

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### TWELVE CRUSADERS NAMED TO ALL-COUNTY FOOTBALL TEAMS



**November 28 - Hackensack, NJ** - Twelve members of the 2022 State Champion Football Team were named either first or second team All-County by the Bergen County

Coaches Association. Since BC's first varsity season in 1958, that brings the total of All-Bergen Players in Crusader Football History to 294.

OFFENSE		DEFENSE	
<b>OFFENSIVE LINE</b>	50	<b>DEFENSIVE LINE</b>	55
<b>QUARTERBACK</b>	17	<b>LINEBACKER</b>	36
<b>RUNNING BACK</b>	31	<b>DEFENSIVE BACK</b>	38
<b>TIGHT END</b>	21	<b>PUNTER</b>	7
<b>WIDE RECEIVER</b>	24	<b>KICKER</b>	9

It was all about skill on offense as RB Saeed St.Fleur, TE, Jack Comeau and WRs Quincy Porter and Christian Carti earned 1<sup>st</sup> Team Honors. Porter was the only sophomore named to 1<sup>st</sup> Team All-Bergen Offense.

It was more the big guys up front who represented on the defensive side of the ball. DJ Samuels and Sydir Mitchell were recognized as 1<sup>st</sup> Team defensive linemen. BC's leading tackler, Malachi Mercer earned All-Bergen at the linebacker position and junior Kaj Sanders earned recognition in the secondary. Here is the complete list of BC All-Bergen players.

FIRST TEAM OFFENSE	
<b>TE:</b> Jack Comeau '23	<b>WR:</b> Christian Carti '23
<b>RB:</b> Saeed St. Fleur '23	<b>WR:</b> Quincy Porter '25

#### FIRST TEAM DEFENSE

<b>DL:</b> Sydir Mitchell '23	<b>LB:</b> Malachi Mercer '23
<b>DL:</b> DJ Samuels '23	<b>DB:</b> Kaj Sanders '24

#### SECOND TEAM OFFENSE

**OL:** Sean Woods '23

#### SECOND TEAM DEFENSE

<b>LB:</b> Joe Barry '23	<b>DL:</b> Elijah Kinsler '24
<b>DB:</b> Chris Mimmo '24	

### ORTEGA, TORRES, TENCZA EARN

#### ALL-STATE HONORS

**December 1 - Newark, NJ** - Three members of the Crusader Soccer team were named to All-State Squads by nj.com on Thursday. Forward Sebastian Ortega, who led the Crusaders in assists during his junior year made Second Team All-Non-Public.



Forward Javier Torres '23 (BC's leading scorer with 39 points) and Goalie Kyle Tencza '23 each earned Third Team All-Non-Public. Congratulations to all of BC's stars.

# DEUS VULT

## SEVEN SOCCER PLAYERS EARN ALL-BERGEN RECOGNITION

**November 30 - Oradell, NJ** - This year's soccer team was ranked #16 in NJ and #4 in Non-Public and Bergen County. They won a league title and reached the sectional final. As a result, seven young men were recognized by the Bergen County Coaches' Association:

FIRST TEAM		
Conor Morrin	Sebastian Ortega	
SECOND TEAM		
Kyle Tencza	Ryan Chong	Javier Torres
HONORABLE MENTION		
Luca Nazor	Spencer Neal	

## SOCCER SWEET SIXTEEN ALL-LEAGUERS

**November 30 - Oradell, NJ** - Sixteen members of the BC



Varsity Soccer Team earned All-Big North United Red Division following a year in which the Crusaders went 8-0 in conference, winning it for the sixth time since 2015.

Crusader representatives of the All-Big North United Team.

FIRST TEAM	SECOND TEAM
Kyle Tencza '23	Sebastian Londono '23
Luca Nazor '24	Luca Duardo '23
Sebastian Ortega '24	Ryan Loughlin '23
Javier Torres '23	Tyler Ferris '24
Ryan Chong '24	Guglielmo Picariello '24
Spencer Neal '23	Graham Ewers '24
	Kenny Hoang '23
	Luke Vadaid '23
HONORABLE MENTION	
Alex DeFina '23	

## SOCCER ALUMNI GAME

**November 26 - Oradell, NJ** - Around three dozen Crusader alumni came back to play in the annual Soccer Alumni Game at the Jack. It was a perfectly sunny Saturday morning and a great time was had by all. WELCOME HOME GUYS!



## HARRIERS EARN BIG NORTH RECOGNITION

**November 29 - Fort Lee, NJ** - The Cross Country coaches of the Big North United Division C. The Crusaders finished in second place in the conference with a 3-1 record. They earned the season's Sportsmanship Award by the conference.



FIRST TEAM	SECOND TEAM
Thomas Rogers '23	Jacob Rodman '23
James Hughes '23	Elias Garcia '24
HONORABLE MENTION	
Alex DeFina '23	

## ANNOUNCING NLI SIGNING DAY

**December 4 - Oradell, NJ** - BC will be celebrating college commitments on **Monday, December 19, 2022**. The official signing date is Wednesday, but Bergen is not in class so we will celebrate on Monday morning. All those signing are asked to inform Mr. Haemmerle on or before Wednesday, December 14<sup>th</sup>.

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

## CRUSADER TENNIS

**December 1 - Oradell, NJ** - There will be a Parent Meeting



for all those whose sons are interested in playing Tennis this spring. The Meeting will take place at 7:30 pm on Monday, December 5, 2022 in the Hoehl Cafeteria.

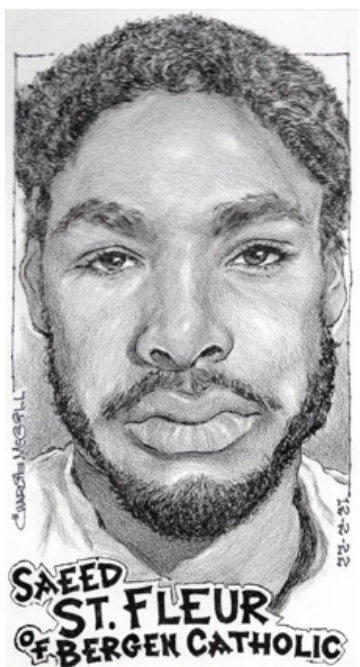
We look forward to you meeting Coach Park on Monday. If you have any questions for him, you can contact him at [spark@bergencatholic.org](mailto:spark@bergencatholic.org).

Tennis is a spring sports for boys, running from March through June.

## ST.FLEUR RECOGNIZED AS ATHLETE OF THE WEEK

**December 1 - Oradell, NJ** - Senior running back Saeed

St.Fleur was recognized as North Jersey .com Athlete of the week following his 3-touchdown effort in Friday night's State Championship Game vs. Don Bosco Prep. Saeed finished his illustrious career at BC with over 2,000 yards rushing. You can read the full article at:



<https://www.northjersey.com/story/sports/high-school/athlete-of-the-week/2022/12/01/the-record-male-athlete-of-the-week-saeed-st-fleur-bergen-catholic/69679284007/>



## CRUSADER CREW

**Bergen Catholic Crew Team**

**Interested to Join the BC Crew Team?**  
**No Experience Needed, No TryOuts, Must have Basic Swim Skills**  
**\*\*\* Click the Above Link & Complete the Google Form \*\*\***  
**To be added to our Team Email Distribution list**

**\$375**  
 Strength & Conditioning Training + Group Trainer Sessions @ HNH Fitness + Heart Rate Monitors

**Winter Program**  
**Dec 5, 2022 - Mar 10, 2023**  
**Mon - Fri & Sat**  
**2:30 - 4:30 pm TBD**

BC Bus provided to HNH Fitness  
 514 Kinderkamack Rd, Oradell, NJ 07649

**Spring Season**  
**March 13 - May 31, 2023**  
**Mon - Fri & Sat w/o races**  
**4:30 - 6:30 pm 9:00 - 10:30 am**  
 Spring Races on most weekends March to May

BC Bus provided for Team to/from On Water Practices & Races

Head Coach - Connor Labozzetta - 201.289.6952  
 BC Coach - Richard Saunders - 201.452.3025  
 Email: [rsaunders@bergencatholic.org](mailto:rsaunders@bergencatholic.org)  
 Follow BC CREW TEAM & Like us on [f](https://www.facebook.com/BCCrewTeam/)  
<https://www.facebook.com/BCCrewTeam/>

## CRUSADER SIGNATURE ALL OVER ALL-LEAGUE FOOTBALL

**November 30 - Oradell, NJ** -The NJ Super Football Conference United Division Teams were announced this week. 14 Crusaders were named to All-SFC Teams. Here they are:



FIRST TEAM OFFENSE	
<b>TE:</b> Jack Comeau '23	<b>AT LARGE:</b> Christian Carti '23
<b>SKILL:</b> Saeed St. Fleur '23	<b>OL:</b> Sean Woods '23
FIRST TEAM DEFENSE	
<b>AT LARGE:</b> Sydir Mitchell '23	<b>LB:</b> Malachi Mercer '23
<b>DL:</b> DJ Samuels '23	<b>DB:</b> Kaj Sanders '24
SECOND TEAM OFFENSE	
<b>SKILL:</b> Quincy Porter '25	<b>OL:</b> Marcus Linder '24
SECOND TEAM DEFENSE	
<b>LB:</b> Joe Barry '23	<b>DL:</b> Elijah Kinsler '24
<b>DB:</b> Chris Mimmo '24	
HONORABLE MENTION	
<b>OL:</b> Dylan Garrity '23	



## CRUSADER HOUSE STANDINGS

as of DECEMBER 4, 2022



## THE HOUSE CUP

**December 4 - Oradell, NJ** - Kean House is the first to break the 700 point mark. Murphy and Beyer (BUYer) cracked 600. Keep up the good works, men!

**ATTENTION TEACHERS:** If you have a house member you would like to highlight in the **HOUSE CUP** report, please let me know and I will share your thoughts.

## BIRDING CRUSADERS JUNE TRIP TO WASHINGTON STATE

**November 30 - Oradell, NJ** - The Birding Crusaders Club is proud to announce its second annual National Parks trip. The group will travel June 12-16, 2023. For more information, please see the flyer found on the last page of this TWIBCS. Registration is open at the link, listed below or you can scan the QR code.

Feel free to ask Mr. Haemmerle, Mr. Tedeschi, Mrs. Love or Mr. Muggeo for more information.



Pacific Northwest Adventure

<https://trips.grandclassroom.com/Register/RegistrationForm/BergenCatholicPNW2023?registrationTypeld=1>



## BIRDS OF THE WEEK

### SEA DUCKS AND OTHERS AT LBI

**December 2 - Barnegat Light, NJ** - We enjoyed our first Birding Crusader trip of the year on Friday. Our group of 17 travelled to Barnegat Lighthouse State Park on Long Beach Island to see the sea ducks that have migrated south to their winter feeding grounds.

The expedition included: Mr. Jorge Mascaro, Matthew Baitala, Hudson Brennan, Devin Bui, Dylan Carrick, Rocco Costello, Raymond Crowley, Arnez Delorme, Tim Hogan, Damon Arpacilar, Michael McMahon, DeAndre Orgill, Ed Park, Ethan Shropshire, Daniel Washburn, Michael Kang and Joseph Kim.



Our species list for the day (which entailed a 2 mile hike over two hours: Canada Goose, Mallard, American Black Duck, Long-tailed Duck, Bufflehead, Black Scoter, Common Eider, Harlequin Duck, Ruddy Duck, Common Loon, Double-crested Cormorant, Northern Gannet, Herring Gull, Great Black-backed Gull, Bonaparte's Gull, Ruddy Turnstone, Sanderling, Great Blue Heron, Mourning Dove, European Starling, Savannah Sparrow (Ipswich) and House Sparrow.



Thank you to the gentlemen who expanded their horizons today. We are proud of you and your willingness to get outside your comfort zone and experience something new.





# *Holiday Choral Concert*

Featuring

*Bergen Catholic's Male  
Vocal Ensemble*

Under the Direction of

*Mrs. Barbara Peraíno*

With Guest Choir,

*Vocal Ensemble*

*from*

*Immaculate Conception HS*

Friday, December 16

7:30 PM to 9:00 PM

@ St. Joseph Church

300 Elm Street

Oradell, NJ 0764

[www.bergencatholic.org](http://www.bergencatholic.org)





## Pacific Northwest Adventure

*Grand Classroom is a full-service educational travel provider offering teacher-led student trips to National Parks, Historic U.S cities, and international destinations.*

### **Inclusions:**

- All transportation
- All flights
- 24/7 guide
- All meals
- All lodging
- All activity fees
- Expert tour planning
- Medical and dental insurance
- 24 hour emergency support
- Promotional materials
- Personalized web page
- Full accounting services with custom payment schedules available

### *Just the facts*

**Who: Bergen Catholic School**

**What: Pacific Northwest Adventure**

**When: June 12-16th, 2023**

**5 days**

**All inclusive pricing: \$2969**

**Deposit: \$199**

*(Based on 35 students)*

**Chaperone Ratio: 8:1**

**\*Optional Trip Refund Programs Available\***

*Students can register by visiting*

[www.grandclassroom.com](http://www.grandclassroom.com)

*Click "Find my Trip/Register and search for your school name*

### **Sample Itinerary**

#### **Day One:**

- Arrive in Seattle
- Explore the Museum of Pop Culture and Gasworks Park
- Lunch
- Space Needle
- Service Project
- Dinner
- Ferry to Bainbridge Island
- Check into hotel

#### **Day Two:**

- Hotel breakfast
- Whale watching in Puget Sound
- Lunch in Friday Harbor
- Visit the Port Townsend Marine Science Center
- Dinner
- Return to hotel

#### **Day Three:**

- Hotel breakfast
- Olympic National Park Visitors Center
- Hike Hurricane Ridge
- Lunch
- Marymere Falls and other hikes
- Dinner
- Check into hotel

#### **Day Four:**

- Hotel Breakfast
- Olympic National Park
- Whitewater Rafting or Kayaking
- Lunch
- Hall of Mosses Hike
- Ruby Beach
- Dinner
- Check into hotel

#### **Day Five:**

- Breakfast and Checkout
- Depart for Mt. Rainier National Park
- Lunch
- Hike the Nisqually Vista Trail
- Other hikes as time permits
- Jackson Visitors Center
- Depart for airport
- Flight home



## 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

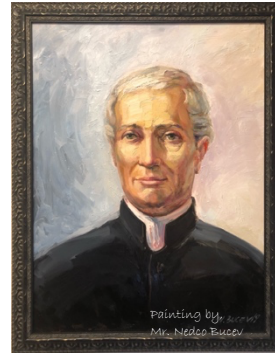
God grant me the serenity  
 to accept the things I cannot change,  
 Courage to change the things I can, and  
 Wisdom to know the difference.  
 Amen

## 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 Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## Apostles' Creed

I believe in God, the Father  
 almighty,  
 Creator of heaven and earth,  
 and in Jesus Christ, his only Son,  
 our Lord, who was conceived by the  
 Holy Spirit, born of the Virgin  
 Mary, suffered under Pontius Pilate,  
 was crucified, died and was buried;  
 he descended into hell; on the third  
 day he rose again from the dead;  
 he ascended into heaven,  
 and is seated at the right hand of  
 God the Father almighty;  
 from there he will come to judge  
 the living and the dead.  
 I believe in the Holy Spirit,  
 the holy catholic Church,  
 the communion of saints,  
 the forgiveness of sins,  
 the resurrection of the body,  
 and life everlasting.  
 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.



## How to Pray the Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

<https://www.usccb.org/how-to-pray-the-rosary>

The Joyful, Sorrowful and Glorious Mysteries can be found on this page.



### THE PRAYERS OF THE ROSARY

#### LITURGICAL CALENDAR 2022

##### ORDINARY TIME

**ADVENT (11/27 – 12/24)**

**CHRISTMAS (12/25-1/5/23)**

#### LITURGICAL CALENDAR 2023

**ORDINARY TIME (1/6-2/21)**

**ASH WEDNESDAY (2/22/23)**

**EASTER (4/9/23)**

**PENTECOST (5/28/23)**

**ORDINARY TIME (6/4-12/2)**