

# TWIBCS SPORTS

*God, Family, Academics, Bergen Catholic Sports*

## BASEBALL

### NJ #6 - 25 WINS - 6 LOSSES BNC UNITED DIVISION CHAMPIONS

The Crusaders finished the 2023 Season with a record of 25-6 and a #6 state ranking. Coach Muggeo's Crusaders were really something to see, earning a moniker of cardiac Crusaders for the number of come-from-behind victories they achieved and ultimately reaching the NJSIAA Non-Public "A" North Section Final. Bergen tied for the BNC division with Don Bosco Prep and St. Joseph Regional, each team splitting their 2-game series with one another. It was the Crusaders first division title since 2014.



### ALL-STATE

Luca Reyes	OF	FIRST TEAM
Harrison Certo	IF	THIRD TEAM

### ALL-STATE NON-PUBLIC

Luca Reyes	OF	FIRST TEAM
Harrison Certo	IF	FIRST TEAM
Christian Charalambous	P	THIRD TEAM

### ALL-BERGEN COUNTY

Christian Charalambous	P	FIRST TEAM
Luca Reyes	OF	FIRST TEAM
Harrison Certo	IF	FIRST TEAM
Jack Duffy	P	SECOND TEAM
Aidan Baglino	C	SECOND TEAM

### ALL-BNC UNITED DIVISION

Luca Reyes	OF	FIRST TEAM
Harrison Certo	IF	FIRST TEAM
Christian Charalambous	P	FIRST TEAM
Jack Duffy	P	FIRST TEAM
Stanley Moreno	P	SECOND TEAM
Aidan Baglino	C	SECOND TEAM
Jamie Zee	IF	SECOND TEAM
Braden Connors	OF	SECOND TEAM
Michael Biskup		HONORABLE MENTION
Dhruv Vengurlekar		HONORABLE MENTION

### NORTH JERSEY PLAYER OF THE YEAR NOMINEES

Luca Reyes	OF
Christian Charalambous	P



# BASKETBALL

**NJ #6 - 22 WINS - 9 LOSSES**

**JAYVEE BERGEN COUNTY CHAMPIONS**

The Crusaders finished the 2022-23 Season with a record of 22-9 and a #6 state ranking. Coach Armstrong's squad played determined basketball all-season long, defeating northern nemesis Don Bosco Prep in the section semifinals and ultimately reaching the NJSIAA Non-Public "A" North Section Final.



## ALL-STATE NON-PUBLIC

Brandon Benjamin	F	THIRD TEAM
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## ALL BERGEN COUNTY

Brandon Benjamin	F	FIRST TEAM
Terry Copeland	F	FIRST TEAM

## ALL-BNC UNITED DIVISION

Brandon Benjamin	F	FIRST TEAM
Terry Copeland	F	FIRST TEAM
Mikai Klintman	G	SECOND TEAM
Tyler McQuaid		HONORABLE MENTION

## NORTH JERSEY PLAYER OF THE YEAR NOMINEES

Brandon Benjamin

Terry Copeland

# BOWLING

## NORTH JERSEY GROUP 4 SECTION CHAMPIONS; BNC UNITED CHAMPS

Coach Fierro's bowling Crusaders had another tremendous season, winning the BNC United title, the school's 30<sup>th</sup> league championship. In addition, Bergen won the North 1 Group 4 Section Championship and qualified for the New Jersey State Championship for the first time since 2010.



## ALL BERGEN COUNTY

Liam Chin	FIRST TEAM
Justin Martin	SECOND TEAM

## ALL-BNC UNITED DIVISION

Liam Chin	FIRST TEAM
Justin Martin	FIRST TEAM

## NORTH JERSEY BOWLER OF THE YEAR NOMINEES

Liam Chin



# COLLEGE COMMITS CLASS OF 2023

It was an awesome year of college placements once again in Crusader Country! Forty-four student-athletes in eight different sports announced their commitments to compete at the NCAA Division I, II or III levels (or in the United Kingdom) next year in college. Here is a complete listing of this year's placements.

## NOVEMBER SIGNING PERIOD

Aidan Baglino	Fairfield University	Baseball
Michael Biskup	Washington College	Baseball
Harrison Certo	Bates College	Baseball
Christian Charalambous	Presbyterian College	Baseball
Braden Connors	Coll. of the Holy Cross	Baseball
Luca Reyes	University of Miami	Baseball
Patrick Cece	Merrimack College	Lacrosse
Anthony Liggio	Johnson and Wales	Lacrosse
Ryan Loughlin	Oberlin College	Lacrosse
Richie Reid	St. John's University	Lacrosse
Mark Ruggeiro	Cabrini University	Lacrosse
Dan Sheppard	Johns Hopkins Univ.	Lacrosse
Gavin Perez	Colgate University	Swimming
Justin Onello	Lehigh University	Wrestling

## DECEMBER SIGNING PERIOD

Joe Barry	Yale University	Football
Christian Carti	Columbia University	Football
Jack Comeau	Princeton University	Football
Dylan Garrity	Yale University	Football
Justin King	Denison University	Football
Malachi Mercer	Columbia University	Football
Sydir Mitchell	University of Texas	Football
DJ Samuels	University of Maryland	Football
Saeed St.Fleur	University of Delaware	Football
Carmelo Velardo	Hamilton College	Football
Sean Woods	Coll. of the Holy Cross	Football
Noah Spencer	Stevens Inst. Of Tech.	Lacrosse
AJ Fricchione	Penn State University	Wrestling
Aiden Wallace	Duke University	Wrestling

## FEBRUARY SIGNING PERIOD

Matt Semelsberger	Trinity College	Swimming
Kyle Tencza	Stonehill College	Soccer
Chris Bacchioni	Virginia Tech	Wrestling

## MAY SIGNING PERIOD

Dhruv Vengurlekar	New York University	Baseball
Jason Gentilello	Dickinson College	Football
Michael Gentilello	Springfield College	Football
Aaron Sylvester	Muhlenberg College	Football
Alex Klecha	SUNY - Oswego	Lacrosse
Sebastian Londono	St. Elizabeth Univ.	Soccer
Conor Morrin	St. Elizabeth Univ.	Soccer
Spencer Neal	Leeds Beckett U. (UK)	Soccer
Javier Torres	St. Vincent College	Soccer
Thomas Rogers	Marist College	Track & Field
Grailin Simmons	Drew University	Track & Field
Eric Broadie	Rider University	Wrestling
Ethan Washburn	Wilkes University	Wrestling

# CROSS-COUNTRY

Coach Josh Powers led a powerful squad that finished second overall in the Big North United Division. The work the team did during the fall laid the foundation to some fine results in the distance races in winter and spring track.

## ALL-BNC UNITED DIVISION

Tom Rogers	FIRST TEAM
James Hughes	FIRST TEAM
Jacob Rodman	SECOND TEAM
Elias Garcia	SECOND TEAM
Alex DeFina	HONORABLE MENTION

# CREW

Fall and Spring Seasons enjoyed spirited coaching and spirited pulling as Coaches Labozzetta and Saunders saw their rowers in four new shells (boats), competing in regatas in two states.



# FOOTBALL

## NON-PUBLIC "A" STATE CHAMPIONS USA #20 - NJ #1- 11 WINS - 1 LOSS NJ TEAM OF THE YEAR

The only thing that seemed to stop Coach Campanile's Crusaders was a mid-season uniform malfunction against the Ironmen. Bergen slipped at home early in the season vs. Rival #1, but more than answered the bell with the most lopsided win in school history in a state championship game, a 45-0 victory over the Ironmen at MetLife Stadium on Thanksgiving Day weekend.

### USA TODAY NETWORK ALL- STATE

Quincy Porter	WR	FIRST TEAM (OFF)
Saeed St.Fleur	RB	FIRST TEAM (OFF)
Malachi Mercer	LB	FIRST TEAM (DEF)
Sydir Mitchell	DL	FIRST TEAM (DEF)
DJ Samuels	DL	FIRST TEAM (DEF)

### ALL- STATE (STAR LEDGER/NJ.COM)

Saeed St.Fleur	RB	FIRST TEAM (OFF)
Malachi Mercer	LB	FIRST TEAM (DEF)
Quincy Porter	WR	SECOND TEAM (O)
Sydir Mitchell	DL	SECOND TEAM (D)
DJ Samuels	DL	THIRD TEAM (DEF)

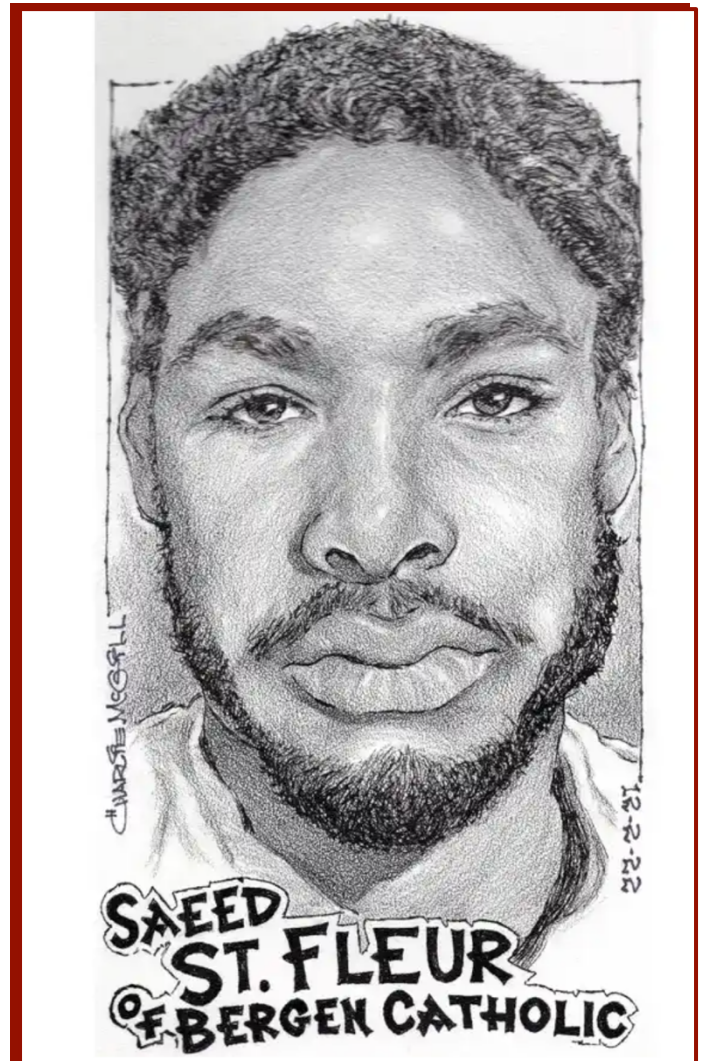
### ALL-STATE NON-PUBLIC

Quincy Porter	WR	FIRST TEAM (OFF)
Saeed St.Fleur	RB	FIRST TEAM (OFF)
Malachi Mercer	LB	FIRST TEAM (DEF)
Sydir Mitchell	DL	FIRST TEAM (DEF)
DJ Samuels	DL	FIRST TEAM (DEF)
Kaj Sanders	UTILITY	FIRST TEAM (DEF)
Sean Woods	OL	SECOND TEAM (O)
Joe Barry	LB	THIRD TEAM (DEF)
Naiim Parrish	DB	THIRD TEAM (DEF)

### ALL- BERGEN COUNTY

Jack Comeau	TE	FIRST TEAM (OFF)
Saeed St.Fleur	RB	FIRST TEAM (OFF)
Christian Carti	WR	FIRST TEAM (OFF)
Quincy Porter	WR	FIRST TEAM (OFF)

Sydir Mitchell	DL	FIRST TEAM (DEF)
DJ Samuels	DL	FIRST TEAM (DEF)
Malachi Mercer	LB	FIRST TEAM (DEF)
Kaj Sanders	DB	FIRST TEAM (DEF)
Sean Woods	OL	SECOND TEAM (O)
Joe Barry	LB	SECOND TEAM (D)
Elijah Kinsler	DL	SECOND TEAM (D)
Chris Mimmo	DB	SECOND TEAM (D)



### ALL-BNC UNITED DIVISION

Jack Comeau	TE	FIRST TEAM (OFF)
Saeed St.Fleur	RB	FIRST TEAM (OFF)
Christian Carti	AT LARGE	FIRST TEAM (OFF)
Sean Woods	OL	FIRST TEAM (OFF)
Sydir Mitchell	DL	FIRST TEAM (DEF)
DJ Samuels	DL	FIRST TEAM (DEF)
Malachi Mercer	LB	FIRST TEAM (DEF)
Kaj Sanders	DB	FIRST TEAM (DEF)



Quincy Porter	WR	SECOND TEAM (O)
Marcus Linder	OL	SECOND TEAM (O)
Joe Barry	LB	SECOND TEAM (D)
Elijah Kinsler	DL	SECOND TEAM (D)
Chris Mimmo	DB	SECOND TEAM (D)
Dylan Garrity	DB	HONORABLE MENTION

## NORTH JERSEY SPORTS AWARDS POY

DJ Samuels DEFENSIVE PLAYER OF THE YEAR



## FOOTBALL

### PRE-SEASON 2023

### MAXPREPS #24

## GOLF

### NJ #10- 23 WINS - 4 LOSS

### BIG NORTH CONFERENCE CHAMPIONS

While the W-L record was not a typical year for Coach Jacobsen's squad, this group of golfers helped their leader become New Jersey's winningest high school coach as win #1185 overtook St. Anthony's legendary Basketball Coach Bobby Hurley for #1 overall. Later in the year, "Jake" earned victory #1200! We're all looking forward to 1300, Coach!



## ALL- STATE

Ryder Hodgson	FIRST TEAM
Ryan Applin	SECOND TEAM

## ALL- BERGEN COUNTY

Ryder Hodgson	FIRST TEAM
Ryan Applin	FIRST TEAM
Liam White	FIRST TEAM

## ALL- BNC UNITED

Ryder Hodgson	FIRST TEAM
Ryan Applin	SECOND TEAM

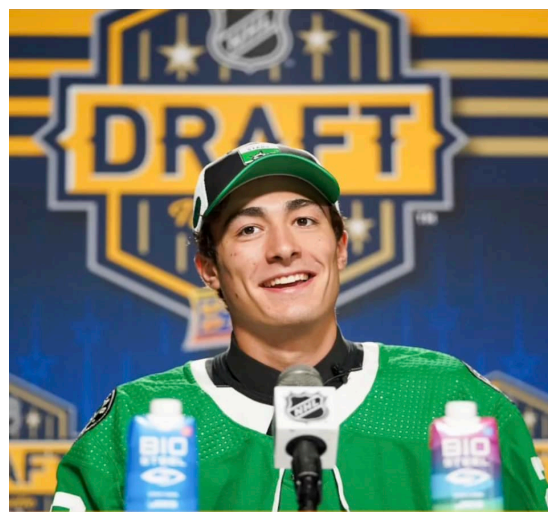
## ICE HOCKEY

### NJ #11 - STATE QUALIFIER

The Crusaders once again competed in the Gordon Conference, New Jersey's most competitive ice hockey conference and earned a Top 20 ranking as well as qualified for this year's state tournament. Matt Maglio finished the season with 13 goals, tied for 10<sup>th</sup> overall in the Gordon Conference. Cory Robinson, Niko Smilovic and Declan Quinn all finished among the conference's top scorers as well. Ryan Henry was third in the conference in saves with 475. His save percentage finished at .903.

## ALL- NORTH JERSEY

Cory Robinson	SECOND TEAM
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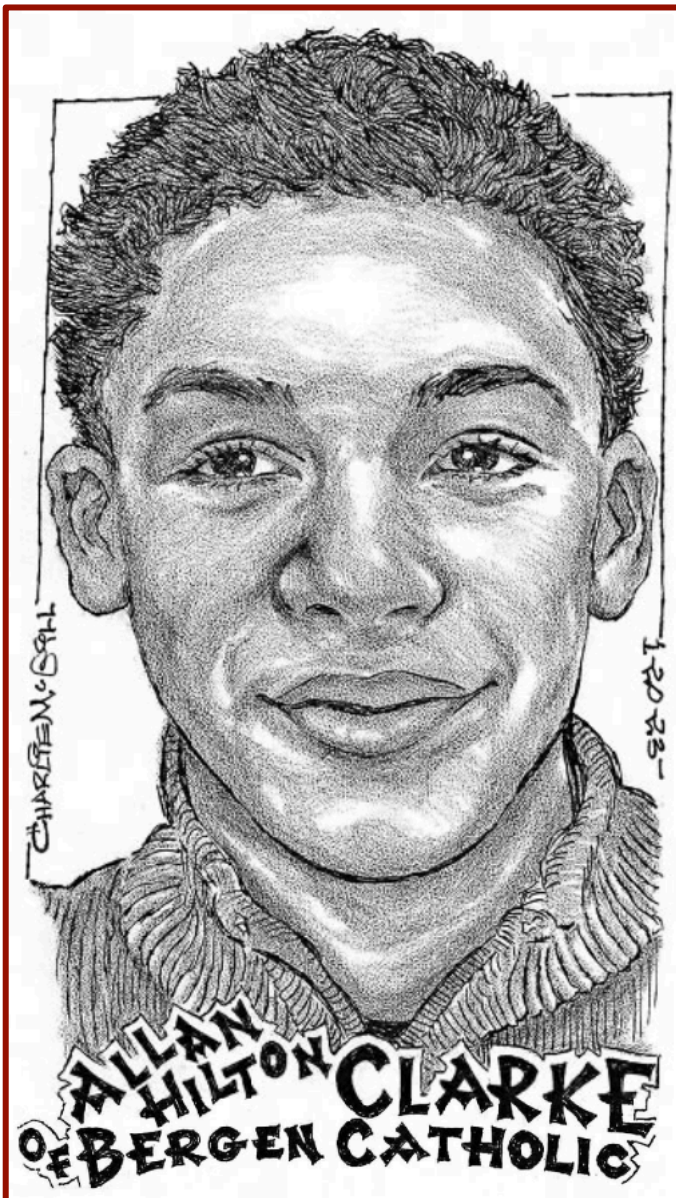


Former BC player, Aram Minnetian was drafted to the NHL's Dallas Stars after winning Gold with Team USA's U-19 team this season.

# INDOOR TRACK & FIELD

## BERGEN COUNTY CHAMPIONS BNC UNITED CHAMPIONS

Coach Mike Begen's squad was the cream of the parochial crop this winter, winning the Bergen County Relays, Group and League Titles. Tristan Oliver set a school record in the Pentathlon with a score of 3085 points.



## ALL-STATE

Logan Casey	200m	SECOND TEAM
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## ALL-STATE NON-PUBLIC

Justin King	Shot Put	FIRST TEAM
Logan Casey	55m	THIRD TEAM

## ALL BERGEN COUNTY

Brandon Benjamin	F	FIRST TEAM
Terry Copeland	F	FIRST TEAM

## ALL-BNC UNITED DIVISION

Brandon Benjamin	F	FIRST TEAM
Terry Copeland	F	FIRST TEAM
Mikai Klinton	G	SECOND TEAM

# LACROSSE

## #19 NJ-LAXNUMBERS, #9 NON-PUBLIC JAYVEE BERGEN COUNTY CHAMPIONS

The Crusaders welcomed legendary Coach Ric Beardsley who started making his mark on the program. His Crusaders jumped out to a 3-0 start, making an historic game, BCs Varsity Lacrosse Game #500 vs. Columbia, a solid victory 14-6 on April 10<sup>th</sup>.

## ALL-STATE NON-PUBLIC

Richie Reid	M	SECOND TEAM
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## ALL-BERGEN COUNTY

Richie Reid	M	FIRST TEAM
Joe Marinaccio	A	SECOND TEAM
Luke Macejka	M	SECOND TEAM
Parker Day	G	FIRST TEAM
Dan Sheppard	FO	THIRD TEAM
Patrick Cece		HONORABLE MENTION





## ALL-GIBBS DIVISION

Joe Marinaccio	A	FIRST TEAM
Richie Reid	M	FIRST TEAM
Luke Macejka	M	SECOND TEAM
Parker Day	G	SECOND TEAM
Sean Irving		HONORABLE MENTION

# OUTDOOR TRACK & FIELD

**NJ #9**

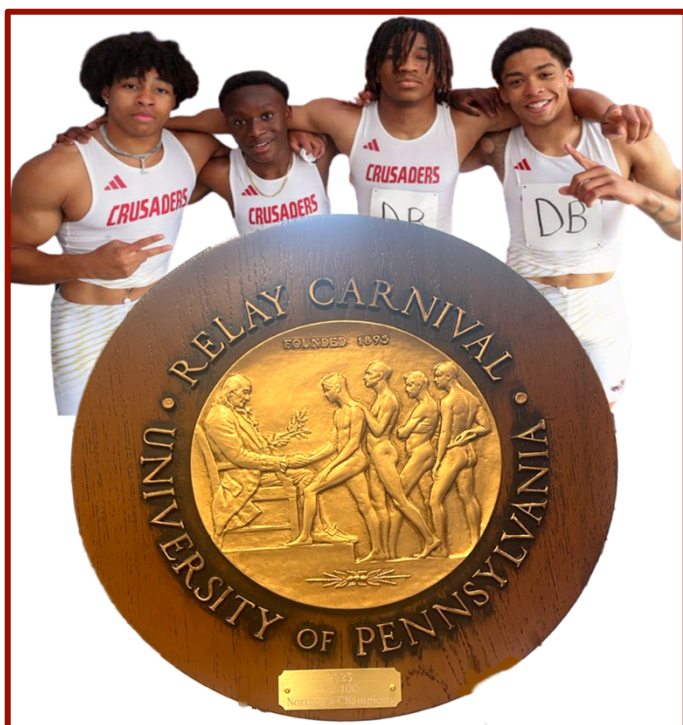
**BERGEN COUNTY MOC CHAMPIONS**

**BERGEN COUNTY RELAY CHAMPIONS**

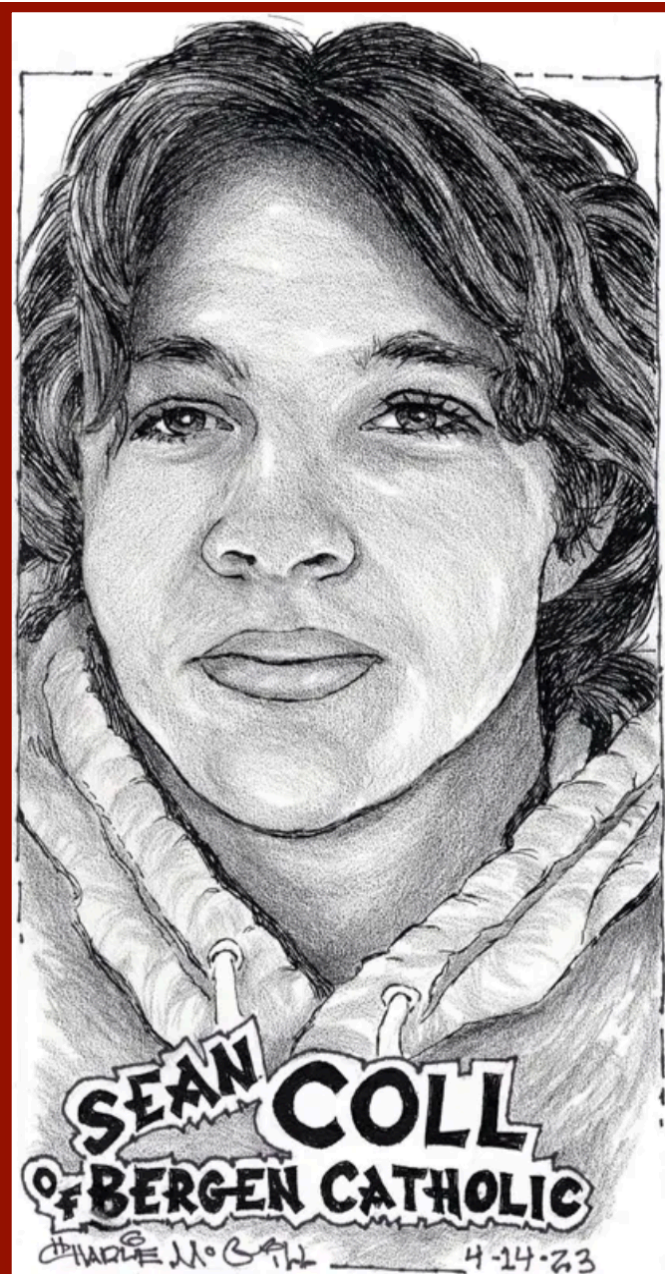
**BERGEN COUNTY GROUP E CHAMPIONS**

**BNC UNITED CHAMPIONS**

It doesn't get much better than year. School and Bergen County Records falling regularly, a first ever win at the highly prestigious Penn Relays and wins in the Bergen MOC and outstanding efforts in state championship meets were the mark of the efforts of Coach Mike Begen and his track program. From sprinting to distance to field events, the



Crusaders demonstrated a well-balanced program and put BC back on the map in the sports formerly known simply as athletics.



## ALL-STATE

Logan Casey	4x100	FIRST TEAM
Andrew Boakye	4x100	FIRST TEAM
Kaj Sanders	4x100	FIRST TEAM
Allan-Hilton Clarke	4x100	FIRST TEAM
Benjamin Shue	Discus	SECOND TEAM
Benjamin Shue	Throws	FAB 50 IN NJ #10

## ALL-STATE NON-PUBLIC

Logan Casey	4x100	FIRST TEAM
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Andrew Boakye	4x100	FIRST TEAM
Kaj Sanders	4x100	FIRST TEAM
Allan-Hilton Clarke	4x100	FIRST TEAM
Benjamin Shue	Discus	FIRST TEAM
Justin King	Shot Put	SECOND TEAM
Logan Casey	200 M	THIRD TEAM
Sean Coll	Javelin	THIRD TEAM

Benjamin Shue	Discus	FIRST TEAM
Logan Casey	At Large	FIRST TEAM
Justin King	Shot Put	SECOND TEAM
Andrew Boakye	100 M	THIRD TEAM
Thomas Rogers	3200 M	THIRD TEAM
Jason Lessieu	Triple Jump	THIRD TEAM
Sean Coll	Javelin	THIRD TEAM

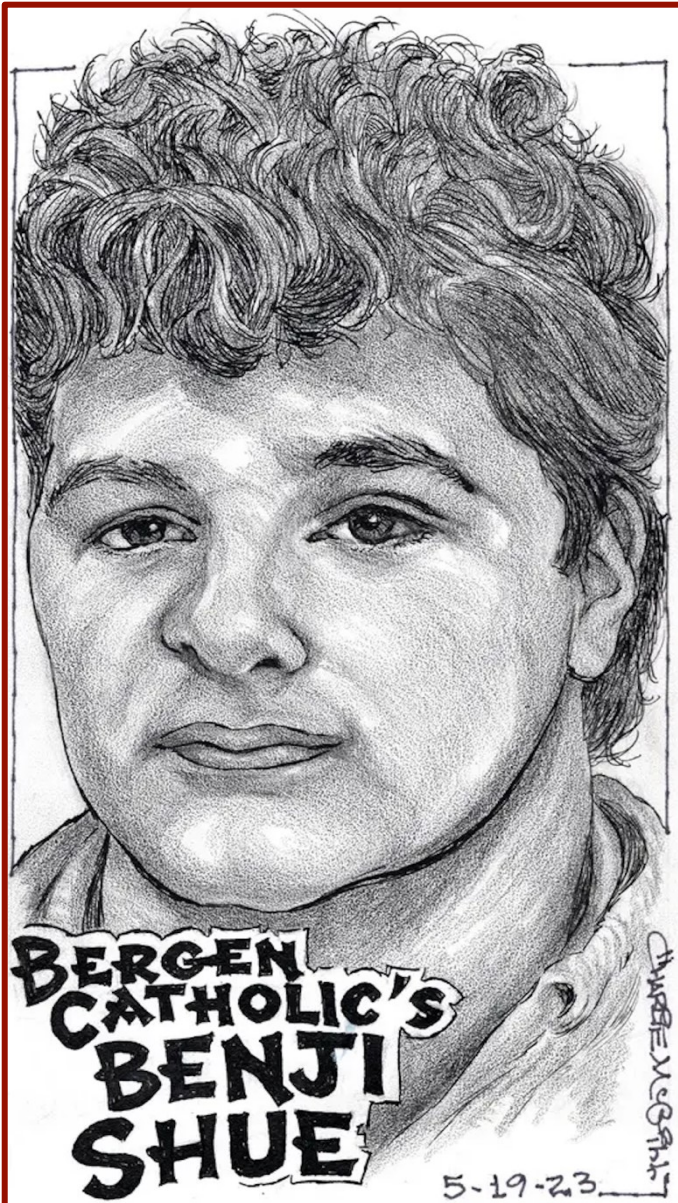
## ALL BIG NORTH UNITED

Mike Begen		COACH OF THE YEAR
Andrew Boakye	All Around	FIRST TEAM
Logan Casey	200 M	FIRST TEAM
Brendan O'Rourke	800 M	FIRST TEAM
Thomas Rogers	3200 M	FIRST TEAM
Justin King	Shot Put	FIRST TEAM
Benjamin Shue	Discus	FIRST TEAM
Sean Coll	Javelin	FIRST TEAM
Tristan Oliver	High Jump	FIRST TEAM
Jason Lessieu	Long Jump	FIRST TEAM
Kaj Sanders	100 M	SECOND TEAM
James Hughes	3200 M	SECOND TEAM
Nick Barra		HONORABLE MENTION

Ben is currently slated to compete in the Nationals in Oregon with hopes of qualifying for the USTAF's U-19 Team.

## RUGBY

Welcome alumnus Coach Tim Downey who brings his love of Rugby to Oradell. BC's spring season highlight was a 60-15 victory over Don Bosco Prep.



## ALL-BERGEN COUNTY

Mike Begen		COACH OF THE YEAR
Kaj Sanders	100 M	FIRST TEAM
Allan Hilton Clarke	4x100 M Relay	FIRST TEAM
Kaj Sanders	4x100 M Relay	FIRST TEAM
Andrew Boakye	4x100 M Relay	FIRST TEAM
Logan Casey	4x100 M Relay	FIRST TEAM



# SKIING

Coach DiFilippo once again braved the cold of winter in the mountains of Vernon to lead one of the strongest seasons in school history.



## ALL-STATE

Nate Park SECOND TEAM

## ALL-NJISRA

Nate Park FIRST TEAM  
Nicholas Napolitano HONORABLE MENTION

# SOCCER

**NJ #16- 15 WINS - 5 LOSSES - 1 TIE**  
**BNC UNITED CHAMPIONS**

Coach Pete Berkanish led his alma mater's soccer team to an exceptional run in the state tournament. As a result of their efforts, he was recognized by his peers as North Jersey Parochial



Coach of the Year! The Crusaders won the league title and then made a run in the sectional tournament, defeating Delbarton School in the semi-finals and reaching the North Section Title game against Seton Hall Prep. Javier Torres was the second-leading scorer in the Big North Conference with 18 goals and Kyle Tencza finished in the top 10 with saves (101).

## ALL-STATE NON-PUBLIC

Sebastian Ortega SECOND TEAM  
Javier Torres THIRD TEAM  
Kyle Tencza THIRD TEAM

## ALL-BERGEN COUNTY

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

## ALL BIG NORTH UNITED

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

*Crusaders*

# SWIMMING

**NJ #12- 8 WINS - 2 LOSSES**

**BERGEN COUNTY CHAMPIONS**

**BNC UNITED DIVISION CHAMPIONS**

Coach Lia Kunnas led her swimmers to the 6<sup>th</sup> league title and third county championship under his direction this year. BC defeated Bridgewater-Raritan for the first time in school history!



## ALL-BERGEN COUNTY

Gavin Perez	200 Free	FIRST TEAM
Doyee Kim	200 IM	FIRST TEAM
Raymond Stelmark	500 Free	FIRST TEAM
Rhyse Ruffy	200 Free Relay	FIRST TEAM
Eric Yoo	200 Free Relay	FIRST TEAM
Dimitri Melnikov	200 Free Relay	FIRST TEAM
Gavin Perez.	200 Free Relay	FIRST TEAM
Eric Yoo	400 Free Relay	FIRST TEAM
Raymond Stelmark	400 Free Relay	FIRST TEAM
Doyee Kim	400 Free Relay	FIRST TEAM
Gavin Perez.	400 Free Relay	FIRST TEAM
Eric Yoo	100 Free	SECOND TEAM
Dimitri Melnikov	100 Breaststroke	SECOND TEAM
Bergen Catholic	200 medley relay	SECOND TEAM

# TENNIS

**BNC UNITED DIVISION CHAMPIONS**

Coach Steve Park's Tennis Crusaders won their second consecutive league title, the 15<sup>th</sup> in school history as two brothers won the county title for First Doubles. Bryan and Daniel Song are the first

tandem to win the title since Jimmy Canton and Shark Tank victory, Rob Neuner, won in 1984.

## ALL-BERGEN COUNTY

Bryan Song	First Doubles	FIRST TEAM
Daniel Song	First Doubles	FIRST TEAM
Andrew Song	First Singles	THIRD TEAM

## ALL BIG NORTH UNITED

Bryan Song	First Doubles	FIRST TEAM
Daniel Song	First Doubles	FIRST TEAM
Christian Choi	Third Singles	FIRST TEAM
Philip Saint Cyrus	Second Singles	FIRST TEAM
John Nalbadian	Second Doubles	FIRST TEAM
Ryan Kim	Second Doubles	FIRST TEAM
Daniel Calianese		HONORABLE MENTION

# VOLLEYBALL

The Hunter DeBellis era reached Hoehl Gymnasium, bringing in a renewed enthusiasm and large numbers looking to bring the Crusaders back to glory. The teams made great progress throughout the season and set a foundation for the coming years.



## ALL-BERGEN COUNTY

JonPaul Sinagra	HONORABLE MENTION
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## ALL BIG NORTH UNITED

Thomas Cusick	SECOND TEAM
JonPaul Sinagra	SECOND TEAM
George Azrumelashvili	HONORABLE MENTION
Jeongsoo Park	HONORABLE MENTION

# DEUS VULT



# WRESTLING

## DISTRICT VII CHAMPIONS

While the team won the 33<sup>rd</sup> consecutive District Championship in school history, the story of the year was that BC's winning grappler coach, Dave Bell, resigned after an extra-ordinary career that produced \* 25 District Team Championships in 25 years and 269 district medal winners \* 11 State Champion Teams \* 16 Sectional Champion Teams \* 1 National Championship in 2018 \* 21 League Championships \* 29 Individual Wrestlers who reached 100 career victories under his watch! We wish Coach Bell the best as he starts his tenure in North Hunterdon as the Lions Head Coach in 2023!



In the meantime, Dom Santoli started his career as Head Coach on the eve of the District Championship! The former BC champion wrestler took the Crusaders to another District Championship and the ENTIRE TEAM qualifying for the Regional and State Championship Tournaments!!!

## STATE WRESTLING CHAMPIONSHIPS

SECOND PLACE	NATHAN BRAUN	106 POUNDS
FOURTH PLACE	RYAN FORD	144 POUNDS
FOURTH PLACE	BENJI SHUE	285 POUNDS
FIFTH PLACE	CHRIS BACCHIONE	150 POUNDS
FIFTH PLACE	AIDAN WALLACE	157 POUNDS
SEVENTH PLACE	JOEY CANOVA	138 POUNDS

## ALL-BERGEN COUNTY

Nathan Braun	106 Pounds	FIRST TEAM
Noah Kochman	126 Pounds	FIRST TEAM
Joey Canova	132 Pounds	FIRST TEAM
Aiden Wallace	157 Pounds	FIRST TEAM
Riley Halal	138 Pounds	SECOND TEAM
Ryan Ford	144 Pounds	SECOND TEAM
Christopher Bacchioni	150 Pounds	SECOND TEAM
AJ Fricchione	215 Pounds	SECOND TEAM
Christopher Nucifora	113 Pounds	THIRD TEAM
Justin Onello	175 Pounds	THIRD TEAM
Leo Varga	190 Pounds	THIRD TEAM
Benji Shue	285 Pounds	THIRD TEAM
Nick Pallitto	120 Pounds	HON. MENTION

## NORTH JERSEY WRESTLER OF THE YEAR NOMINEES

Nathan Braun, Joey Canova Aidan Wallace

## GAELIC FOOTBALL



James Melia '26 was recently selected to represent New York State in a U15 international Gaelic Football tournament, called *Feile*. He will join with a select group of players from New York City, Westchester, Rockland and other counties in the New York area. The team is highly competitive with over 80 boys trying out and just 24 selected.

They have been training together twice a week for the past 4 months. The team will travel to Ireland later this month and compete against the best Gaelic football teams from Ireland and the UK. Pictured is Jim, who practices with the team at Gaelic Park in the Bronx.

## CLOSING

*As you can see, this has been an exceptional year in the Bergen Catholic Athletic Community. The statistics, honors and championships don't tell the real story that transpired over the 10 months!*

*Thank you to the families and friends who supported the young men who wore the scarlet and gold with pride and sportsmanship.*

*Thank you to the coaches, teachers, administrators and staff members who did all of those unseen things that you will never tell anyone about, but made a difference for a young man.*

*Thank you to the student-athletes who competed as a Crusader! You took on everyone's best shot as YOU KNOW, everyone wants to tell a story to their children that they beat a Bergen Catholic Team or Bergen Catholic guy.*

*Continue to maintain the priorities we espouse, God, Family, Academics and Athletics – IN THAT ORDER – and always remember the exceptional brotherhood of which you are a part! DEUS VULT*

# BIRD OF THE YEAR

*Well, you knew I couldn't end it there, and ultimately, I want to remember a friend and BC Alumnus who is a member of Bergen Catholic's Hall of Fame and earned recognition as an Athlete of the Week, Billy McGovern.*

## DICKCISSEL



I found myself (not that I was looking, this was just a figure of speech)...I found myself in Mercer County coaching a lacrosse tournament last weekend and there was a report of a large-sparrow-like bird, a Dicksissel.

Frankly, I wasn't sure I really needed it on my life list, but I knew I didn't have one on my 2023 list, so I made it a point to check it out shortly after our team was eliminated. When I arrived, a bird was on top of a tree singing loudly and I felt pretty certain that was my bird.

Unfortunately, I started to rely upon technology, specifically the "Merlin" app. Don't get me wrong, it's an awesome app, but there is one short-coming I have recently become aware of. The app picked up the song of a red-winged blackbird. Then it recognized an eastern meadowlark. Neither call was nearly the volume of the Dickcissel.

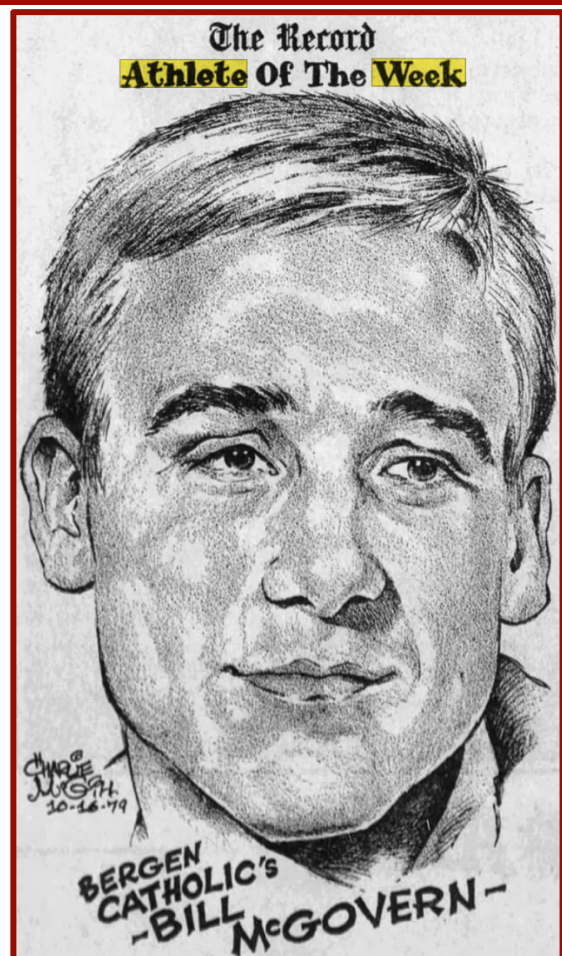
I photographed the bird and then it flew from the tree to some high grass in an adjacent field. (GUYS WHO WENT TO PRINCETON, MONMOUTH, TCNJ KNOW WHERE I WAS. IT WAS THE PLACE WE LOOKED FOR THE SHORT-EARED OWLS, BUT FOUND ALL OF THE NORTHERN HARRIERS.) So, believing the Merlin app, I began to

walk and I encountered a friend from Bergen County, who was in search of the Dickcissel as well. He assured me I had the "right bird" and it wasn't a young meadowlark or something else I was trying to imagine.

The moral of this story I was hoping to share was two-fold. Nothing is a substitute for knowing. Technology is great, but I wouldn't recommend you bet your life on it. Work hard. Be diligent. Bet on yourself! Second, but kind of a tangent to the first, "Failure to Prepare is Preparing to Fail." It is a sign that has been hanging in the Eugene D. McKenna Weight Room (now replaced by the Nicholas G. Saingas Center) and speaks a great truth to remember as we hit the summer.

Whether it is a fall, winter or spring sport OR MORE IMPORTANTLY, your classes for next school year, or less importantly your social life, invest some time in preparing to make the most of this coming school year by preparing well for it. Skills, strength and agility work; reading, reflecting and writing; working and putting some money aside for recreation, I hope the coming 60 days help you and your families grow and prosper!

## IN MEMORIAM





## 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

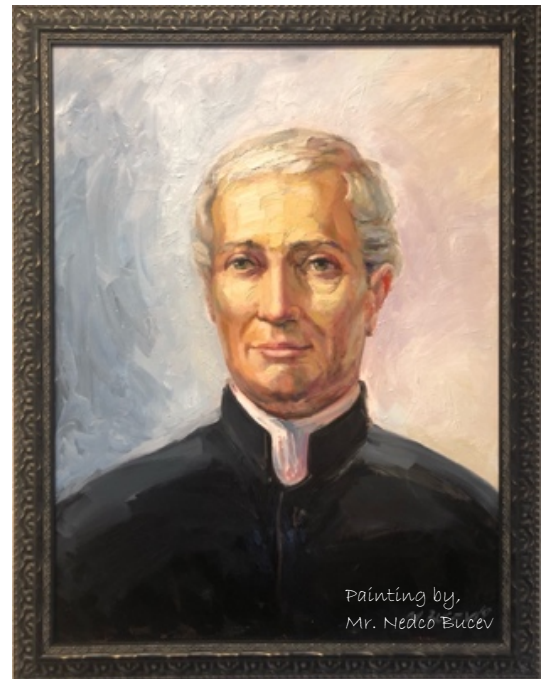
God, grant me the  
**Serenity** to accept the things I cannot change,  
**Courage** to change the things I can and  
**Wisdom** to know the difference.  
 Amen.

## 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.*