

TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS



FOURTEEN CRUSADERS ANNOUNCE COLLEGE INTENTIONS DURING EARLY SIGNING PERIOD

December 19 - Oradell, NJ - Fourteen members of Bergen Catholic's Senior Class of 2023 announced their college intentions on Monday morning. Football, Lacrosse and Wrestling were the sports represented.

Top Row: Noah Spencer (Lacrosse - Stevens); Justin King (Football - Dennison); Sean Woods (Football - Holy Cross); AJ Fricchione (Wrestling - Penn State);

Middle Row: Dylan Garrity (Football - Yale); Malachi Mercer (Football - Columbia); Joseph Barry (Football - Yale); Carmelo Velardo (Football - Hamilton); Aiden Wallace (Wrestling - Duke)

Front Row: DJ Samuels (Football - Maryland); Sydir Mitchell (Football - Texas); Christian Carti (Football - Columbia); Dan Comeau (Football - Princeton)

BOWLERS OPEN WITH WIN

#250 FOR COACH LARRY

December 12 - Hackensack, NJ - The Varsity Bowling Team did their coach a big favor, defeating St. Joseph Regional, and in -turn, providing him with Win #250. More importantly, it was a key 5-2 victory over one of the traditionally strong teams in the BNC United, so BC got off on a good foot.



BC took Game 1 behind a strong game from Liam Chin (223). The Green Knights won Game two 697-660, but Chin rolled his best game of the day (255) combined with Andy Lee's 211 to lift BC 745-598. The Crusaders won total pins 2092-1920.

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	128	163	144	435
SEAN MCKECHNIE	148	171	135	454
ANDY LEE	188	133	211	532
LIAM CHIN	223	193	255	671
BC (1-0, CONF 5-2)	687	660	745	2,092
SJR (0-1, CONF 2-5)	625	697	598	1,920

JV BOWLS OVER GREEN KNIGHTS 3-2

December 12 - Hackensack, NJ - The JV Bowling took care of business on their lanes against the Green Knights, defeating SJR 3-2.

Matt Kovacs led BC with a 337 series, edging out Noah Esposito by 3 pins (334).

JV VS. SJR BOWLING (CONT)

NAME	G1	G2	G3	SERIES
WILLIAM SMITH	105	94	81	280
MATT KOVACS	131	108	98	337
MATT MORIN	96	76	X	172
NICK ROSSIG	90	X	98	188
NOAH ESPOSITO	136	92	106	334
VINCENT NOBILE	X	104	125	229
TEAM	542	370	403	X

BOWLERS SHUT OUT DEPAUL

December 13 - Hackensack, NJ - The Varsity Bowling Team shut down the Spartans of DePaul Catholic. Justin Martin led the way for BC who dominated all 3 games and total pins 2314-1203.

NAME	G1	G2	G3	SERIES
STEPHEN PAUL	169	145	203	517
ANDY LEE	145	167	211	523
LIAM CHIN	213	209	193	615
JUSTIN MARTIN	258	191	210	659
BC (2-0, CONF 12-2)	785	712	817	2,314
DPC (0-1, CONF 0-7)	414	385	404	1,203

JV BOWLS SWEEP SPARTANS 5-0

December 13 - Hackensack, NJ - Sean McKechnie, Cal Villanueva and John Brignola led the JV Crusaders as they improved to 2-0 on the season.

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	163	152	114	429
KEEGHAN GALLIGHER	121	132	99	352
SEAN MCKECHNIE	112	137	194	443
CALVIN VILLANUEVA	136	157	148	441
NICK BRIGNOLA	80	X	X	80
SHANT CARIREAS	102	X	99	201
COLIN DALY	X	113	133	246
DANIEL MARINO	X	98	X	98
TEAM	532	578	555	

BC FIGHTS OFF STRONG WAVE

December 13- Randolph, NJ - The Crusaders hung tough with the state's #2 ranked Delbarton Green Wave, but were unable to find the back of the net as Delbarton won 2-0.



The Crusaders played well, holding even with Delbarton through the first period, but the hosts scored an all-even goal at the 12:14 mark in the second.



Both teams played a physical game, each racking up 5 penalties, but short-handed defenses were sharp, not allowing a power-play goal on the afternoon. Delbarton scored their second goal of the game 12:30 remaining in the third period.

Goalie Ryan Henry was exceptional once again, saving 26 of 28 shots on goal. The Crusaders generated 16 shots against the Wave.

Team	1	2	3	FIN
#5 Bergen Catholic (0-2)	0	0	0	0
#2 Delbarton (2-0)	0	1	1	2

CRUSADER FOOTBALL NAMED 2022 BCCA TEAM OF THE YEAR

December 14 - Lodi, NJ - On Wednesday, the Bergen Catholic Crusaders, led by Coach Vito Campanile, were recognized by the Bergen County Coaches Association as the 2022 Team of the Year. BC finished the year at 11-1, winning the Non-Public A State Championship by defeating Don Bosco Prep at MetLife Stadium for the second consecutive year. The Crusaders won their 19th State Championship in school history and their first back-to-back titles since 1998-99.



The Crusaders were strong on offense, averaging over 34 points per game and Bergen's defense really shut down opponents in the playoffs, allowing just 4.7 points per game including a shutout in the final.

The Crusaders finished with a #1 ranking in the state of New Jersey for the second straight season and were ranked #23 in the nation by **MaxPreps** and **USAToday**.

CRUSADERS SHOW THEY CAN PLAY WITH THE BEST IN NJ

December 14 - Hackensack, NJ - After playing a solid game vs. #2 Delbarton on Tuesday, the Crusaders hosted the state's #1-ranked CBA Colts from Lincroft. Despite a strong effort and ever-say-die performance, the young Crusaders



have not yet found the key to unlocking Gordon Conference defenses. That said, it's apparent that as the game went along, BC was gaining more and more experience and confidence.



Less than a minute into the game, CBA opened the scoring to take a 1-0 lead. Despite a couple of early rushes, the Crusaders couldn't capitalize and with just under 5 minutes remaining in the period, the Colts struck again, giving them a 2-0 lead.



With 8:45 remaining in the game, a third CBA goal was waved off. The Colts scored with just over 3:00 remaining in the game. BC had a 5-on-3 power-play opportunity in the final two minutes but were unable to take advantage.

Team	1	2	3	FIN
#1 CBA (Lincroft) (2-0)	2	0	1	3
#5 Bergen Catholic (0-3)	0	0	0	0



YOUTH OPENS HOOPS 2022-23

FROSH BREAK OUT VS. BERGEN TECH

December 15 - Oradell, NJ - The Freshman Crusaders tipped it off against the Black Knights from Bergen Tech. BC played consistently, controlling the tempo of a game in which they were never really threatened.





Team	1	2	3	4	TOT
Bergen Tech	11	11	0	0	38
Bergen Catholic	14	16	15	13	59

Scoring:

Name	2pt	3pt	FT	Points
Caleb Williams	2	3	2/5	15
Devin Hasan	3	1		9
DeAndre Orgill	2	0	1/2	5
Jake Behrens	2		0/1	4
Anner Hernandez	1		0/2	2
Andrew Castillo	2		3/4	7
Luis Franco	2	1		7
Mikey McMahon	1			2
Max Nizza			2/4	2
Christian Brewton			1/2	1
Brandon Wilson	2			4
Team				1

JV DISARMS KNIGHTS

December 15 - Oradell, NJ - The JV Basketball Team stretched the bench as they defeated Bergen Tech 88-25 in the season opener.

Jayden Brown led the Crusaders with 18 points, Julius Avant scored 13 and Lochton Walker added a cool dozen. Nehemiah Snell finished with three buckets and a three-pointer and Shane Walters recorded 8 points.

Gabe De la Rosa, Brandon Michael, Jerry Armstrong, Sebastian Margano, Sean Cahill, Alexander Neunzig and Angelo Bellizzi all scored for the victors.

Team	1	2	3	4	TOT
Bergen Tech	4	9	8	4	25
Bergen Catholic	26	12	27	23	88





JV FALLS TO ST. BENEDICT'S PREP

December 17 - Oradell, NJ - The JV Basketball Team played a hard-fought game against the Gray Bees on Saturday morning, but were unable to finish with a favorable result falling 56-64. Guy Vickers recorded 17 points for BC and Lochton Walker added another dozen points for BC.

WRESTLERS PULL OUT

X-CALLIBUR TITLE

December 17-18 - Wilkes-Barre, PA - BC wrestlers fared well at the XCalibur Tournament at Wilkes-Barre Area High School. In addition to the team championship, 17 wrestlers took medals and 5 won weight-class titles. Here are the results:



XCalibur: Team Champions, 17 medalists, and 5 Individual Champs

- **First Place:** Nicky Pallitto '26 (121), Auggie Hibler '24 (139), Chris Bacchioni '23 (152), AJ Fricchione '23 (215), and Ben Shue '25 (HWT)



- **Second Place:** Augie Hibler '26 (114), Ryan Ford '24 (145), EJ Broadie '23 (160), Justin Onello '23 (172), and Leo Varga '24 (189)



- **Third Place:** Nate Braun '26 (107), Noah Kochman '24 (127) and Jayden Iznaga '24 (160)
- **Fourth Place:** Riley Halal '23 (133) and Joey Canova '26 (145)
- **Fifth Place:** Ethan Washburn '23 (133)
- **Sixth Place:** Chad Sadaka '26 (121)



SEVEN EARN MEDALS IN JV OPENER

December 17 - Jackson, NJ - Seven Crusader Wrestlers placed at the Jackson Memorial JV Tournament. Winners included:

- **First Place:** Rocco Costello '26 (215)
- **Second Place:** Owen Martin '26 (157) and Mac Fitzgerald '26 (215)
- **Third Place:** Joseph Kim '26 (126) and Joe Barbaro '25 (132)
- **Fourth Place:** Tommy Pfleging-Howes '26 (106) and Trevor Grageda '26 (132)

Congratulations to all who had terrific tournaments!

CRUSADERS HOOPS TAKES VARSITY OPENER AT KREUL

December 17 - Coral Springs, FL - The BC Basketball Team started off on the right foot with a solid win over an outstanding Pembroke Pines Charter (FL) team by a score of 70-66. Terry Copeland had a game-high 19 points and Brandon Benjamin followed him up with 14.

The team was to take on Cardinal Gibbons (FL) on Monday night.

	2PT	3PT	FTM	PTS
TylerMcQuaid	1	0	1	3
A.J.Williams	2	0	2	6
Shawn Spencer	2	1	1	8
Naiim Parrish	4	0	1	9
Chidi Nwigwe	1	0	1	3
Jaylen Robinson	0	0	2	2
David Munro	1	0	2	4
Declan Wucherpennig	1	0	0	2
Brandon Benjamin	6	0	2	14
Terry Copeland	6	1	4	19
Totals:	24	2	16	70
Pembroke Charter	-	-	-	66

DIFFERENT SPORT, DIFFERENT CARDINAL GIBBONS SAME RESULT

December 19 - Coral Springs, FL - The BC Basketball Team played Cardinal Gibbons of Fort Lauderdale, FL on Monday night, defeating them 78-54. For those who remember back to August, the Football Team defeated North Carolina's Cardinal Gibbons in the 2022 home opener.

Chidi Nwigwe led the Crusaders in scoring as three big men hit double-digits. Declan Wucherpennig has 12 and David Munro recorded 10.

	2PT	3PT	FTM	PTS
Austin Spencer	-	-	-	2
TylerMcQuaid	-	-	-	3
Shawn Spencer	-	-	-	7

Chidi Nwigwe	-	-	-	17
Jaylen Robinson	-	-	-	8
David Munro	-	-	-	10
Declan Wucherpennig	-	-	-	12
Mikai Klintman	-	-	-	1
Brandon Benjamin	-	-	-	8
Terry Copeland	2	0	2	6
Totals:	24	2	16	70
Pembroke Charter	-	-	-	66

CRUSADER ATHLETES TAKE TO THE INDOORS IN TRACK

December 16 - New York, NY - The Crusader Track Team opened their season at the Armory in the Coach Saint Invitational 2023 on Friday. Results:

Event	PL	Athlete	GR	Result
55m	2	Logan Casey	12	6.62
	3	Allan Hilton Clarke	12	6.68
	11	Andrew Jeremiah Boakye	10	6.88
	19	Nicholas Shortridge	10	6.97
	25	Ethan Cohall, Jr.	10	7.04
300m	5	Joseph Griffith	12	38.41
	16	Tristan Oliver	11	39.48
	24	Peter Rogers	11	40.19
	41	Francis Dooley	10	41.41
500m	15	Joseph Griffith	12	1:14.81
	25	Zion Suitt	10	1:18.96
	26	Ryan Phillips	12	1:19.00
	28	Peter Rogers	11	1:20.05
600m	22	Ed Stoker	10	1:37.06
	42	Thomas Santos	10	1:48.18
	49	Michael Cooper	9	1:50.65
	60	Ronan Flynn	12	2:03.94
1000m	16	James Hughes	12	2:50.40
	41	Markus White	9	2:59.78
	75	John Flynn	9	3:33.88
1 Mile	56	Luke Schoeler	9	5:32.05
	58	Daniel Clianese	10	5:36.85
	63	Andrew Byrnes	10	5:40.17
55H	8	Tristan Oliver	11	8.72
	12	Jason Lessieu	11	8.99

Event	PL	Athlete	GR	Result
55H	20	Gabriel Beidleman	12	9.96
	25	Aiden Pacheco	10	10.35
	28	Sean Tandy	10	10.80
4x200m	12			1:39.43
HJ	2	Tristan Oliver	11	5-10.00
LJ	3	Jason Lessieu	11	20-02.00
	19	Matthew Melilo	11	17-07.75
	29	Aiden Pacheco	10	16-07.50
TJ	11	Gabriel Beidleman	12	37-06.00
	17	Jimmy Papas	12	36-01.00
	21	Aiden Pacheco	10	35-04.00
Shot	3	Justin King	12	42-02.25
	5	Jorge Pogue	12	41-03.50
	23	Teddy Hughes	11	31-07.75

BIRD OF THE WEEK

(NOT THIS WEEK - WE HAVE A MORE IMPORTANT MESSAGE)

Is There a Santa Claus?

(reprinted from The Sun, September 21, 1897)

We take pleasure in answering at once and thus prominently the communication below, expressing at the same time our great gratification that its faithful author is numbered among the friends of **THE SUN**.

DEAR EDITOR: I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, 'If you see it in THE SUN it's so.' Please tell me the truth; is there a Santa Claus?

VIRGINIA O'HANLON.

115 WEST NINETY-FIFTH STREET.

VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, VIRGINIA, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with

the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, VIRGINIA, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus. It would be as dreary as if there were no VIRGINIAS. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You may tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, VIRGINIA, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! he lives, and he lives forever. A thousand years from now, VIRGINIA, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.



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

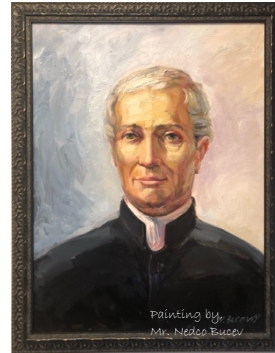
God grant me the serenity
 to accept the things I cannot change,
 Courage to change the things I can, and
 Wisdom to know the difference.
 Amen

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)