

TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

CRUSADER TRACK PERFORMS

WELL AT OCEAN BREEZE

HOLIDAY FESTIVAL

December 27 - Staten Island, NY - The Crusader Indoor Track Team performed well at the Ocean Breeze Festival. Logan Casey's 6.65 time in the 55M was one of the exceptional times in the meet.

ATHLETE	RESULT	PL	HEAT
55 METER DASH			
Logan Casey	6.65	5th	Finals H1
Logan Casey	6.72	8th	Prelims H3
Andrew Boakye	6.82	18th	Prelims H6
Ethan Cohall Jr.	6.94	6th	Finals H5
Nicholas Shortridge	6.98	38th	Prelims H5
TWO MILE RUN			
Thomas Rogers	10:37.6	14th	Finals H1
55 METER HURDLES			
Sean Tandy	10.96	51st	Finals H9
4X200 METER RELAY			
Relay Team	01:36.8	1st	Finals H1
Relay Team	01:45.9	38th	Finals H11
Relay Team	01:48.5	9th	Finals H1
4X400 METER RELAY			
Relay Team	04:04.1	10th	Finals H2
Relay Team	04:42.7	17th	Finals H2
4X800 METER RELAY			
Relay Team	10:09.8	11th	Finals H1
Relay Team	10:25.9	4th	Finals H1
DISTANCE MEDLEY RELAY			
Relay Team	11:31.0	9th	Finals H1

ATHLETE	RESULT	PL	HEAT
LONG JUMP			
Jason Lessieu	19-6.25	2nd	Finals H3
CJ Edwards	17-9.75	9th	Finals H1
Aiden Pacheco	16-7.5	32nd	Finals H1
TRIPLE JUMP			
Jason Lessieu	41-0.5	8th	Finals H4
Gabriel Beidleman	37-1.25	23rd	Finals H4
Aiden Pacheco	35-0.75	32nd	Finals H1
SHOT PUT			
Justin King	46-10.5	4th	Finals H3
Jorge Pogue	38-9.75	21st	Finals H2
Sean Coll	37-10.75	24th	Finals H2
Teddy Hughes	32-7	38th	Finals H2
Ian Walls	30-0.5	49th	Finals H3
John O'Rourke	23-5.25	30th	Finals H6
Gavin Harris	14-6	36th	Finals H5
WEIGHT THROW			
Justin King	49-3.25	1st	Finals H2

BASKETBALL TIPS OFF 2023 IN REMATCH OF 2022 NPA FINAL

Paterson, NJ - January 1 - The Crusader Basketball Team



returned to New Jersey to play its first game of the season inside the state. BC seemed to weather the start of the new year better, taking down the Argonauts by 11 in the New Year's Day Jump Off at the former Paterson Catholic HS.

Team	1	2	3	4	TOT
Rutgers Prep (5-3)	16	18	18	15	67
Bergen Catholic (4-2)	26	20	17	15	78

BENJAMIN'S DOUBLE-DOUBLE NOT ENOUGH FOR BC

January 3 - Franklin Lakes, NJ- The Crusader Basketball Team found itself on the short end of a Bergen County stick, falling to Ramapo's Green Raiders 75-62 on Tuesday night. Brandon Benjamin led the Crusaders with 16 points and 11 rebounds on the evening.

Terry Copeland added 14 as four hoopsters recorded double-digits including Mikai Klintman (10 points) and Chidi Nwigwe (12 points).

Team	1	2	3	4	TOT
Bergen Catholic (6-3)	19	11	17	15	62
Ramapo (8-0)	19	22	18	16	75

VICKERS LEADS VICTORIOUS JV

January 3 - Franklin Lakes, NJ- The JV Basketball Team excelled on Tuesday night, defeating the Green Raiders 69-49 at Ramapo. Guy Vickers dropped in 15 points for BC and Jayden Brown scored 10. Jayden Garcia scored 8 points as did Lockton Walker.

Team	1	2	3	4	TOT
Bergen Catholic	22	14	17	18	69
Ramapo	-	-	-	-	49

FROSH TAME RAIDER CATS

January 3 - Franklin Lakes, NJ- BC's freshman team continued to impress, earning their fifth win in six attempts. This time, it was a 69-59 victory over Ramapo High School.

Team	1	2	3	4	TOT
Bergen Catholic	-	-	-	-	69
Ramapo	-	-	-	-	59

ICERS PRESURED BY PRINCETON

January 3- Princeton, NJ - by, Zade Crego '23 and JT Verdino '23 - The Crusaders had a tough loss Tuesday night to the #5 ranked team, Princeton Day School, 8 to 1.

PDS opened the scoring at 11:38 in the first, followed by another goal at 10:39. Sophomore defenseman Max Wright found the back of the net at 11:23 assisted by senior Corey Robinson, to cut PDS lead down to 1, but only scoring one goal wasn't going to do it for the Crusaders.

PDS then went on to score one more goal in the first, 3 in the second, and 2 in the third.

PDS goalie Mason Watson stopped 17 of 18 shots, while both Crusader goalies saw the ice this game. Senior Ryan Henry stopped 10 of 15, and senior Gavin Schornstein stopped 9 of 12 shots.

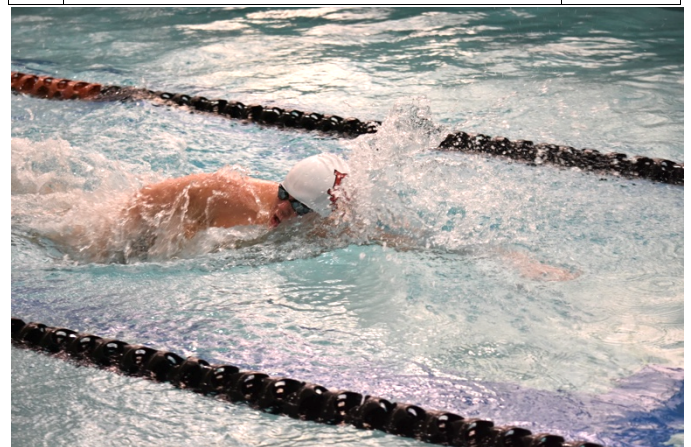
SCORING	1	2	3	FIN
Bergen Catholic (1-4)	1	0	0	1
Princeton Day School (6-0-1)	3	3	2	8

SWIMMERS DUNK PALADINS

January 5 - Ridgewood, NJ - The Crusaders overwhelmed Paramus Catholic on Thursday at the Ridgewood Y in a Big North Conference Swim Meet. The 119-40 victory gives BC a 3-0 on the season.

Paramus Catholic (1-4)	40
Bergen Catholic (3-0)	119

200 MR (yards)		
PI	Swimmers	Time
1	Doyee Kim, Gavin Perez, Jeremiah Tomioka, Raymond Stelmark	01:58.3
2	Ricky Wright, Benjamin Vester, Matthew Semelsberger, Jack Cummings	02:02.8
3	Parker Day, Enzo Yuen, Jonas Haro, Harrison Kazimir	02:24.7



200 Free (yards)

1	Jeremiah Tomioka	02:01.9
2	Benjamin Vester	02:12.9
4	Joseph Trione	02:48.5

200 IM (yards)

1	Rhyse Ruffy	02:11.1
2	Matthew Semelsberger	02:21.1
4	Jack Cummings	02:50.8

50 Free (yards)

1	Raymond Stelmark	27.25
5	Alexander Herrera	31.16
6	Jonas Haro	31.42

**100 Fly (yards)**

1	Eric Kwon	00:58.7
2	Rhyse Ruffy	00:59.4
3	Matthew Semelsberger	01:07.1

100 Free (yards)

1	Benjamin Vester	01:00.1
2	Enzo Yuen	01:07.7
3	Parker Day	01:10.1

500 Free (yards)

1	Jeremiah Tomioka	05:10.6
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200 FR (yards)

1	Eric Kwon, Jeremiah Tomioka, Rhyse Ruffy, Doyee Kim	01:58.1
2	Enzo Yuen, Joseph Trione, Parker Day, Jack Cummings	01:58.1

100 Back (yards)

1	Ricky Wright	01:10.1
4	Joseph Trione	01:43.4

100 Breast (yards)

1	Eric Kwon	01:10.7
3	Alexander Herrera	01:38.3

**400 FR (yards)**

1	Rhyse Ruffy, Ricky Wright, Gavin Perez, Doyee Kim	04:10.7
2	Benjamin Vester, Parker Day, Joseph Trione, Enzo Yuen	04:27.1
3	Jonas Haro, Alexander Herrera, Harrison Kazimir, Macklin Hernandez	06:06.9

**BENJAMIN'S 22 LEAD BC**

January 5 - Oradell, NJ - The Crusader Basketball Team



played its first home game of the season against Paramus Catholic in the schools' 89th meeting. Junior forward Brandon Benjamin continues on his torrid pace, leading the Crusaders with 22 points.

Chidi Nwigwe (11 points), Declan Wucherpennig (9 pts) and Shawn Spencer (9 pts) all starred offensively for BC as the Crusaders improved to 5-3

Team	1	2	3	4	TOT
Paramus Catholic (4-5)	9	12	14	21	56
Bergen Catholic (5-3)	23	14	29	22	88

JV SCRAP PAST DEFENSIVE MINDED PC

January 5 - Oradell, NJ - The 45-37



Chidi Nwigwe (11 points), Declan Wucherpennig (9 pts) and Shawn Spencer (9 pts) all starred offensively for BC as the Crusaders improved to 5-3

Team	1	2	3	4	TOT
Paramus Catholic (4-5)	9	12	14	21	56
Bergen Catholic (5-3)	23	14	29	22	88

FROSH DEFEAT PC 51-40

January 5 - Oradell, NJ - The Freshmen answered the bell at home on Thursday night, defeating the Paladins in solid form.



Devin Hasan recorded a game-high 19 points. Caleb Williams dropped in 12 points and D'Andre Orgill scored 8 points Jake Behrens had 4 points including a 3 pointer.

Team	1	2	3	4	TOT
Paramus Catholic	-	-	-	-	40
Bergen Catholic	-	-	-	-	51

BC CUTS THRU LAWN

January 6 - Hackensack, NJ - Liam Chin finished with a series high 635 and Justin Martin rolled a high game of 237 as BC defeated Fair Lawn 5-2.



NAME	G1	G2	G3	SERIES
STEPHEN PAUL	141	X	X	141
ANDY LEE	143	224	160	527
LIAM CHIN	201	211	223	635
JUSTIN MARTIN	188	237	201	626
NICK ROSSIG	X	157	161	318
BC (6-0)	673	829	745	2,247
FAIR LAWN	696	776	737	2,209

JV BOWLS SWEEP FAIR LAWN 5-0

January 6 - 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	131	121	X	252
KEEGHAN GALLIGHER	117	X	X	117
NICK ROSSIG	161	X	X	161
CALVIN VILLANUEVA	150	187	183	520
SEAN MCKECHNIE	156	152	X	308
STEVEN KANE	X	134	129	263
STEPHEN PAUL	X	162	198	360
MATT MORIN	X	X	112	112
BC	598	635	624	
FAIR LAWN	445	498	531	

ALL HANDS ON DECK REQUIRED AS BERGEN EDGES MAROONS

January 6 - Ridgewood, NJ - The Crusaders improved to 4-0 after defeating a motivated Ridgewood HS in both teams' home pool.



Bergen Catholic (4-0) **90**
Ridgewood (2-2) **80**

200 MR (yards)

Pl	Swimmers	Time
1	Rhyse Ruffy, Doyee Kim, Gavin Perez, Raymond Stelmark	01:41.8
3	Matthew Semelsberger, Benjamin Vester, Eric Kwon, Ricky Wright	01:50.2
6	Harrison Kazimir, Alexander Herrera, Jonas Haro, Macklin Hernandez	02:43.6

200 Free (yards)

1	Raymond Stelmark	01:51.6
2	Jeremiah Tomioka	01:54.6
4	Jack Glynn	01:57.1

**200 IM (yards)**

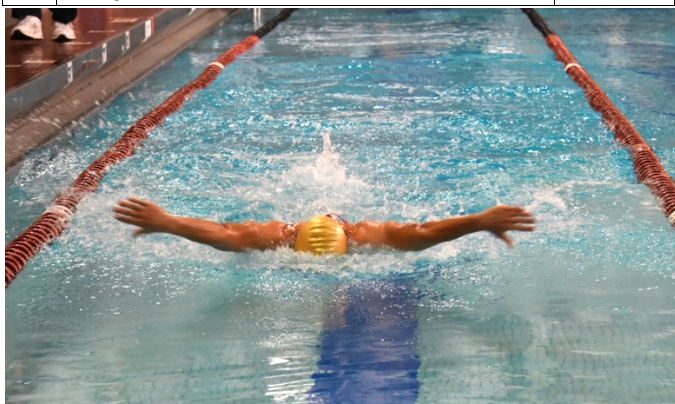
1	Gavin Perez	02:01.7
3	Eric Kwon	02:07.6
5	Ricky Wright	02:22.8

50 Free (yards)

2	Rhyse Ruffy	23.98
5	Jack Cummings	27.28
6	Enzo Yuen	28.56

100 Fly (yards)

1	Gavin Perez	00:58.1
2	Jeremiah Tomioka	00:58.5
3	Benjamin Vester	00:59.8

**100 Free (yards)**

2	Doyee Kim	00:49.4
4	Ricky Wright	00:56.4
6	Jack Cummings	01:01.4

500 Free (yards)

1	Raymond Stelmark	04:55.4
3	Matthew Semelsberger	05:15.2
6	Harris Kinneer	06:06.3

200 FR (yards)

1	Eric Kwon, Jeremiah Tomioka, Rhyse Ruffy, Gavin Perez	01:37.0
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4	Parker Day, Christopher Kaufman, Joseph Trione, Enzo Yuen	01:54.7
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6	Jonas Haro, Macklin Hernandez, Alexander Herrera, Harrison Kazimir	02:20.3
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100 Back (yards)

2	Eric Kwon	00:58.4
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3	Rhyse Ruffy	00:59.7
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6	Harris Kinneer	01:11.9
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**100 Breast (yards)**

2	Benjamin Vester	01:07.4
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5	Enzo Yuen	01:17.9
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**400 FR (yards)**

2	Jeremiah Tomioka, Matthew Semelsberger, Raymond Stelmark, Doyee Kim	03:35.5
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4	Jack Cummings, Ricky Wright, Harris Kinneer, Benjamin Vester	04:01.8
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6	Parker Day, Alexander Herrera, Christopher Kaufman, Joseph Trione	04:40.0
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FOUR CRUSADERS HIT DOUBLE-DIGITS IN DUNKING REBELS

January 6 - Oradell, NJ - BC defeated Saddle River Day in the first ever meeting between the two schools. The Rebels had a big front line, but in the end, it could not measure up with BC's top scorers.

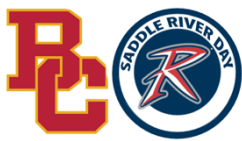
Brandon Benjamin and Naiim Parrish led the BC with 15 points apiece in the Crusaders' second-straight game scoring over 80 points. Tyler McQuaid dropped in 11 and Terry Copeland added 10 as well.



Team	1	2	3	4	TOT
Saddle River Day (5-1)	-	-	-	-	53
Bergen Catholic (6-3)	-	-	-	-	81

JV DIGITS IN DUNKING REBELS

January 6 - Oradell, NJ - BC defeated Saddle Crusaders' second-straight game scoring over 80 points. Tyler McQuaid dropped in 11 and Terry Copeland added 10 as well.



Team	1	2	3	4	TOT
Saddle River Day	-	-	-	-	43
Bergen Catholic	-	-	-	-	83

BOWLERS STRIKE DOWN WEST MILFORD 5-2/3-2

January 3 - Oakland, NJ - Both Crusader bowling squads remained undefeated, defeating West Milford 5-2 on the Varsity level and 3-2 on the JV level.



On the Varsity level, Justin Martin led with a high series of 525 and Stephen Paula and Liam Chin each rolled high games of 212.

On the JV level, Calvin Villanueva rolled a high series of 428 and Nick Rossig rolled the high game of 189.

NAME	G1	G2	G3	SERIES
STEPHEN PAUL	152	212	161	525
ANDY LEE	145	X	134	279
LIAM CHIN	192	135	212	539
JUSTIN MARTIN	201	163	204	568
NICK ROSSIG	X	134	X	134
BC (5-0)	690	644	711	2,045
WEST MILFORD	483	661	588	1,732

JV BOWLING VS. WEST MILFORD

NAME	G1	G2	G3	SERIES
NICK ROSSIG	189	X	144	330
SEAN MCKECHNIE	115	X	X	115
ANTHONY LIGGIO	X	X	124	124
CALVIN VILLANUEVA	156	137	135	428
COLIN DALY	X	114	X	114
NOAH ESPOSITO	X	102	X	102
ANTONIO SCARPANI	X	X	83	83
NICK LIGGIO	X	X	80	80
ANDY LEE	X	144	X	144
BC	584	497	439	1520
WEST MILFORD	416	546	523	1465

BREUKMANN BREAKS THE ICE VS PORTLEDGE PREP

January 4 - Hackensack, NJ - Erich Breukmann scored his first varsity goal after assisting Matt Maglio earlier in the second period on Wednesday. The Varsity Hockey team was unable to close a 4-0 gap from the first period, however, and fell to Portledge Prep, 5-2.

Will Schelchtweg and Nico Smilovic assisted on goals as well. Gavin Schornstein turned away 20 of 25 shots for the Crusaders.

SCORING	1	2	3	FIN
Portledge Prep (NY) (2-1)	4	0	1	5
Bergen Catholic (2-7)	0	2	0	2

BENDER, CARCICH LEAD BC OVER HUN

January 5 - Princeton, NJ - The JV Hockey team earned a 7-1 victory over the Hun School on Thursday. Collin Bender scored two goals and an assist and Jake Carcich recorded a pair of goals. Juno Moon added one goal and one assist.

Charlie Borg and Lucas Spinelli each scored a goal and Timothy Riche, Braydon Kane and Rohan Ogden each assisted on a goal.

SCORING	1	2	3	FIN
Bergen Catholic	3	1	3	7
Hun School	0	0	1	1

BORG AND KANE SCORE IN CT

January 5 - Washington, CT - Charlie Borg and Braydon Kane each scored for BC, but it was not enough to overcome Frederick Gunn on Friday.

FROSH TIP OFF AGAINST PANTHERS

January 7 - Flemington, NJ - BC took on Bridgewater-Raritan on Saturday morning. The results of the game were not available at the time of publication of our newsletter this week. Check for more information on-line.

FRICCHIONE REACHES FINAL AS BC PLACES 5th AT DOC B

January 6-7 - Clovis, CA - Seven members of the Crusader Wrestling Team have advanced through the Round of 32 at the prestigious Doc Buchanan Wrestling Tournament at Clovis HS. One hundred twelve high schools from fifteen states competed in the two-day event.

Top Five Finishing teams: Buchanan HS, (CA) 242.5, Palm Desert (CA) 171, St. John Bosco (CA) 167, **Bergen Catholic 163**, Gilroy (CA) 156.






INDIVIDUAL PLACE WINNERS

AJ Fricchione	198 Pounds	2 nd Place
Ryan Ford	148 Pounds	3 rd Place

Nathan Braun	109 Pounds	4 th Place
August Hibler	141 Pounds	5 th Place
Ben Shue	285 Pounds	5 th Place
Brian Melamud	123 Pounds	8 th Place
Justin Onello	173 Pounds	8 th Place
Leo Varga	185 Pounds	8 th Place

CHAMPIONSHIP BRACKETS

ROUND OF 64

WT	Wrestler	Result		
109	Nathan Braun	W-D 11-4		
123	Brian Melamud	W-TF (19-4) 5:46		
135	Riley Halal	L 0-9		
141	August Hibler	W-MD 14-0		
148	Christopher Bacchioni	W-TF (17-1) 5:14		
155	Aidan Wallace	W-Dec. 5-0		

ROUND OF 32

WT	Wrestler	Result		
109	Nathan Braun	W-MD 8-0		
123	Brian Melamud	W-TF (19-4) 5:46		
135	Riley Halal	L 0-9		
141	August Hibler	W-MD 14-0		
148	Ryan Ford	W-MD 17-4		
155	Aidan Wallace	W-Dec. 5-0		
163	Nick Bernick	L-Pin 1:38		
163	Eric Brodie	L-D 4-6		
163	Mike Biscup	L-Pin 1:23		
163	Jayden Iznaga	L-TF (15-0) 3:16		
173	Justin Onello	W-D 11-5		
185	Leo Varga	W-MD 12-0		
198	AJ Fricchione	W-Pin 2:21		
288	Ben Shue	W-Pin 1:02		

ROUND OF 16

WT	Wrestler	Result		
109	Nathan Braun	W-D 2-0		
123	Brian Melamud	W-D 10-4		
141	August Hibler	W-D 6-4		
148	Ryan Ford	W-Pin 1:18		
155	Aidan Wallace	L-D 3-9		
173	Justin Onello	W-D 4-2		
185	Leo Varga	L-D 1-7		

198	AJ Fricchione	W-Pin 1:38		
288	Ben Shue	W-Pin 3:36		
QUARTERFINALS				
109	Nathan Braun	L 2-4		
123	Brian Melamud	L-D 1-3		
141	August Hibbler	L 3-5		
148	Ryan Ford	W-D 2-1		
173	Justin Onello	L-D 5-7		
198	AJ Fricchione	W-D 10-6		
288	Ben Shue	L-D 4-8		
SEMIFINALS				
148	Ryan Ford	L-D 2-1		
198	AJ Fricchione	W-D 4-3		
FINALS				
198	AJ Fricchione	L-D 4-5		

CRUSADERS COMPETE AT FREEDOM GAMES

January 7 - Staten Island, NY - The Crusaders competed in the Ocean Breeze Freedom Games over the weekend. Here are the track and field results from our team.

55 METER DASH			
Athlete	Result	Place	Heat
Allan Hilton Clarke	6.59	4th	Finals H1
Logan Casey	6.61	6th	Finals H1
Andrew Boakye	6.77	18th	Prelims H14
Nicholas Shortridge	6.96	63rd	Prelims H21
Ethan Cohall Jr.	6.98	68th	Prelims H9
Alex Les	7.31	14th	Finals H28
Jimmy Pappas	7.36	22nd	Finals H7
Christian Choi	7.45	31st	Finals H7
Sean Coll	7.51	40th	Finals H17
Mitchel Boateng	7.61	73rd	Finals H19
Steven Copeland II	7.8	140th	Finals H25
Chris Vrtis	8.07	144th	Finals H30
Sean O'Brian	8.15	150th	Finals H15
Ian Walls	8.48	173rd	Finals H26

300 METER DASH			
Joseph Griffith	38.76	68th	Prelims H10
CJ Edwards	39.67	63rd	Finals H1
Peter Rogers	39.88	77th	Finals H19
Christian Choi	40.55	114th	Finals H20
Francis Dooley	41.48	148th	Finals H28
Alejandro Castro-D'Albenzio	42.08	166th	Finals H29
James Melia	42.12	78th	Finals H15
Ed Stoker	42.34	171st	Finals H19
Luke Bohen	42.42	93rd	Finals H25
John Colello	42.82	104th	Finals H16
Archie Idea	43.15	121st	Finals H8
Matthew Zampino	45.26	201st	Finals H20
Thomas Santos	45.76	210th	Finals H7
Ronan Flynn	49.36	255th	Finals H16
Quinn Caulfield	49.4	256th	Finals H31
Kevin Sweeney	53.33	267th	Finals H35
1000 METER RUN			
James Hughes	02:50.9	13th	Finals H1
Brendan O'Rourke	02:52.1	48th	Finals H7
1600 METER RUN			
Thomas Rogers	04:33.1	3rd	Finals H4
Brendan O'Rourke	04:54.6	79th	Finals H4
Markus White	05:06.1	43rd	Finals H4
Jacob Rodman	05:10.9	61st	Finals H4
Luke Schoeler	05:32.3	153rd	Finals H4
55 METER HURDLES			
Tristan Oliver	9.82	57th	Prelims H6
Sean Tandy	10.72	49th	Finals H10
Aiden Pacheco	10.91	54th	Finals H8
Lawrence Knight	11.43	61st	Finals H12
4X200 METER RELAY			
Relay Team	01:36.5	27th	Prelims H16
HIGH JUMP			
Allan Hilton Clarke	6-2	4th	Finals H1
LONG JUMP			
Jason Lessieu	19-4.25	19th	Finals H3
Gabriel Beidleman	18-10.75	23rd	Finals H1
CJ Edwards	17-10.75	17th	Finals H2

Matthew Melilo	17-1.5	28th	Finals H3
Sean Tandy	15-3	59th	Finals H4
Grailin Simmons	12-7	75th	Finals H6
SHOT PUT			
Justin King	46-8.5	2nd	Finals H3
Jorge Pogue	39-5.25	25th	Finals H1
Sean Coll	37-9.5	13th	Finals H2
Teddy Hughes	31-11.5	43rd	Finals H6
Donald Keating	29-5.25	20th	Finals H2
John O'Rourke	27-1.75	32nd	Finals H6
Ian Walls	26-5.75	35th	Finals H2
Jerome Szmaglaski	25-2.25	43rd	Finals H5
Gavin Harris	16-1	58th	Finals H7
WEIGHT THROW			
Justin King	44-8.25	14th	Finals H2
Jorge Pogue	34-6	26th	Finals H2
Teddy Hughes	32-0.5	28th	Finals H1

BIRD OF THE WEEK

WHITE CROWNED SPARROW

January 7 - Lyndhurst, NJ - There comes a point in a person's life when they need to grow up and work to identify



sparrows. It's not exciting. It's not sexy. They're typically just little brown jobs popping around on the ground, but they separate top birders from others.

White-crowned sparrows do not have the conspicuous Yellow patches above the eyes on the WTSP. It does not have a white throat, either. Mature sparrows do have three white stripes crowning their heads, separated by two black stripes. The throat and breast are light gray and their backs are brownish and similar to that of many sparrows.

THIS is the bird that is likely NOT at your feeder. The White-Crowned Sparrow is slightly different than the white-THROATED sparrow that frequents the ground near feeders at this time of year. If you would like to learn more about what type of feeds and feeders to put out to attract various birds, check this page out...

<https://feederwatch.org/learn/common-feeder-birds/>

BIRDING CRUSADERS JUNE TRIP TO WASHINGTON STATE

January 8 - Oradell, NJ -The Birding Crusaders Club is proud to announce its second annual National Parks trip. The group will travel June 12-16, 2023.

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



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

HOUSE CUP 2023

January 7 - Oradell, NJ - All six houses continue to climb with Br. Keane and Br. Murphy Houses in the lead. Br. Beyer is on the verge of topping the 700 point mark as Walsh, Jensen and Roepke Houses continue to improve.



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.

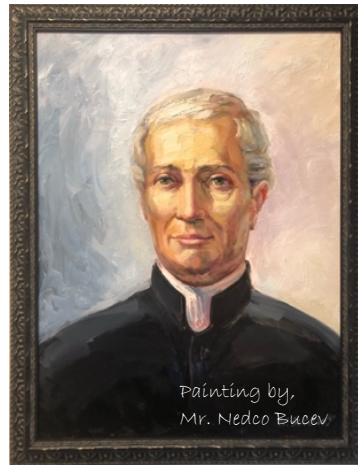
Serenity Prayer

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 FOR RUSSIA AND UKRAINE)

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.



LITURGICAL CALENDAR 2023

- **ORDINARY TIME** (Jan 6-Feb 21)
- **ASH WEDNESDAY** (Feb 22)
- **EASTER** (Apr 9)
- **PENTECOST** (May 28)
- **ORDINARY TIME** (Jun 4- Dec 2)
- **ADVENT** (Dec 3 – Dec 24)
- **CHRISTMAS** (Dec 25 – Jan 7, 2024)

THIS UPCOMING WEEK IN BC SPORTS

Monday, January 9, 2023

INDOORTRK	6:00 PM	Garfield Shot/High Jump	N	Garfield High School
SWIM	2:45 PM	Clifton	H	Ridgewood YMCA
JVBKB	5:30 PM	St. Thomas Aquinas	A	St. Thomas Aquinas
BOWL	4:00 PM	Hackensack	A	Bowler City

Tuesday, January 10, 2023

SWIM	3:30 PM	PCTI	A	PCTI
JVHOCK	5:30 PM	Brunswick	A	Brunswick School
VBKB	7:00 PM	St. Joseph Regional	A	St. Joseph Regional
JVBKB	5:30 PM	St. Joseph Regional	A	St. Joseph Regional
FRBKB	4:00 PM	St. Joseph Regional	A	St. Joseph Regional
WREST	7:00 PM	Paramus Catholic	H	Hoehl Gymnasium

Wednesday, January 11, 2023

JVHOCK	4:00 PM	Seton Hall Prep	H	Ice House Rink 2
INDOORTRK	TBA	Big North Championship	N	Ocean Breeze Staten Island, NY
BOWL	4:00 PM	Ridgewood	H	Bowler City
WREST	7:00 PM	DePaul Catholic	A	DePaul Catholic

Thursday, January 12, 2023

VBKB	7:00 PM	Don Bosco Prep	H	Hoehl Gymnasium
JVBKB	5:30 PM	Don Bosco Prep	H	Hoehl Gymnasium
FRBKB	4:00 PM	Don Bosco Prep	H	Hoehl Gymnasium
VHOCK	4:00 PM	Hun School	H	Ice House Rink 2

Friday, January 13, 2023

VHOCK	4:10 PM	Summit	A	Union
WREST	7:00 PM	Northern Highlands	A	Northern Highlands

Saturday, January 14, 2023

JVBKB	10:30 AM	Ramapo	H	Hoehl Gymnasium
FRBKB	9:00 AM	Barringer	H	Hoehl Gymnasium

Be sure to check www.bergencatholic.org for any possible changes in scheduling throughout the week.