

TWIBCS SPORTS

God, Family, Academics, Bergen Catholic Sports



FASTEST



NORTH

CRUSADER 4x100m SHOCKS

'EM ALL AT PENN RELAYS

TWIBCS SPORTS

God, Family, Academics, Bergen Catholic Sports

FROSH BB BEATS IONA PREP 4-3

April 24 - Haworth, NJ - The Crusader Freshman Baseball team had a big win over Edmund Rice brother-school, Iona Prep on Monday. After Ethan Shropshire walked, Petros Rouggeris drilled a two-run homerun. Owen Rose and Matthew Kong each had doubles and supported outstanding pitching by Jack Pinterelli, who went five innings for the win. Michael Kang followed up with two innings and earned the save.

ALL SORTS OF STORIES SIZZLE AS CRUSADERS RUN HISTORIC RACE AT PENN RELAYS!

April 27 and 28 - Philadelphia, PA - Bergen Catholic's 4x100 relay team earned an historic victory on Friday, winning the Northeast Championship race at the Penn Relays at historic Franklin Field. The runners pictured below (Logan Casey, Andrew Boakye, Kaj Sanders and Allan Hilton Clarke) clocked in at a **42.37**. The Crusaders defeated teams from four states, the closest challenge coming from Roman Catholic HS (PA) with a time of 42.79.

Now I don't know if any of this is true, but rumors had it one of the motivating factors for the Crusaders were they

wanted to finish especially fast so they could get the DB bibs off as fast as possible. Heck, I even heard Logan Casey ran so fast, his actually spontaneously combusted, never to be seen again. Whatever the case, good for these exceptional young men who made their goal a reality.

HIGH SCHOOL BOYS' 4X100M NORTHEAST		7FLO
1	Bergen Catholic / NJ	42.37
2	Roman Catholic / PA	42.79
3	Iona Prep / NY	42.80
4	Salesianum / DE	42.97
5	Spring-Ford / PA	43.14
6	Downton West / PA	43.37
7	Pennridge / PA	43.78
8	Livingston / NJ	45.02

EVENT: 321 HEAT: 1



If you'd like to watch the video, see it here:
<https://www.youtube.com/watch?v=5Br7dLCQZNI>

It will take you less time to watch than it took me to put on my shoes this morning.

Sean Coll led all NJ javelin throwers, finishing 12th overall with a throw of 167' 9" on Friday.



Ben Shue placed fourth overall in the discus, cranking out a throw of 196' 8" at the Penn Relays.



this week in Crusader baseball

The Crusaders swept a pair of Big North Conference United Division games against Paramus Catholic before being edged by Delbarton on Friday 3-2 in a battle two of the state's top teams (#2 BC and #3 Delbarton).

April 24 - Lyndhurst, NJ -



Team	1	2	3	4	5	6	7	R	H	E
Paramus Catholic	0	0	0	2	0	0	0	2	4	6
Bergen Catholic (10-1)	1	0	3	0	0	2	X	6	7	0

COACH MUGGEO EARNS 150th VICTORY AT BC

April 26 - Paramus, NJ - BC broke a 1-1 tie in the top of the seventh to sweep the series against Paramus Catholic. Bergen took a 1-0 lead in the fourth, but the Paladins answered quickly in the bottom half of the inning. Luke Dellantash, Stanley Moreno and Dhruv Vengurlekar combined for the victory.



Team	1	2	3	4	5	6	7	R	H	E
Bergen Catholic (11-1)	0	0	0	1	0	0	2	3	8	2
Paramus Catholic	0	0	0	1	0	0	0	1	5	1

This victory was the 40th in 48 attempts with the Paladins. BC has a current winning streak of 9 games dating back to 2018.

#3 GREEN WAVE EDGES #2 BC

April 24 - Lyndhurst, NJ - The Crusaders suffered a difficult loss at the hands of Delbarton School on Friday at Breslin Field. The visitors scored in the opening inning, but were immediately matched by the Crusaders.

In the third inning, Delbarton knocked a pair of runs across home and again BC answered, but Bergen was only able to get one run across. The two schools pitched well and played solid defense for the remaining four innings, holding each other scoreless. BC had an opportunity with two on in the seventh, but were not able to bring the runs home.

Team	1	2	3	4	5	6	7	R	H	E
#3 Delbarton	1	0	2	0	0	0	0	3	-	-
#2 Bergen Catholic (11-2)	1	0	1	0	0	0	0	2	-	-

JV BASEBALL SURFS WAVE 3-2


April 28 - Morristown, NJ - The JV Baseball Team defeated the Green Wave of Delbarton 3-2 on Friday. Felix Matos hit a sacrifice fly RBI, knocking in David Varoli for the game winner. Nick Issa, Jimmy Corcoran and Jake Howarth combined to pitch 7 innings for the win.




THIS WEEK IN BC GOLF

VARSITY WINS 4 OF 5 MATCHES

April 21 - Wayne, NJ - The Crusaders were shocked on Monday at the Arcola Invitational as Ramapo's Green Raiders pulled off a major upset, shooting 311. BC was second at 313 in the 14 team field. After defeating a strong SJR team, BC came back and beat Ramapo by twenty strokes on Wednesday 152-172. They finished off the week with a victory over Ridgewood HS and the Crusaders now stand at 17-1 on the season.

Day	MON	TUE	WED	THU	
	Arcola Invitational	St. Joseph Regional	Ramapo	Ridgewood	Weekly Average (9)
Name					
Liam White	82 (16 th)	36	36	32	37.2
Ryan Applin	78 (8 th)	35	40	36	37.8
Ryder Hodgson	74 (4 th)	42	37	39	38.4
Nakhil Sahu	-	49		45	47
Adam Sincavage	79 (10 th)	43	40	39	40.2
Chris Vrtis	-	45	47		46
Andrew Lama	-	-	46		46
John Keyes	96 (51 st)	-	-	45	47
CRUSADERS	313	156	152	146	151.6
OPPONENTS	311	168	172	170	184
	2nd	W	L	W	

Day	MON	TUE	
	Demarest	Don Bosco	Week Average
Name			
Andrew Lama	-	46	46
John Keyes	-	47	47
Will Calocino	-	41	41
Alex Herrera	41	-	41
Calvin Jung	-	41	41
PJ Guinan	49	-	49
Owen Smith	41	-	41
Danny O'Neill	55	-	55
Jack Driscoll	-	52	46
Donovan Reid	53	-	53
Peter Dente	45	-	45
Erich Surovets	-	49	49
BERGEN CATHOLIC	176	175	
OPPONENT	226	173	
	W	L	

FROSH QUAD PLACES @ GARDEN STATE CREW CHAMPIONSHIPS

April 29 - Camden, NJ - Congratulations to our Freshman



Quad for placing 3rd and earning a Bronze Medal at the Garden State Championships in Camden NJ in our New Boat, **The Richard P. Saunders**. Way to Go Colin, Jack, Carmelo and Owen. We are so proud

of you. Shout out to our Head Coach Labozzetta and Coach Saunders. Go BC Crew!

Our Team also showed great improvement in other categories - the Mens Sr Single - Owen, Mens Jr Single - Ronan, Mens Jr Doubles - Alexander & Luis, Mens Jr Doubles - Avery & Eddie and Mens Jr Doubles - Luke & Will. Looking forward to the City Championships next weekend!

Special thanks to BC Crew Mom extraordinaire, Joanne Georgiou, for all of her help with information and photos!!!



LACROSSE KEEPS SCRAPPING

April 26 - Ridgewood, NJ - Despite being in the most challenging part of their season, the Crusaders are hoping the daily challenges will be preparing them for success in the Bergen County Tournament. They host Northern Highlands on Tuesday at 4:15pm to start it off.

On Wednesday, last week, BC visited Ridgewood HS and played a strong game less, one quarter, once again. This time it was a four-goal second at the hand of the hosts. Richie Reid, Jack Tenaglia, Luke Macejka and Jimmy Carey all scored for BC. Parker Day turned away 12 of the 22 shots on goal he faced.

TEAM	1	2	3	4	T
BC (3-5)	0	1	2	1	4
Ridgewood (7-1)	1	3	2	3	10

JV LAX REMAINS UNBEATEN

April 26 - Ridgewood, NJ - Bergen defeated Ridgewood in overtime on Wednesday 8-7 to remain undefeated on the season. The JV record currently stands at 8-0.



BROTHERS' CUP BRINGS BC-IONA TOGETHER

April 29 - New Rochelle, NY - Jack Tenaglia recorded a hat trick and Richie Reid, Jimmy Carey, Joe Marinaccio and Dan Sheppard all scored, but it was not enough to overcome a strong Gaels squad. Sheppard won 13 of 22 draws (59%) in a rainy, miserable day in Westchester County. Parker Day turned away 15 of 32 shots on net.

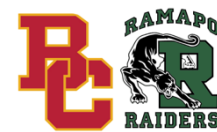


TEAM	1	2	3	4	T
BC (3-6)	2	0	3	2	7
Iona Prep	1	5	7	4	17

JV LAX FEASTS ON 'PO

BERGEN ADVANCES IN COUNTIES

April 28 - Oradell, NJ - It was the best of times, it was the worst of times. I haven't used that cliché in a while. This game may have been worthy of that moniker.



Penalties. Penalties. More Penalties. In a game where the referees seemed very willing to demonstrate their penalty-calling abilities, the number of penalty minutes was almost incalculable. For the first time in my experience, I saw BOTH TEAMS face 6v3 Extra-Man Opportunities, not to mention multiple 6v5 and 6v4s.

In short, BC won 10-3 as Will Borg and Eamonn Twomey led a high-powered offense and Nate Johnston stymied the Green Raider offense. Josh Rodman was outstanding at the face-off x and defender Steve Copeland left his mark on many Ramapo attacker.

JV LAX SUFFERS

FIRST DEFEAT OF SEASON

April 29 - New Rochelle, NY - The JV Lacrosse Team ran up 9 consecutive victories to open the season. That streak was broken on Saturday as the Crusaders visited Wellington Mara Memorial Field, home of the Gaels. One goal separates BC from a perfect 10-0 mark as the Scarlet and Gold fell 8-9. BC returns to action in the County Tournament this week.



TENNIS TIMES

RAQUETEERS GO 3-1 THIS WEEK

April 24 - Montvale, NJ - In a hard-fought match, BC defeated the Broncos of Pascack Hills 5-0. All but one of the matches went three sets, making this match very unlike many other FIVE-Ohs. BC improved to 5-3 on the season with the victory.



Match	Player(s)	Set 1	Set 2	Set 3	W/L
1 st SING	Andrew Song	6-4	2-6	10-4	W
2 nd SING	Philip Saint Cyrus	2-6	6-0	6-2	W
3 rd SING	Daniel Calianese	6-3	4-6	10-7	W
1 st DOUB	Brian Song/Daniel Song	4-6	6-2	6-1	W
2 nd DOUB	Ryan Kim/John Nalbadian	6-4	6-1		W

BERGEN BEATS BOSCO

April 25 - Washington Township, NJ - It's always lovely to say. Thanks for terrific efforts from all of BC's court men. Philip Saint Cyrus came back after dropping his first set to win 6-4 and 10-8. Daniel Calianese battled through 13 games to ultimately emerge victorious in his first set. He got the job done in the second set to win 2-0. Once again BC's doubles teams did a superb job defeating their opponents by a combined 24 games to 8.



Match	Player(s)	Set 1	Set 2	Set 3	W/L
1 st SING	Andrew Song	1-6	2-6		L
2 nd SING	Philip Saint Cyrus	4-6	6-4	10-8	W
3 rd SING	Daniel Calianese	7 ⁷ -6 ⁴	6-3		W
1 st DOUB	Brian Song/Daniel Song	6-3	6-1		W
2 nd DOUB	Ryan Kim/John Nalbadian	6-2	6-2		W

April 26 - PARAMUS, NJ - Bergen breezed through their match with the Spartans of Paramus HS. The Crusaders took 60 of the 66 games played. Daniel Song excelled at third singles and Daniel Calianese and Jordi Visser pitched a shutout (6-0, 6-0) at first doubles. Markus Kim and Christian Marchisio finished off the job at second doubles.



Match	Player(s)	Set 1	Set 2	Set 3	W/L
1 st SING	Andrew Song	6-2	6-1		W
2 nd SING	Philip Saint Cyrus	6-0	6-0		W
3 rd SING	Daniel Song	6-0	6-0		W
1 st DOUB	Daniel Calianese/Jordi Visser	6-0	6-0		W
2 nd DOUB	Marcus Kim/Christian Marchisio	6-3	6-0		W

CRUSADERS

CAN'T HOLD THAT TIGER

April 27 - Tenafly, NJ - Midseason competition definitely brings out the best in you and Bergen was challenged to be their best by Tenafly on Thursday. Philip Saint Cyrus once again battled back from losing his first set 2-6, to win his last two sets 6-3 and 7-5. Brian Song and Daniel Song controlled their opponents in straight sets 6-4, 6-4, but the match got away. BC's record now stands at 2-0 in the BNC and 7-4 overall.



Match	Player(s)	Set 1	Set 2	Set 3	W/L
1 st SING	Andrew Song	6-3	6 ³ -7 ⁷	1-6	L
2 nd SING	Philip Saint Cyrus	2-6	6-3	7-5	W
3 rd SING	Daniel Choi	2-6	5-7		L
1 st DOUB	Brian Song/Daniel Song	6-4	6-4		W
2 nd DOUB	Ryan Kim/John Nalbadian	4-6	6 ⁶ -7 ⁸		L

VOLLEYBALL'S IAN WALLS

April 25 - Newark, NJ - Senior captain, Ian Walls, continues to lead the Crusaders in body, spirit and assists. On Monday, the senior set up his teammates twelve times, leading the team in two closely played games. Jeongsoo Park (4 kills, 3 digs and 2 aces), George Azrumelashvili (3 kills and 2 digs) and Jackson Vonderhorst (2 kills) all tested the opposing team and statisticians for sure!

Thomas Cusick recorded 2 kills and eight digs while Yuanzhe Li scored two aces, two kills and an assists. And let us not forget one of Mr. Haemmerle's favorite religion 3 students, John Paul Sinagra who recorded two kills, two digs and an assist. Keep scapping guys!

TEAM	1	2	3	FINAL
McNair	25	25	-	2
BC	17	9	-	0

BC PLAYS WAYNE VALLEYBALL

April 27 Oradell, NJ - Senior captain, Ian Walls, continues

TEAM	1	2	3	FINAL		
McNair	25	25	-	2		
BC	17	9	-	0		
Player	Kills	Blocks	Digs	Assists	Serv Pts	Aces
Thomas Cusick	1	1	4	0	0	0
George Azrumelashvili	1	0	8	0	0	1
Jeongsoo Park	3	0	7	0	0	0
Ian Walls	0	0	1	9	0	1
John Paul Sinagra	4	0	5	0	0	0
Yuanzhe Li	4	0	0	0	0	1

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

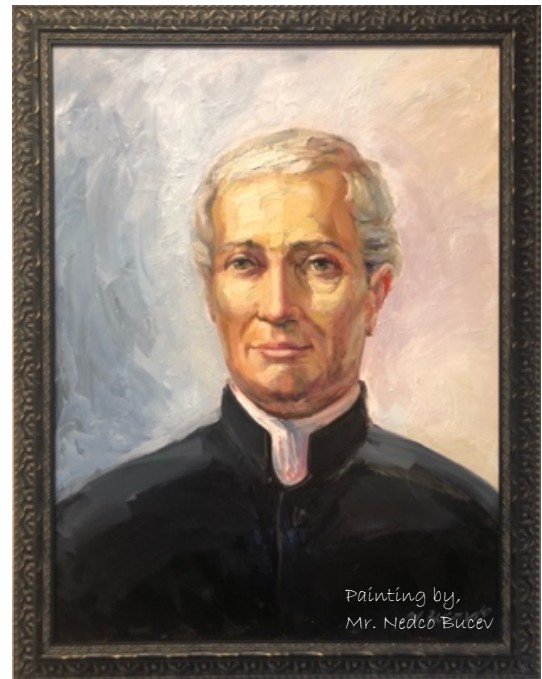
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

The Jesus Prayer

Lord Jesus Christ, Son of God,
 have mercy on me, a sinner.

Blessed Edmund Rice

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.



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 and 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.

make me a channel of your peace (prayer of st. francis)

¶1 Make me a channel of your peace
Where there is hatred let me so your love
Where there is injury, your pardon Lord
And where there's doubt true faith in You.
¶2 Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy.
¶3 Oh, Master grant that I may never seek
So much to be consoled as to console.
To be understood as to understand.
To be loved as to love with all my soul.
¶4 Make me a channel of your peace.
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.
¶3
¶2

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 in Her
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.
Duh, Duh, Duh, Duh, Dum.

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.

LITURGICAL CALENDAR 2023

- **ORDINARY TIME** (Jan 6-Feb 21)
- **ASH WEDNESDAY** (Feb 22) **LENT**
- **HOLY WEEK** (Apr 2-8)
- **HOLY THURSDAY** (Apr 6)
- **GOOD FRIDAY** (Apr 7)
- **EASTER** (Apr 9)
- **PENTECOST** (May 28)
- **ORDINARY TIME** (Jun 4- Dec 2)
- **ADVENT** (Dec 3 – Dec 24)
- **CHRISTMAS** (Dec 25 – Jan 7, 2024)

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."

"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



The Ten Commandments

*I am the Lord your God: you shall not have
strange gods before me.*

*You shall not take the name of the Lord your
God in vain.*

Keep holy the Lord's Day.

Honor your father and mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

*You shall not bear false witness against your
neighbor.*

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.

Prayer to Our Lady of Perpetual Help



Mother of Perpetual Help, you have been blessed and favored by God.

You became not only the Mother of the Redeemer, but the Mother of the redeemed as well. We come to you today as you are loving children.

Watch over us and take care of us.

As you held the child Jesus in your loving arms, so take us in your arms.

Be a mother ready at every moment to help us. Our greatest fear is that in time of temptation, we may fail to call out to you, and become lost children. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you.

Mother of Perpetual Help. Pray for us!

Amen.

Share Catholic
www.ShareCatholic.com

How can we honor Mary in the month of May?

May crownings are one of the most popular ways to celebrate the month of Mary. Make a crown of flowers for your Mary statue and adorn your indoor and outdoor Mary statues with fresh blooming flowers this month. Add a candle too for an extra touch. If you don't have a Mary statue, now would be a good time to get one.