

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS



### CRUSADERS DEFEAT XAVIER ON SENIOR NIGHT AT THE ROCK

**February 20 - Newark, NJ** - Newark after dark! Definitely



a cool place to be when you're inside the Rock! Bergen played its final regular season hockey game at the Prudential Center on Monday night against a feisty crew from Brooklyn.

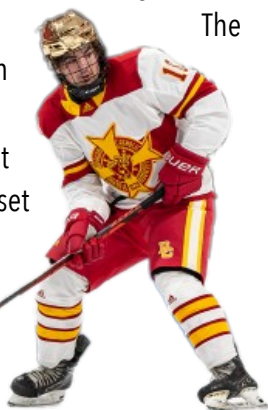


The Xavier Falcons showed they can play with one of New Jersey's finest teams, but there is a difference between play with and defeat, especially on Senior Night.

The

Crusaders built a 2-0 lead in the game as

Ethan Leja found the back of the net after Kyle Brooks and Nick Frassetto set him up with 3:13 remaining in the period. Alex Frassetto scored just four seconds later assisted by a



regular puzzle from Wheel of Fortune...Declan Quinn - Quinn Scribner.

But the Falcons scored a short-handed goal in the waning seconds of the opening period to cut the score in half.

With 5:33 remaining in the second period, the Falcons tied the score at 2, but BC didn't waste any time in grabbing the initiative once again. Alex Frassetto scored his second of the game with only Declan Quinn assisting this time just 17 seconds later.

Gavin Schornstein played tremendously in the goal, turning away 17 of 19 shots on goal. A real highlight for the fans, however, was Gavin's unorthodox distraction techniques, somewhat akin to ... actually, I don't even want to speculate what it was akin to, but suffice it to say, if you weren't there, you missed some serious distractive behavior.



SCORING	1	2	3	FIN
<b>Xavier</b>	1	1	0	<b>2</b>
<b>Bergen Catholic (9-13-1)</b>	2	1	0	<b>3</b>

### LEE STRIKES IN STATE BOWLING TOURNAMENT

**February 20 - North Brunswick, NJ** - Andy Lee was a real bright spot in the Team Bowling Championships at Bowlero in North Brunswick on Monday. The senior rolled a high game of 266, the fifth best game of the day in a field of many of the finest bowlers in the state. Dan Robertson from Jackson Memorial rolled a 279. He was followed by 278 from Southern Regional's Matt Comerro. Decon Kiessling of St. Joseph (Metuchen) bowled a 269 and Brighton Boyce of Freehold Township rolled a 268.

As a team, the Crusaders placed 10<sup>th</sup> of 11 teams in Group IV. Congratulations to Coach Larry Fierro and his entire squad on a terrific season!

## ALL BIG NORTH BOWLING TEAMS ANNOUNCED

**February 20 - Oradell, NJ** - Bergen Catholic is proud to announce the team member who earned All-Big North Conference, United Division Recognition for the 2022-2023 Season.

First Team Honors went to Liam Chin, Justin Martin and Andy Lee. Sean McKechnie earned Honorable Mention All-League Honors.

Congratulations to the entire team that went undefeated in league competition, winning the BNC United Division Title!

## BASKETBALL ADVANCES IN FIRST ROUND OF STATES

**February 21 - Oradell, NJ** - Bergen dominated all the way through on Wednesday's first round of the NJSIAA Non-Public "A" North Tournament vs. Dwight Englewood at the Hoehl Gymnasium. The Crusaders defeated their visiting Bulldogs by 30 as two seniors playing in their last home game for BC scored career highs. Rocco Gratale knocked down a three and Austin Sargenti added three of his own for 9 points as both young men made it a night to remember for BC in their 76-46 victory.

Sophomore guard, Naiim Parrish scored a game high 17 points along with junior forward Terry Copeland. Brandon Benjamin pitched in a workman-like 14. David Munro gave the Crusaders quality minutes and added eight points.

Team	1	2	3	4	TOT
#12 Dwight Englewood (11-16)	10	12	17	7	46
#5 Bergen Catholic (20-8)	17	21	20	18	76

Individual stats on the next page.

Player	FG	3PT	FTM	FTA	PTS	REB
Austin Spencer	3	0	1	1	7	1
Tyler McQuaid	0	2	0	0	6	0
Shawn Spencer	0	0	0	0	0	0
Naiim Parrish	1	0	0	0	2	0
Jaylen Robinson	1	1	0	0	5	0
David Munro	0	0	0	0	0	2
Declan Wucherpfennig	0	0	0	0	0	1
Brandon Benjamin	5	0	1	2	11	7
Terry Copeland	6	0	2	3	14	8

## DISASTROUS SECOND PERIOD DOOMS HOCKEY CAMPAIGN

**February 23 - Hackensack NJ** - The Crusaders jumped out to a 2-0 first period lead, but four Big Blue goals toppled Bergen playoff hopes on Thursday.

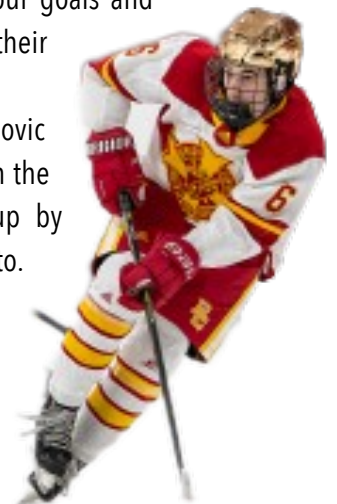


Max Wright was set up by Kyle Brooks and George Weiner to open the scoring. Alex Frassetto scored goal number two as Declan Quinn and Ethan Leja assisted. BC held a 2-0 lead into the intermission.

The second period did not go so well. Pingry skaters assaulted the goal, scoring four goals and generating a good portion of their 30 overall shots on goal.

The Crusaders' Niko Smilovic pulled Bergen within a goal in the third period. He was set up by Weiner and Frassetto. Ultimately, Pingry advanced due to an open netter at the end of the game.

Congratulations to Coach Keough and the entire team on a fine season.



SCORING	1	2	3	FIN
Pingry (14-6-1)	0	4	1	5
Bergen Catholic (9-14-1)	2	0	1	3

## PARK EARNS ALL-STATE HONOR AT RACE OF CHAMPIONS



**February 23 - Vernon, NJ** - Junior Nate Park earned All-League honors, placing 9<sup>th</sup> overall. As a result, he qualified for the New Jersey State Race of Champions. He was joined by teammate Nicholas Napolitano who earned Honorable Mention All-League and also qualified for the ROC.

Park raced well, earning 74.2 points overall. That was good enough for 11<sup>th</sup> place and Second Team All-State. Congratulations to Coach Joe DeFilippo and his skiers on an outstanding season!

## BASKETBALL SINKS PIRATES TO SET UP BC-BOSCO IV

**February 24 - West Orange, NJ** - The 9-0 hole Bergen found itself on Friday night was quickly eroded. Down 1 at the half, the Crusaders blew by the Pirates with a devastating 20-8 third quarter enroute to a 63-52 victory.

Terry Copeland scored 19 and Brandon Benjamin added 18 for the Crusaders to lead the offense. Naiim Parrish pitched in 11, including three 3-point baskets.

SCORING	1	2	3	4	FIN
#5 Bergen Catholic (21-8)	18	15	20	10	63
#4 Seton Hall Prep (21-5)	24	10	8	10	52

Player	FG	3PT	FTM	FTA	PTS
Austin Spencer	1	2	1	2	9
Shawn Spencer	0	0	1	2	2
Tyler McQuaid	0	0	0	0	0
Naiim Parrish	1	3	0	0	11
Jaylen Robinson	0	0	0	0	0
David Munro	1	0	0	0	2
Mikai Klintman	1	0	1	2	3
Brandon Benjamin	9	0	0	0	18
Terry Copeland	8	1	0	0	19

## FRICCHIONE PINS TWO 13 ADVANCE TO SEMIS IN REGION 2 AS BC SCORES 112.5

**February 25- Mount Olive, NJ** - Crusader wrestlers faired exceedingly well (not surprisingly) on Friday night, moving 13 of 14 wrestlers into the semifinal round and having all 14 wrestlers still alive in their quest for an Atlantic City bid.

After the Quarterfinals, BC led the 37-team field with 112.5 points. Paramus Catholic followed closely behind with 101.5 points with Mount Olive (52.5), West Essex (42) and Morris Hills & Passaic Valley (29 each) rounding out the Top 5 (6).

### PRE QUARTERFINALS

WT	Wrestler	Result
215	AJ Frichione	W-Pin 0:41

### QUARTERFINALS

WT	Wrestler	Result
106	#4 Nathan Braun	W-TF (4:54) 18-3
113	#2 Chris Nucifora	W-TF (3:42) 17-1
120	#8 Nick Palitto	L-Pin 2:20
126	#4 Noah Kochman	W-Dec 7-0
132	#2 Riley Halal	W-Dec 5-3
138	#3 Joey Canova	W-MD 13-2
144	#1 Ryan Ford	W-Pin 0:29
150	#1 Christopher Bacchioni	W-Pin 1:19





WT	Wrestler	Result
157	#1 Aidan Wallace	W-Pin 1:51
165	#1 Eric Broadie	W-Pin 2:30
175	#2 Justin Onello	W-Pin 0:37
190	#3 Leo Varga	W-TF (4:37) 16-0
215	#2 AJ Fricchione	W-Pin 1:09
285	#4 Benjamin Shue	W-Pin 1:00

## BRAUN PINS TOP SEED HE AND 7 CRUSADERS PUNCH TICKETS TO REGIONAL FINALS

**February 26 - Mount Olive, NJ** - The Crusaders moved 8 wrestlers into the finals on Saturday morning in the Region 2 Tournament. Freshman Nathan Braun pinned his opponent, the top seed in the weight class) to advance at 106 pounds. Junior Chris Nucifora (113 lbs), Riley Halal (132), Joey Canova (138), Ryan Ford (144), Chris Bacchioni (150), Aidan Wallace (157) and Eric Broadie (165) all reached the finals as well.

### SEMIFINALS

WT	Wrestler	Result
106	#4 Nathan Braun	W-Pin 5:04
113	#2 Chris Nucifora	W-Pin 4:21
126	#4 Noah Kochman	L-TF (5:29) 18-3
132	#2 Riley Halal	W-Dec 7-5
138	#3 Joey Canova	W-Pin 2:45
144	#1 Ryan Ford	W-Pin 3:16
150	#1 Christopher Bacchioni	W-Pin 2:28
157	#1 Aidan Wallace	W-TF (5:52) 15-0
165	#1 Eric Broadie	W-MD 12-0
175	#2 Justin Onello	L-UTB 4-2
190	#3 Leo Varga	L-Pin 1:05
215	#2 AJ Fricchione	L-UTB 3-2
285	#4 Benjamin Shue	L-Dec 11-6

### CONSOLATION QUARTERFINALS

WT	Wrestler	Result
120	#8 Nick Palitto	W-Dec 6-3

## CRUSADERS ADVANCE ENTIRE LINEUP TO STATES!!

**February 26 - Mount Olive, NJ** - We believe this is historical in that for the first time in NJ Wrestling History an entire team has advanced to the state championships in Atlantic City. Four Regional Champions, four second place winners and six third place finishers have all advanced to next week's Individual State Championship Tournament. Here are the results:

### FINALS

WT	Wrestler	Result
106	#4 Nathan Braun	W-MD 12-0
113	#2 Chris Nucifora	L-Dec 3-1
132	#2 Riley Halal	L-Dec 5-1
138	#3 Joey Canova	W-Dec 4-3
144	#1 Ryan Ford	W-TF (5:02) 22-4
150	#1 Christopher Bacchioni	W-Dec 6-4
157	#1 Aidan Wallace	L-Dec 6-5
165	#1 Eric Broadie	L-Dec 7-2

### CONSOLATION SEMIFINALS

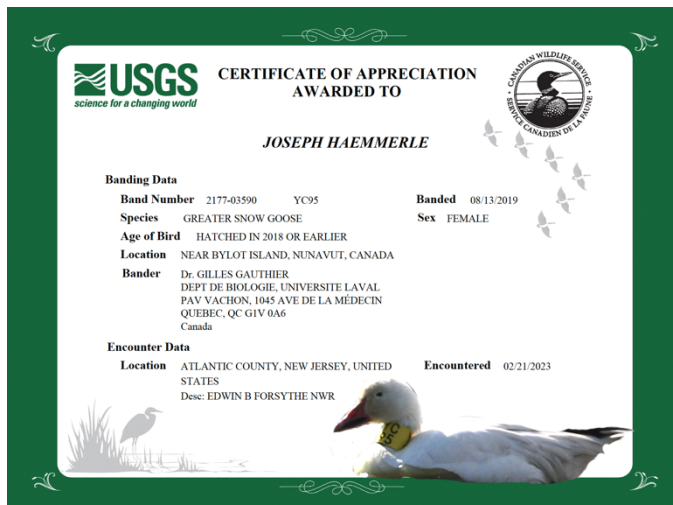
WT	Wrestler	Result
120	#8 Nick Palitto	W-Pin 4:52
126	#4 Noah Kochman	W-MD 10-1
175	#2 Justin Onello	W-Pin 0:41
190	#3 Leo Varga	W-MD 11-0
215	#2 AJ Fricchione	W-Pin 5:05
285	#4 Benjamin Shue	W-Pin 0:43

### THIRD PLACE CONSOLATIONS

WT	Wrestler	Result
120	#8 Nick Palitto	W-Dec 5-0
126	#4 Noah Kochman	W-Dec 7-0
175	#2 Justin Onello	W-Pin 0:42
190	#3 Leo Varga	W-Pin 0:26
215	#2 AJ Fricchione	W-Dec 4-2
285	#4 Benjamin Shue	W-Pin 1:21

# BIRD OF THE WEEK

## GREATER SNOW GOOSE



**February 32 - Brigantine, NJ** - So let's say you see a bird and it has a band on it. A band? Yes. It has a band, like the one on this greater snow goose pictured above. As you can see the tag reads "YC 95". The band is yellow and has black lettering/numbering. If you share this information, often times you can learn more about the specific bird by requesting a certificate from the US Geological Survey. They can provide information about where the bird was banded, the sex and how old the bird is.

As you can see from the certificate, this particular bird is at least five years old and it was banded in August of 2019.



Snow Geese are beautiful to encounter. This time of year, you can find tremendous flocks, like this one of about 2500 at Edwin B. Forsythe NWR. In trips to the Delmarva Peninsula (named because it is made up of parts of the following states DELaware, MARYland and VirginiA.) I have seen tens of thousands of snow geese in the farmlands. The

geese provide for an inexperience source of fertilizer for the farmers, so when they arrive, they are not unwelcome.



The sample of the certificate does not include a visual of the bird photograph I submitted. That was a little photoshopping for our audience.

Here is the text from the e-mail I received and where you can report banded birds that you encounter.

### **The North American Bird Banding Program**

*Bird banding is important for studying the movement, survival and behavior of birds. About 60 million birds representing hundreds of species have been banded in North America since 1904. About 4 million bands have been recovered and reported.*

*Data from banded birds are used in monitoring populations, setting hunting regulations, restoring endangered species, studying effects of environmental contaminants, and addressing such issues as Avian Influenza, bird hazards at airports, and crop depredations. Results from banding studies support national and international bird conservation programs such as Partners in Flight, the North American Waterfowl Management Plan, and Wetlands for the Americas.*

*The North American Bird Banding Program is under the general direction of the U.S. Geological Survey and the Canadian Wildlife Service. Cooperators include the U.S. Fish and Wildlife Service, Mexico's National Commission for the Knowledge and Use of Biodiversity and Secretary of the Environment and Natural Resources; other federal, state and provincial conservation agencies; universities; amateur ornithologists; bird observatories; nature centers; nongovernmental organizations such as Ducks Unlimited and the National Audubon Society; environmental consulting firms and other private sector businesses. However, the most important partner in this cooperative venture is you, the person who voluntarily reported a recovered band. Thank you for your help.*

**U.S. Geological Survey  
Canadian Wildlife Service**

**Please Report Bands at [www.reportband.gov](http://www.reportband.gov)**



# Bergen Catholic High School

Presents

## The 25<sup>th</sup> Annual Putnam County SPELLING BEE



Tickets available at [hacpac.org](http://hacpac.org)  
\$20.00 General Admission  
\$15.00 Student Admission

Dates:  
March 10th at 7:30  
March 11th at 7:30  
March 12th at 3:00

At the  
**Hackensack Performing Arts Center**  
102 State Street  
Hackensack, NJ 07601

Bergen Catholic High School – 1040 Oradell Avenue – Oradell, NJ – 07649 – [www.bergencatholic.org](http://www.bergencatholic.org)  
Founded and Staffed by the Edmund Rice Christian Brothers



## 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.

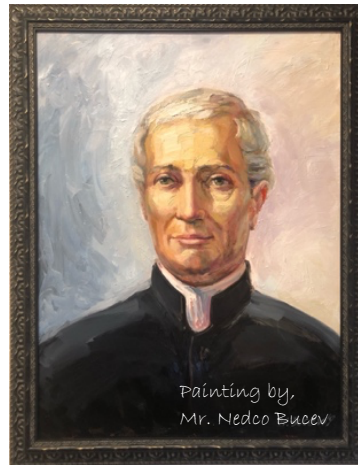
## Serenity Prayer

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.



## Footprints in the Sand

One night I dreamed a dream.

As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.

For each scene,

I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.

I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.

"Lord, you said once I decided to follow you,  
You'd walk with me all the way.

But I noticed that during the saddest and most  
troublesome times of my life,  
there was only one set of footprints.

I don't understand why, when I needed You the most,  
You would leave me."

He whispered, "My precious child, I love you and will  
never leave you

Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

## LITURGICAL CALENDAR 2023

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

*"Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is, life is a good when you are happy, but much better when others are happy because of you."*

Pope Francis

# THIS UPCOMING WEEK IN BC SPORTS

## Monday, February 27, 2023

SKI	TBA	States - Slalom	N	Vernon
VBKB	7:00 PM	NJSIAA - Don Bosco Prep	A	Don Bosco Prep

## Tuesday, February 28, 2023

SKI	10:00 AM	States - Meet of Champions	N	Vernon
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## Wednesday, March 1, 2023

VBKB		TBA		
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## Thursday, March 2, 2023

WRESTLING	TBA	NJSIAA Individual State Championships	N	Atlantic City
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## Friday, March 3, 2023

WRESTLING	TBA	NJSIAA Individual State Championships	N	Atlantic City
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## Saturday, February 25, 2023

WRESTLING	TBA	NJSIAA Individual State Championships	N	Atlantic City
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Be sure to check [www.bergencatholic.org](http://www.bergencatholic.org) for any possible changes in scheduling throughout the week.

## PARK FINISHES 10<sup>th</sup> AT GIANT SLALOM STATE FINAL

**February 24 - Vernon, NJ** - Nathan Park finished 10<sup>th</sup> in a field of 65 on Friday at the New Jersey Interscholastic Ski Race Association at Mountain Creek.

The Crusaders finished 8<sup>th</sup> overall as a team behind: Don Bosco Prep, Delbarton, Sparta, Blair, Ridge, Ridgewood and Morristown Beard.

Skier	Run 1	Run 2	Total
Nathan Park	47.41 (12)	45.84 (10)	1:33.52 (10)
William Dodds	55.30 (37)	52.96 (32)	1:48.26 (32)
Nick Wheaton	56.90 (41)	55.06 (36)	1:51.96 (35)
Aiden Hickey	57.47 (42)	57.16 (40)	1:54.63 (38)

