TJ	4	Aiden Pacheco	9	34-07.00		1
M D	1	Keegan Galligher	9	118-02.00		1
M J	2	Keegan Galligher	9	113-10.00		1




NORTH JERSEY SOPHOMORE CHAMPIONSHIP 2022

May 24, 2022 Hosted by: Ramsey HS
 Ramsey High School
 Ramsey, NJ

Meet History

[Home](#) [Results](#) [Teams](#)

BERGEN CATHOLIC HS					ALL RESULTS	
EVENT	PLACE	ATHLETE	GRADE	RESULT	WIND	H#
M 100m	5	Jaiden Estrella	10	11.84		1
M 100m	6	Christian Cirilo	10	12.34		1
M 800m	5	Brendan O'Rourke	10	2:13.60		1
M 1600m	3	Brendan O'Rourke	10	4:54.00		1
M 1600m	5	Elias Garcia	10	4:55.00		1
M 3200m	4	Elias Garcia	10	11:31.30		1
M 110H	1	Tristan Oliver	10	16.54		1
M 400H	2	Tristan Oliver	10	1:01.64		1
M 4x400m	4			3:50.40		1
M HJ	2	Tristan Oliver	10	5-04.00		1
M LJ	2	Jason Lessieu	10	18-09.00		1
M TJ	3	Jason Lessieu	10	38-09.00		1
M J	2	Teddy Hughes	10	135-06.00		1

Track results courtesy of www.nj.milesplit.com.



BERGEN COUNTY MEET OF CHAMPIONS 2022

May 20, 2022 - May 23, 2022 Hosted by: Bergen Track & Field LLC
 Del Torre Stadium - Hackensack
 HS
 Hackensack, NJ

Timing/Results: Fulton Accurate Timing
 Official Meet Website

Meet History

[Home](#) [Results](#) [Teams](#)

Results

 View Mode: Elite Performances (55)

* Results below have been formatted by MileSplit. If you see any discrepancies please see ["Completed" Results](#)

BERGEN CATHOLIC HS					ALL RESULTS	
EVENT	PLACE	ATHLETE	GRADE	RESULT	WIND	H#
M 100m	11	DJ Samuels	11	11.66		1
M 200m	9	Quincy Porter	9	23.59		1
M 400m	10	Alex Shaia	12	51.80		2
M 3200m	5	Thomas Rogers	11	10:00.02		1
M 110H	11	Tristan Oliver	10	15.99		2
M 4x400m	2			3:24.70		2
M LJ	12	Allan Hilton Clarke	11	18-08.75		1
M D	1	Benjamin Shue	9	187-10.00		1
M J	6	Sean Coll	11	137-07.00		1
M S	1	Benjamin Shue	9	60-08.00		1

COUNTY SEAT INVITATIONAL 2022

May 21, 2022 Hosted by: Bergen Track & Field LLC
 Del Torre Stadium - Hackensack
 HS
 Hackensack, NJ

Timing/Results: LFRacing

BOYS	ATHLETE	PLACE	SECTION
100 METER DASH			
11.15	SB Logan Casey	1st	Finals H1
11.29	Logan Casey	1st	Prelims H8
11.44	SB Daquan Stewart	3rd	Finals H1
11.59	Daquan Stewart	3rd	Prelims H5
11.61	SB Quincy Porter	1st	Finals H1
11.68	SB Kaj Sanders	5th	Prelims H9
11.78	SB Andrew Jeremiah Boakye	2nd	Finals H1
11.83	Andrew Jeremiah Boakye	1st	Prelims H6
11.86	Quincy Porter	2nd	Prelims H7
11.97	SB Christian Cirilo	13th	Prelims H6
12.20	SB Anthony Disilvio	21st	Prelims H6
12.22	SB William Self	22nd	Prelims H7
12.26	SB Oliver Lopez	6th	Prelims H5
12.27	Oliver Lopez	6th	Finals H1
12.32	SB Grailin Simmons	8th	Prelims H2
12.35	SB Ethan Cohall Jr.	6th	Finals H1
12.35	DJ Samuels	30th	Prelims H3
12.40	Ethan Cohall Jr.	6th	Prelims H5
12.41	Nicholas Shortridge	7th	Prelims H3

12.62	SB	Brady Philips	13th	Prelims H1
12.90	SB	Matthew Melilo	24th	Prelims H7
13.21	SB	Daiji Matsui	29th	Prelims H6
13.27	SB	William Micholas	31st	Prelims H5
13.28	SB	Mitchel Boateng	32nd	Prelims H3
13.36	SB	Jeremy Cammayo	35th	Prelims H3
13.48	SB	Calvin Ombajin	38th	Prelims H9
13.68	SB	Stephen Cannizzo	22nd	Prelims H2
13.77	SB	Noah Esposito	23rd	Prelims H1

200 METER DASH

24.27		Jaiden Estrella	13th	Finals H7
24.35	SB	Christian Cirilo	14th	Finals H6
24.89		William Self	20th	Finals H6
25.24	SB	Peter Rogers	23rd	Finals H1
25.74	SB	Anthony Disilvio	30th	Finals H6
28.92	SB	Ethan Cohall Jr.	40th	Finals H8

400 METER DASH

52.79	SB	Miles Suitt	6th	Finals H4
1:00.43	SB	Peter Rogers	25th	Finals H1

800 METER RUN

2:08.54	SB	Brendan O'Rourke	7th	Finals H1
2:09.90	SB	James Hughes	9th	Finals H1
2:12.11	SB	Thomas Rogers	11th	Finals H1
2:28.98	SB	Thomas Santos	9th	Finals H1
2:32.99	SB	Greg Cannizzo	14th	Finals H1
2:34.66	SB	Alejandro Castro-D'Albenzio	17th	Finals H1
2:37.55	SB	John Colello	18th	Finals H1
3:52.49	SB	John Gallagher	25th	Finals H1

1600 METER RUN

5:07.61		Nick Pesanello	9th	Finals H1
5:11.80	SB	Matthew Marques	11th	Finals H1

3200 METER RUN

11:03.92		Matthew Marques	6th	Finals H1
11:21.55		Elias Garcia	11th	Finals H1

110 METER HURDLES

15.95	SB	Tristan Oliver	1st	Finals H1
16.14		Tristan Oliver	1st	Prelims H3
18.03	SB	Will Young	5th	Finals H1
18.20	SB	Jason Lessieu	13th	Prelims H4
18.53		Will Young	4th	Prelims H2
19.49		Gabriel Beidleman	21st	Prelims H5
21.18		Aiden Pacheco	11th	Prelims H3
21.91		Sean Tandy	13th	Prelims H3
22.43	SB	Grailin Simmons	14th	Prelims H3

400 METER HURDLES

1:15.67		Sean Tandy	10th	Finals H1
1:22.03		Grailin Simmons	12th	Finals H1

4X200 METER RELAY

1:37.27	SB	Relay Team	1st	Finals H3
1:45.27		Relay Team	8th	Finals H3

4X400 METER RELAY

4:04.34		Relay Team	5th	Finals H1
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HIGH JUMP

5-8	SB	Tristan Oliver	2nd	Finals H1
5-6		Allan Hilton Clarke	7th	Finals H1
5-4	SB	Gabriel Beidleman	11th	Finals H1

LONG JUMP

18-7		Jason Lessieu	6th	Finals H1
18-4	SB	Matthew Melilo	2nd	Finals H1
17-8		Gabriel Beidleman	13th	Finals H1
17-1	SB	Aiden Pacheco	4th	Finals H1
16-5		Keegan Galligher	9th	Finals H1
13-7	SB	Ethan Cohall Jr.	16th	Finals H1
13-4		Sean Tandy	17th	Finals H1

TRIPLE JUMP

39-6.5		Jason Lessieu	6th	Finals H1
36-4.5		Gabriel Beidleman	15th	Finals H1
34-11		Jimmy Pappas	20th	Finals H1
34-1.5	SB	NICK Barra	5th	Finals H1
32-0.5		Aiden Pacheco	5th	Finals H1
31-5	SB	Calvin Ombajin	12th	Finals H1

DISCUS

113-2		Justin King	10th	Finals H1
105-4		Keegan Galligher	13th	Finals H1
97-4	SB	Jorge Pogue	18th	Finals H1
86-10	SB	Jack Cooper	15th	Finals H1
83-2	SB	Matthew Geraghty	20th	Finals H1
73-5	SB	Jack D'Amico	28th	Finals H1

JAVELIN

135-10		Sean Coll	3rd	Finals H1
123-10		Teddy Hughes	9th	Finals H1
116-11	SB	Jimmy Pappas	12th	Finals H1
113-4	SB	Ryan Ruffino	15th	Finals H1
95-7		Keegan Galligher	6th	Finals H1
65-0	SB	Ronan Flynn	22nd	Finals H1

SHOT PUT

46-11	SB	Justin King	4th	Finals H1
41-2	SB	Jorge Pogue	14th	Finals H1
36-0	SB	Jack Cooper	6th	Finals H1
31-3	SB	Matthew Geraghty	19th	Finals H1

YOUNG ATHLETES SHOW WELL AT NJCTC FROSH/NOVICE CHAMPIONSHIPS

May 29 - Lawrenceville, NJ - Freshman Keegan Galligher won the Freshman Boys Discuss with a throw of 116' 3" at the Catholic School State Championships for young track athletes at Notre Dame on Sunday. His performance and those of many others helped the freshmen to place 6th overall and the sophomores to place third overall in the 2022 championships.

Here are the results for Crusader student-athletes:

Event 3 Boys 400 Meter Hurdles Frosh

Pl	Name	Yr	Time	Heat
9	Pacheco, Aiden	9	1:06.98	1

Event 4 Boys 400 Meter Hurdles Novice

Pl	Name	Yr	Time	Heat
6	Simmons, Grailin	11	1:14.23	1
7	Young, Will	11	1:14.37	1

Event 7 Boys 100 Meter Dash Frosh

Pl	Name	Yr	Time	Heat
7	Michael, Brandon	9	12.34q	2
8	Shortridge, Nicholas	9	12.37q	2
10	Philips, Brady	9	12.82	3

Event 7 Boys 100 Meter Dash Frosh Finals

Pl	Name	Yr	Time	Heat
6	Shortridge, Nicholas	9	12.37	1
7	Michael, Brandon	9	12.72	1

Event 8 Boys 100 Meter Dash Novice

Pl	Name	Yr	Time	Heat
4	Estrella, Jaiden	10	12.31	5
5	Self, William	11	12.32	1
6	Simmons, Grailin	11	12.57	2
16	Melilo, Matthew	10	13.17	4
18	Boateng, Mitchel	11	13.46	2
24	Cammayo, Jeremy	10	14.21	1

Event 8 Boys 100 Meter Dash Novice Finals

Pl	Name	Yr	Time	Heat
4	Estrella, Jaiden	10	12.09	4
5	Self, William	11	12.30	2
6	Simmons, Grailin	11	12.66	1

Event 15 Boys 110 Meter Hurdles Frosh

Pl	Name	Yr	Time	Heat
8	Pacheco, Aiden	9	20.33	1
10	Tandy, Sean	9	22.42	1

Event 16 Boys 110 Meter Hurdles Novice

Pl	Name	Yr	Time	Heat
5	Young, Will	11	19.98	2
7	Simmons, Grailin	11	22.25	1

Event 19 Boys 400 Meter Dash Frosh

Pl	Name	Yr	Time	Heat
6	Colello, John	9	57.90 1	1

Event 20 Boys 400 Meter Dash Novice

Pl	Name	Yr	Time	Heat
10	Rogers, Peter	10	58.22	1
16	Gallagher, John	10	1:33.30	1

Event 27 Boys 200 Meter Dash Frosh

Pl	Name	Yr	Time	Heat
8	Shortridge, Nicholas	9	25.72	9
14	Philips, Brady	9	26.47	6
24	Esposito, Noah	9	28.21	3

Event 28 Boys 200 Meter Dash Novice

Pl	Name	Yr	Time	Heat
5	Micholas, William	10	24.91 2	2
6	Estrella, Jaiden	10	25.32 7	1
8	Rogers, Peter	10	25.40	6
9	Simmons, Grailin	11	25.69	5
14	Les, Alex	10	26.10	3
29	Boateng, Mitchel	11	28.39	2
33	Cammayo, Jeremy	10	28.92	5

Event 39 Boys Long Jump Frosh

Pl	Name	Yr	Distance
6	Pacheco, Aiden	9	16-09.00
10	Galligher, Keegan	9	13-10.00
--	Michael, Brandon	9	ND

Event 40 Boys Long Jump Novice

Pl	Name	Yr	Distance
5	Melilo, Matthew	10	17-00.00 2

Event 51 Boys Shot Put Frosh

Pl	Name	Yr	Distance
11	Paul, Stephen	9	27-05.00

Event 52 Boys Shot Put Novice

Pl	Name	Yr	Distance
3	Pogue, Jorge	11	40-10.50 6

Event 55 Boys Discus Throw Frosh

Pl	Name	Yr	Distance
1	Galligher, Keegan	9	116-03 10
11	Paul, Stephen	9	68-10

Event 56 Boys Discus Throw Novice

Pl	Name	Yr	Distance
5	Pogue, Jorge	11	107-11 2
13	Hughes, Teddy	10	79-00
--	D'Amico, Jack	10	FOUL

Event 60 Boys Javelin Throw Novice

Pl	Name	Yr	Distance
2	Hughes, Teddy	10	122-06 8
3	Ruffino, Ryan	10	117-07 6
13	Flynn, Ronan	11	52-00

Event 63 Boys Triple Jump Frosh

Pl	Name	Yr	Distance
3	Pacheco, Aiden	9	35-02.00 6

Boys - Frosh - Team Rankings - 16 Events Scored

- 1) Pope John XXIII HS 135
- 2) Christian Brothers Academy 92
- 3) St. Peter's Prep 67
- 4) Seton Hall Prep 55
- 4) Donovan Catholic HS 55

6) Bergen Catholic HS 19

- 6) Notre Dame HS 19
- 8) Roselle Catholic HS 10
- 8) St. Rose HS 10
- 8) Oratory Preparatory School 10
- 11) Bishop Eustace Prep 9
- 12) St. Joseph HS (Metuchen) 1

Boys - Novice - Team Rankings - 16 Events Scored

- 1) Christian Brothers Academy 190
- 2) St. Peter's Prep 121

3) Bergen Catholic HS 37

- 3) Seton Hall Prep 37
- 5) Pope John XXIII HS 36
- 6) Notre Dame HS 18
- 7) Donovan Catholic HS 8
- 7) Bishop Eustace Prep 8
- 9) St. Joseph HS (Metuchen) 5

BIRD OF THE WEEK

GREAT CRESTED FLYCATCHER

May 27 - Alpine, NJ - It was a Friday morning on Memorial Day Weekend and I found myself...

**Birding!**

I realize that is not much of a stretch for anyone who reads this column regularly, but it's the truth. I walked around State Line Lookout, up on the Palisades Parkway NB, hoping to find some thrushes I haven't seen in Bergen County yet this year. Birds like Gray-cheeked thrushes, veery, These aren't exactly rare, but they would have added to my list, which is a three-year low for me at this point in the season.

Nothing. Zip. Nada. Zilch. I was encountering some Cedar Waxwings (lovely bird, but no lighting to share good pictures), Common Grackles, American Robins (aka Migratory Thrush), Peregrine Falcon and Turkey Vulture.

Then, I heard it. WHEEP! WHEEP! It's a peculiar and loud call from a bird, but it's unmistakable. It is the call of the Great Crested Flycatcher. It is a robin-sized flycatcher with a large brown crested head, gray cheeks, yellow belly, white throat and brown back.

Ah birding. No matter how many you see or what you see, it is such a peaceful way to experience the gift of God's Creation!

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.