

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### FEELIN' HOT HOT HOT!

**August 31 Scottsdale, AZ** – This story is just too good not to retell, but it should put our days in the greater Phoenix area in some perspective.

The varsity football Crusaders practiced at Coronado HS in Scottsdale in order to prepare for their contest with Saguaro HS on Friday Night. It was a loooooonnggg first day for the team who travelled at 3:45 AM to make their flight from Newark to Phoenix Sky Harbor. As practice would begin at 4:30 PM (MST – Mountain Standard Time), the team was actually practicing at 7:30 PM, EDT.

Upon arrival to Coronado, I noticed my car's thermometer read 114°F. To put it in some perspective, without the air conditioner on full-blast in your car, you could feel the heat through the window (which was rolled UP not down)! But I digress.



Coach McGovern noticed that Coronado put us on a very well-manicured grass field, but the turf field was available. So he inquired, "Coach, we thought you would be on the turf field. Is it alright if we use that one for practice?"

In an act of hospitality and honesty, Coronado's AD replied, "Sure, but it's 150° on that field right now. We have to put the water cannons on it to get it ready for you."

Coach McGovern graciously recinded his request and the team practiced on grass.

There is a slight difference in elevation between Oradell and Scottsdale. Oradell is 39' above sea-level. Scottsdale is 1,257'. For every 1,000 feet in elevation, the temperature drops three degrees. I don't know if it mattered, but I guess if it shaved a few degrees from it being 117°, we'll take it.

### DRINKS OF THE WEEK

**September 2 – Scottsdale, AZ** – I'm sure if we asked a number of parents and coaches, we would have many different suggestions, but I'm going with the mouths of Coach Seitz and Coach Feaster.



The place: Dutch Bros.

The distance: One hot mile from the hotel

The rewards: Coach Seitz: Passion Fruit Iced Tea  
Coach Feaster: the Golden Eagle!

### CRUSADERS SLAY SABERCATS

**September 2 – Scottsdale, AZ** – BC improved to 2-0 in the football season, defeating Arizona's defending state champion, Saguaro HS 28-7 on Friday night in Scottsdale.

In a very competitive first quarter, BC fumbled at the goal line, but showed they could move the ball consistently. The Crusader defense was lights out, however with sophomore cornerback, Naiim Parrish playing exceedingly well,

recording a couple of tackles for losses and intercepting a pass in the second quarter.



**Saeed StFleur laser focused before the kickoff in BC's new white uniforms.**

The early play of the game came on a trick play which put the Sabercats on their heels. On fourth down at midfield, the Crusaders aligned in punt formation. The snap went to upback, Jaiden Estrella who rattled off a 29 yard gain, setting up the Crusaders deep in Saguaro territory.

Coach Campanile marched the ball down to five as the quarter ended. Then, on the first play of the second quarter, a combination we might expect will be producing a number of TDs in the coming years converted on their first. Sophomores Dominic Campanile (QB) lofted a perfect pass to the corner of the endzone for Quincy Porter (WR) who pulled down the pass and gave BC a lead they would never relinquish.



[CLICK HERE TO WATCH](#)

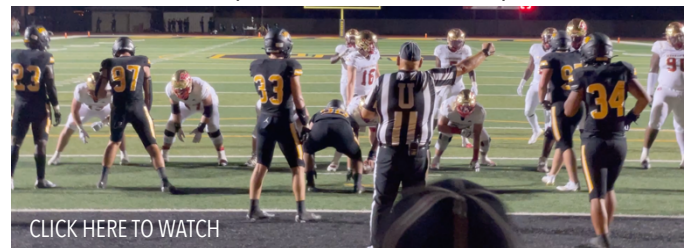
Christian Gonzalez led the Crusaders with ten tackles. He along with DJ Samuels, Sydir Mitchell and Elijah Kinsler were applying tremendous pressure on the Sabercat QB all night.

Campanile hit senior wide receiver Christian Carti on a beautiful 23-yard flag pattern in the same corner of the endzone Porter scored earlier in the quarter and BC was up 14-0.

The Sabercats were playing to win, executing a fake punt of their own, converting a fourth down, but the double-pass, was going to the well once too often as Parrish intercepted the ball on the Saguaro sideline and returned it 35 yards.

BC's offensive line man-handled the Sabercats, opening gaping holes for Campanile and Saeed StFleur to accelerate through. StFleur finished with 24 carries for 144 yards (6 yards per carry) and one touchdown.

St. Fleur capped the first half scoring with a three-yard run around left end. Guytano Bartolomeo's third extra point (he was 4 for 4) was perfect and BC was up 21-0 at half.



[CLICK HERE TO WATCH](#)

After deferring the opening coin toss, the Sabercats received the second half kick-off. Junior safety Chris Mimmo read the pass perfectly and intercepted, returning the ball 48 yards to the endzone. He provided the final score of the game.

## SCORING:

CATEGORY	1	2	3	4	FINAL
<b>BERGEN CATHOLIC (2-0)</b>	0	21	7	0	<b>28</b>
<b>SAGUARO HS (0-1)</b>	0	0	0	7	<b>7</b>

## STATISTICAL LEADERS:

**PASSING:** J. Duffy 1 for 2 – 2 yds, D. Campanile 3 for 6 – 2' yds, 2 TDs

**RUSHING:** S. StFleur 24 carries for 144 yds, 1 TDs, D. Campanile 10 for 43 yds, J. Estrella 1 for 29 yds.

**RECEIVING:** C. Carti – 2 for 25 yds 1 TD, Q. Porter 1 for 4 yds 1 TD.

**SACKS:** E. Kinsler (1), DJ Samuels (1).

**INTERCEPTIONS:** N. Parrish 1 for 35 yds, C. Nimmo 1 for 49 yds 1 TD, Ethan Cohall 1.

**TACKLES:** C. Gonzalez (10), N. Parrish (8), C. Nimmo (5), S. Mitchell (5), K. Sanders (4), D. Saquan (4), E. Kinsler (4), M. Mercer (3), DJ Samuels (3), J. Barry (3), A. Perrotti (2), B. Phillips (2), AJ Seker (1), M. Petrillii (1), A. Morales (1), D. Fludd (1).



CATEGORY	CRUSADERS	SABERCATS
1 <sup>st</sup> Downs: Rushing - Passing - Penalty	11-1-0	4-9-1
Rushing Yards	219	87
Passing: Completions / Attempts	4 / 8	21/37
Passing Yards	33	199
Passing: Touchdowns / Interceptions	2 / 0	1/3
Total Plays	49	59
Total Offense	252	286
Fumbles / Lost	1 / 1	1/0
Penalties / Yards	4 / 37	9/71
Defensive Sacks / Yards Lost	2 / 14.0	0/0
Time of Possession	23:16	24:44
3rd Down Efficiency	3 of 10	4 of 13
4th Down Efficiency	3 of 3	1 of 3
Punts / Average	4 / 36.25	4 / 40.25

## FROSH FOOTBALL BEATS BEES

**September 3 - Bayonne, NJ** – CJ Edwards started off the Crusader scoring on BC's very first play. The Crusader defense forced a safety and the youngest Crusaders were on their way to a 22-0 victory over Bayonne HS.

Freshman QB, Devan Zitt, found a sprinting Dante Kain, who aligned as a tight end for a 21-yard touchdown pass in the early second quarter.

Running back, Raymond Crowley had a terrific game running the ball inside the tackles and Zitt, connected with Edwards for some big yardage on completions down the field.



Dante Kain (#3) scored his second touchdown of the game and Devan Zitt connected with CJ Edwards for the two-point conversion to complete the scoring on the day.

The Crusaders got strong line play from Hudson Brennan, Mikey McMahon, Mac Fitzgerald, Mason Gonzalez, Rocco Costello and Kaden Blount. Linebackers Mason Marck and Tim Hogan and DBs Jordan Thomas and Ethan Shropshire are proving to be keys to BC's success on defense.

## BIRDS OF THE WEEK

**FOUR HUMMINGBIRDS:  
BROAD-BILLED, BERYLLINE,  
VIOLET CROWNED, ANNA'S**



**September 1 - Patagonia, AZ** – Generally speaking, there is one specie of hummingbird in the east: the Ruby-throated hummingbird. That's not to say a rufous hummingbird may not wander off course, but if you see a hummingbird here, you pretty much know what it is.

Not so much throughout the western part of the country and I was fortunate enough to encounter five different species on our trip to Arizona. Four are pictured above.

Top left: **Broad-billed Hummingbird**. This is just a gorgeous jewel of a bird. Emerald greens, shades of iridescent blue and purple with its broad (for a hummingbird) bill, it is a stunning little bird.

Top right: **Berylline Hummingbird**. This was a visitor from Mexico and probably the rarest hummingbird I saw in Arizona. Its green head and back with tan wings distinguish it from others.

Bottom left: **Violet-crowned Hummingbird**. The only place you can observe this specie in North America is at Patton's Hummingbird Center in Patagonia. It is basically the reason for the center. The Patton family first observed this specie around 1970 and welcomed visitors to their property to see this gorgeous little bird. When they passed, their daughter worked to donate the property to Audubon AZ which currently maintains it.

Bottom right: **Anna's Hummingbird.** One of the more common hummers throughout the west. The male (shown) has a beautiful red gorget (patch of color on the throat) and crown.

I was also able to observe a number of black-chinned hummingbirds, but could not find a photo I wanted to share.

Bonus bird: This Swainson's Hawk was soaring high in Patagonia. It appears in western North America and you will not see them here. Swainson's Hawks are similar to our red-tailed hawks when you compare size and shape. Both birds fall into the "buteo" category of hawks. Buteos (BYOO-tee-ohs) are generally a thicker hawk that preys upon rodents and small mammals.



As we enter the early fall months, thousands of buteos and accipiters (more slender, bird-preying hawks) and eagles will be crossing through Bergen County, often past the State Line Lookout on the Palisades. If you're free one day, you may just see the white board with a count of all the birds that passed by in 2021, for 2022 and the present day.

[jhaemmerle@bergencatholic.org](mailto:jhaemmerle@bergencatholic.org)

## THIS WEEK'S SCHEDULE

*Please be sure to check the team page at [bergencatholic.org](http://bergencatholic.org) on the day of each scheduled event as weather and other factors may impact scheduling.*

### CROSS COUNTRY

#### SAT, SEPT 10

SEASON OPENER - DARLINGTON COUNTY PARK - MAHWAH, NJ

### SOCCER

#### THU, SEPT 8

VARSITY - DON BOSCO PREP @ THE JACK - 4:00 PM

JV - DON BOSCO PREP @ OVERPECK PP - 7:00 PM

FROSH - DON BOSCO PREP @ TIME & LOCATION TBA

### FOOTBALL

#### SAT, SEPT 10

VARSITY - DELBARTON @ DELBARTON - 1:00 PM

FROSH - DELBARTON @ THE JACK - 9:30 AM

#### MON, SEPT 12

JV - DELBARTON @ THE JACK - 4:00 PM

## BEHIND THE SCENES OF A CHAMPION



Hydration would be a key in the desert heat.



Team Dinner - 4:00 pm



Best Fans in America!



## 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.