

TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

TODAY WE REMEMBER

September 11 - Oradell, NJ - On September 11, 2001 eight members of the Bergen Catholic High School Community were taken from us far too early in the terrorist attacks on the Twin Towers.



We remember in our prayer, Martin Wohlforth '72, Steven Schlag '78, Domenick Mircovich '79, John Bocchi '81, James "Andy" O'Grady '87, Marc Murolo '91, Chris Vialonga '89 and Robbie Zampieri '89.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

HOWELL PULLS IN A GOLD

July 23 - Philadelphia, PA - The Crew team traveled down to the Schuylkill River on Saturday for the Philadelphia Youth Championships and had a great showing. Our Novice Single, Ronan Howell, won his heat and his time of 3:53.26 for 1000 meters was the fastest of all 16 entries winning him a Gold Medal.



The Novice Quad, Luis Santos, Avery Dropkin, Alex Giorgiou and Will

Ryan, recovered from a slow start and finished third in their race, showing strong improvement from the Spring.

Team Co-Captain, Owen Ryan, who usually races a double with Giac Dente, also made a good showing after spending only a week of practice in a Single, but fell short in his two races, 1500 meters and a 500 meter dash.

FALL SPORTS IN FULL SWING

September 8 - Oradell, NJ - With football already two-weeks underway, it's good to get all of the other Crusader



student-athletes off and running.

Starting Thursday at the Jack with Varsity Soccer vs. Don Bosco

Prep, right through to Saturday's Cross Country Opener and Football vs. Delbarton, it's an exciting time to be a Crusader!

We have completed our Orientation Period, next is school tomorrow morning!

CRUSADERS STRIKE LATE TO OVERCOME DBP

September 8 - Oradell, NJ - Ryan Chong (right) drove home a pair of penalty kicks, one in the first half, and one in the second to bring BC back from a 2-0 deficit vs. the Ironmen. Despite two headers for goals being called back, BC finished strong to put themselves in the driver's seat of the BNC United Red Division.





Crusader Goalkeeper Kyle Tencza recorded 7 saves in the victory.



Sebastian Londono dribbling past an Iron double team in BC's opening day victory. The dynamic senior put pressure on the Ironman defense throughout the match.



Spencer Neal drove home the winning goal in overtime from the top of the box. Above Mr. McCloskey, the team and Crazies celebrate BC's strong start to the season.



Luca Nazor (#4) and Spencer Neal (#8), who scored the game winner watches some fancy footwork by Luke Vidaic on Thursday afternoon.

TEAM	1	2	OT	FINAL
#14 DON BOSCO PREP (0-1)	2	0	0	2
#18 BERGEN CATHOLIC HS (1-0)	1	1	1	3



JV KEEPS BC UNDEFEATED ON DAY 1 OF THE 2022 SOCCER SEASON

September 8 - Palisades Park, NJ - The Crusader JV team completed the Thursday Triple-header vs. Don Bosco with a 2-2 tie with BC's oldest rival. Justin Botta recorded a pair of goals for the Crusaders, giving them a 1-0 and 2-1 lead during the game.

Don Bosco tied the game despite strong play from the team and an outstanding effort from goal keeper John Paul Sinagra (8 saves).

TEAM	1	2	FINAL
DON BOSCO PREP	-	-	2
BERGEN CATHOLIC HS	-	-	2

BC FROSH DEFEAT BOSCO TO START CRUSADER CAREERS ON FINE NOTE

September 8 - Ramsey, NJ - The young freshmen got off to a great start, defeating Don Bosco Prep in Ramsey on Thursdsay. It was the newbies' first day on campus as students, participating in BC's Freshman Orientation. They made the most of the whole experience, getting the win on the road. Congratulations to the Frosh team!

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (1-0)	-	-	3
DON BOSCO PREP (1-0)	-	-	1

#10-RANKED HARRIERS FINISH SECOND AT SEASON OPENER

September 10 - Mahwah, NJ - The Varsity Cross Country Team had a solid opening finishing second overall in the 2022 Season Opener at Darlington County Park. Northjersey.com ranked the Crusaders #10 in their pre-season North Jersey Poll.

In the varsity event, two runners, Thomas Rogers and James Hughes, finished in the top 10 in the 5000m race. BC finished behind Clifton (49 pts), **BC (84)**. BC finished ahead of Seton Hall Prep (117), Wayne Valley (119), Passaic (148), Fair Lawn (155), Morris County Tech (163), Wayne Hills (180), Cliffside Park (206), Memorial WNY (222), Union City (225), Nutley (322), River Dell (380).

Individual Results were:

PLACE	RUNNER	TIME
4	Thomas Rogers	17:24
10	James Hughest	17:46
14	Elias Garcia	18:05
26	Brendan O'Rourke	18:46
41	Jacob Rodman	19:32
46	John Nalbadian	19:43

JV Finishes 7th in Opener

September 10 - Mahwah, NJ - The JV 5000m race was well run by BC. The Crusaders finished 7th in a 10 team field.

PLACE	RUNNER	TIME
15	Andrew Byrnes	20:57
21	Aiden Pacheco	21:14
41	Daniel Calianese	22:15
50	Christian Choi	22:53
90	Matthew Gerhaghty	26:28
93	Jackson Vonderhorst	26:40
102	Ronan Flynnn	31:12

Freshman Markus White Wins Opener

September 10 - Mahwah, NJ - Freshman Markus White ran an outstanding 9:29 to win the 2900m race at Darlington on Saturday. He led his team to an overall 3rd place finish behind Seton Hall Prep and Ridgewood.

PLACE	RUNNER	TIME
1	Markus White	9:29
14	Luke Schoeler	10:13
34	Sean Keating	11:25
38	Michael Cooper	11:59
41	Liam McDevitt	12:06
58	Lucas Machado	13:44
68	Joseph Canavan	15:15

SAGUARO VICTORY LIFTS CRUSADERS TO #6 NATIONALLY



CRUSADER DEFENSE KEEPS GREEN WAVE AT BAY

September 10 - Morristown, NJ - BC looked as if jetlag was not going to be an issue, but a pesky host would nickel and dime for a couple of drives resulting in field goals, which made for a typical struggle in Morristown.

The Crusaders deferred the opening coin toss and



Delbarton chose to take the ball. Carmello Vellardo drove the ball into the Delbarton endzone, forcing a touchback. Vellardo has been one of the unsung weapons for the 2022 Crusaders, consistently

preventing opponents from starting with any type of field position.

The Crusader defense started out, making a statement as the holding Delbarton to no gain on the first two downs. Senior cornerback Daquan Stewart then intercepted a 3rd down pass and returned the ball 13 yards to the home 23 yardline and BC was in business.

Despite outstanding field position, the Crusaders fought off a couple of negative plays and penalties to put together a scoring drive.



One of the early key plays of the drive was Senior QB Jack Duffy's tough run to convert on a 4th and 1. That set up an opportunity for BC to get into the endzone.

The sophomore combination of Dominic Campanile

and Quincy Porter teamed up for a 24 yard touchdown pass, giving BC a 6-0 lead for the second time in two weeks.



Above Quincy Porter makes a defender miss and translates Dominic Campanile's pass into a 24 yard touchdown. Below, Guytano Bartolomeo remains perfect on PATs to give BC an early 7-0 lead.



The Green Wave hung in on defense and drove the ball through the end of the first quarter and into the opening minute of the second quarter. Ultimately, a 27-yard field goal would cut BC's lead to 4 points. Duffy and Campanile would split the work, leading BC. Duffy finished the day 7 for 10 and 77 yards. Campanile was 5 for 9 and 74 yards and one touchdown.

Defensively, Elijah Kinsler had a monster day, recording 3.5 tackles for a loss and 1.5 sacks. DJ Samuels had two tackles for a loss and Malachi Mercer and Naiim Parrish each added a TFL as well. Anthony Morales had a terrific game recording 1.5 TFLs and 1.5 sacks. Delbarton was only able to amass 162 yards total offense with 7 first downs.

On the offensive side of the ball, BC's offensive line of Nyier Daniels, Sean Woods, Owen Fernandez, Marcus Linder,



Michael Gentilello and Jack Comeau helped BC churn out 200 yards on the ground and 351 yards of total offense.

Once again Saeed St.Fleur got a big lean going on his opponents, rushing for 138 yards on 24 carries with a third quarter touchdown.

Defensive end slash running back, DJ Samuels busted the longest TD run of the day, going off left tackle for a 69 yard gain. The score came with just over 10 minutes remaining in the fourth quarter and all-but put the game away with the way BC's defense was swarming.



STATISTICAL LEADERS:

PASSING: J. Duffy 7 for 10 - 77 yds, D. Campanile 5 for 9 - 74 yds, 1 TD

RUSHING: S. StFleur 28 carries for 130 yds, 1 TDs, DJ Samuels 1 for 69, 1 TD, D. Campanile 10 for 43 yds, J. Estrella 1 for 29 yds.

RECEIVING: Q. Porter 3 for 77 yds 1 TD, St.Fleur 4 for 23 yds. L. Casey 2 for 18 yds.

SACKS: E. Kinsler (1.5), A. Morales (1.5).

INTERCEPTIONS: D. Stewart 1.

TACKLES: M. Mercer 9, C. Gonzalez 6, E. Kinsler 6, A. Morales, 6, DJ Samuels 5, E. Cohall 5, C. Mimmo 4, K. Sanders 3, N. Parrish 3.



CATEGORY	CRUSADERS	GREEN WAVE
1 st Downs: Rushing - Passing - Penalty	9-6-0	1-5-1
Rushing Yards	200	47
Passing: Completions / Attempts	12 / 20	14 / 26
Passing Yards	151	115
Passing: Touchdowns / Interceptions	1 / 0	0 / 1
Total Plays	59	52
Total Offense	351	162
Fumbles / Lost	1 / 1	0/0
Penalties / Yards	6 / 70	7 / 59
Defensive Sacks / Yards Lost	4 / 15	2 / 4
Time of Possession	25:34	22:26
3rd Down Efficiency	4 of 12	4 of 14
4th Down Efficiency	2 of 3	0 of 2
Punts / Average	4 / 28.25	5 / 40.8

SCORING:

TEAM	1	2	3	4	FINAL
#1 BERGEN CATHOLIC (3-0)	7	0	7	7	21
#13 DELBARTON SCHOOL (0-2)	0	3	3	0	6



ZITT'S 3 TD PASSES HELP CRUSADERS

SAIL OVER GREEN WAVE

September 10 - Oradell, NJ - The frosh quickly moved the ball downfield and Devon Zitt hit Jordan Thomas for a six yard touchdown and a lead they would never relinquish. BC improved to 2-0 with 20-0 victory over Delbarton. It was the young Crusaders second shutout of the new season.



Two-way star Mason Marck launched his body to make a tackle for a loss. Unfortunately, it would be Marck who was lost for the morning, leaving the game with an injury.

Dante Kain turned a halfback screen pass from Zitt into magic on a 41 yard catch and run, making the score 12-0 early in the third quarter. The nail in the cap for the Green Wave was a beautiful backside post where Zitt connected with CJ Edwards for a 52-yard bomb. The two reconnected for the PAT and BC finished 20-0.

Defensively, Kain and Thomas prove to be outstanding hitters and tacklers, as does Petros Rougeris who had a number of tackles and an interception on the day.



Travis Nodelman, Mickey McMahon and DeAndre Orgill were solid up front on defense, helping BC to a goal-line stand from the 1 yard line in the second quarter.

Nodelman, McMahon, Hudson Brennan and Dylan Lozano make up a significant part of a strong offensive line that is improving day-by-day.

TEAM	1	2	3	4	FINAL
DELBARTON SCHOOL	0	0	0	0	0
BERGEN CATHOLIC (2-0)	6	0	14	0	20

VARSITY SOCCER

AMBUSHED BY MINUTEMEN

September 10 - Elizabeth, NJ - The Crusader Soccer team was unable to get on the scoreboard against a strong Minuteman squad in E'town. The state's #8 team scored three second-half goals to put both teams at 1-1 in the young season.

TEAM	1	2	FINAL
#18 BERGEN CATHOLIC HS (1-1)	0	0	0
#8 ELIZABETH (1-1)	0	3	3

BIRDS OF THE WEEK

WESTERN WOODPECKER VARIETIES FROM ARIZONA



August 31 - Maricopa County, AZ - In our greater metropolitan region, we generally experience five woodpeckers for the majority of the year: downy, hairy, pileated, red-bellied and northern flicker (golden shafted). In very specific areas, red-headed woodpeckers can be found, like the Duck Pond in Ridgewood and Dunkerhook in Paramus. Yellow-bellied sapsuckers generally join us as the weather turns cold for much of the migration periods.

There are far perhaps double that number of western woodpecker species. I was able to capture photos of a number which I share in this week's BOTW.

Top Left - Ladder-backed Woodpecker. I first saw a ladder-backed when we travelled to our mission trip to Brownsville, TX in 2019. If you notice, the back feathers appear to be a repeating black-and white stripe, creating a ladder feel. The red-cap shows

this bird is a male (females have no red). Its white head bird, with black eye line and bill-line helps to easily recognize this specie which is the smallest (about 7 inches) of the birds depicted.

Top Center - Gila Woodpecker. Gila woodpeckers are approximately 9 inches. They love creating dwelling places in the Saguaro cacti and are relatively common in the southwest.

Top Right - Acorn Woodpecker. Similar in size to the Gila woodpecker, these birds have a striking yellow and black eye. It is a striking bird with black back and white belly. It shows white wing-patches as it flies. One of the things I enjoy most of this bird is its ability to plan for the winter. Acorn woodpeckers love the soft bark of palm trees, but will use telephone poles, wooden paneling and such to dig holes in which they place their acorns in for storage. When out west, if you see large groupings of acorn-sized holes in a tree, good chance there are acorn woodpeckers around.

Bottom - Gilded Flicker. Similar to our northern yellow-shafted flicker, but slightly smaller, this bird is an attractive woodpecker often found drilling for food in the ground. In the west, northern flickers are generally of the red-shafted variant. That means the shaft of the feather has a reddish hue which can be seen in flight. Gilded flickers are whiter below and have a yellow-shafted feather. Their coloration is similar but different from northern flickers, such as the tan cap and red cheek markings.

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OTHER BIRDS FROM ARIZONA:

1. Mexican Jay, 2. Summer Tanager, 3. Gambell's Quail, 4. Rosy-faced Lovebird, 5. White-winged Dove, 6. Roseate Spoonbill, 7. American Avocet

THIS WEEK'S SCHEDULE

Please be sure to check the team page at bergencatholic.org on the day of each scheduled event as weather and other factors may impact scheduling.

FOOTBALL

MON, SEPT 12

JV - DELBARTON @ THE JACK - 4:00 PM

CROSS COUNTRY

TUE, SEPT 13

BNC BATCH MEET - DARLINGTON COUNTY PARK - 4:30 PM

SAT, SEPT 17

BACK TO THE MOUNTAIN - GARRETT MOUNTAIN

SOCCER

TUE, SEPT 13

VARSITY - CLIFTON @ THE JACK - 4:00 PM

JV - CLIFTON @ RIVERSIDE COUNTY PARK SOUTH - 7:00 PM

FROSH - CLIFTON @ ATHENIA STEEL COMPLEX - 4:00 PM

THU, SEPT 15

VARSITY - ST. JOSEPH REGIONAL @ SJR - 4:30 PM

JV - ST. JOSEPH REGIONAL @ SJR - 4:30 PM

SAT, SEPT 17

VARSITY - NVOT @ NVOT - 1:00 PM

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

FOOTBALL

SAT, SEPT 17

VARSITY - SETON HALL PREP @ THE JACK - 1:00 PM

FROSH - SETON HALL PREP @ MSGR KELLY AC - 9:30 AM

MON, SEPT 19

JV - SETON HALL PREP @ MSGR KELLY AC - 4:00 PM



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

(ESPECIALLY 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.