

THIRD WEEK

IN BERGEN CATHOLIC SPORTS

VARSITY HOCKEY ADVANCES TO COUNTY SEMIFINALS

JANUARY 22 - SECAUCUS, NJ - BY, LUKAS NEBLUNG - Third



seeded Bergen Catholic emerged victorious in a 1 - 0 decision over #6 Ridgewood in Bergen County Hockey Tournament Quarterfinals. Forward Matt

Maglio scored the lone goal early on to put the Crusaders up one. This goal proved all that was needed for BC to secure the victory over Ridgewood and advance to the semifinals of the to face #2 Northern Highlands. Maglio's goal was his team-leading 13th of the season. Declan Quinn and Harrison Udis each assisted on the goal.

Alessandro Capano was outstanding in the net, turning away all 15 shots he faced. The goalie position has been strong all season for the Crusaders. Capano's 2023-24 save percentage is now .939.

TEAM	1	2	3	FIN
#6 Ridgewood (9-3-1)	0	0	0	0
#3 Bergen Catholic (9-4)	1	0	0	1

GOALS: Matt Maglio (1, 13)

ASSISTS: Declan Quinn (1, 9), Harrison Udis (1, 5)

SAVES/GA/SAV%: Alessandro Capano (15/0/1.000) - season (155/10/.939)

VARSITY HOCKEY VISTS LAWRENCEVILLE

JANUARY 22 - LAWRENCE TOWNSHIP, NJ - Alex Frassetto scored



his seventh goal of the season, but it was not enough to lift BC against a strong Big Red team from Lawrenceville School. Enez Yacobi took the loss, but recorded the team's season-high 48 saves in the

effort.

TEAM	1	2	3	FIN
Bergen Catholic (9-5)	0	1	0	1
Lawrenceville (n/a)	3	3	2	8

GOALS: Alex Frassetto (1, 7)

ASSISTS: Jacob Carver (1, 5)

SAVES/GA/SAV%: Enez Yacobi (48/8/.857), Season (179/22/.891)

FROSH START WEEK OFF ON RIGHT FOOT

JANUARY 23 - ORADELL, NJ - After a strong start and 34-29 halftime



lead, the frosh showed their eye of the tiger with relentless defense and overwhelming offense in the second half. The 41-9 spread in the final two

quarters were a result of the 16 most impactful minutes of Tuesday afternoon's game vs. Dwight Englewood.

TEAMS	1	2	3	4	FIN
Dwight Englewood	13	16	6	3	38
Bergen Catholic	21	13	21	20	74

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	2	2	-	-	-	10
Milo Santos	4	1	3	6	.500	14
Aidan Talley	4	1	3	7	.429	9
Jamel Hammary	3	0	3	4	.750	9
Brandon Knab	1	0	-	-	-	2
Leandro Quinones	2	0	1	2	.500	5
Josh Adamek	3	0	-	-	-	6
Nate Vasquez	1	0	0	2	.000	2
Ayden Mendez	1	0	1	2	.500	3
Robert Hroncich	3	0	1	1	1.000	7
Thomas Hroncich	3	1	-	-	-	9
Jon Griffith	1	0	-	-	-	2
Steven Cahill	0	1	-	-	-	3
Alejandro Luna	3	2	-	-	-	12
TOTALS	25	5	6	12	.500	71

MIDDLE MEN TAME DOGS

JANUARY 23 - ORADELL, NJ - The Junior Varsity Crusaders a strong



season, earning their eighth victory against only 4 defeats on Tuesday night. Bergen tamed the Bulldogs of Dwight-Englewood 66-51.

TEAMS	1	2	3	4	FIN
Dwight Englewood	-	-	-	-	51
Bergen Catholic	-	-	-	-	66

CRUSADERS COMPLETE SWEEP OF DWIGHT-ENGLEWOOD

JANUARY 23 - ORADELL, NJ - A dozen Crusaders scored on Tuesday



night as the Crusaders took on Dwight Englewood at the Hoehl Gymnasium. BC won an offensive game 89-67 and it seems clear, Bergen shooters are starting to find

their stroke as we prepare for the Jamboree.

Julius Avent led all scorers with 17 points. Tyler McQuaid had the best offensive game of his career with 16 points, edging out his 15-point output in the Jamboree vs. Ramapo in 2023. Declan Wucherpfennig scored 15 points. It was the tenth time this season he has scored 15 or more. Naiim Parrish scored an even dozen, the fourth Crusader to score 12 or more on the night.

TEAMS	1	2	3	4	FIN
Dwight Englewood	19	16	15	17	67
Bergen Catholic (13-5)	27	22	18	22	89

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	4	1	1	2	.500	12
Nehemiah Snell	1	0	2	3	.667	4
AJ Williams	0	1	-	-	-	3
Jaylen Robinson	1	1	1	2	.500	6
Jaden Brown	0	2	3	4	.750	9
Tyler McQuaid	4	2	2	4	.500	16
Declan Wucherpfennig	1	3	4	6	.667	15
Julius Avent	8	0	1	2	.500	17
Nehemiah Snell	1	0	2	3	.667	4
Antonio Tristani	1	0	-	-	-	2
Jahlil Owusu	1	0	-	-	-	2
Jermaine Kinsler	0	0	1	2	.500	1
TOTALS	22	10	15	25	.600	89

CRUSADERS DEFEAT MAROONS

JANUARY 25 - RIDGEWOOD, NJ - Bergen County's top two swim teams had an opportunity to face each other on Thursday afternoon and as in the county meet, the Crusaders came out on top, 99-71.

BC won 9 of the 11 races with a sweep in the 200 IM (Doyee Kim, Dimitri Melnikov, and Yurriel Lee). Raymond Stelmark won the 200 and 500 Free. He and Doyee each took four firsts on the afternoon. Melnikov continues to impress, winning the 100 Breast on his way to taking two firsts and a second.

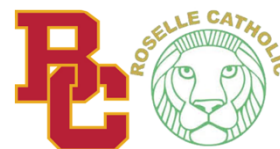
TEAM	SCORE
Ridgewood (6-1)	71
Bergen Catholic (6-2)	99

RACE RESULTS

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Doyee Kim, Dimitri Melnikov, Ryan Choi, William Mulder	01:38.9	1
Eric Kwon, Yurriel Lee, Jeremiah Tomioka, Kevin Son	01:49.5	3
Joseph Trione, Harrison Kazimir, Nicolas Gomez, Alex Herrera	02:10.3	6
200 FREE		
Raymond Stelmark	01:46.5	1
Jeremiah Tomioka	01:54.7	3
William Mulder	01:59.9	4
200 IM		
Doyee Kim	02:03.1	1
Dimitri Melnikov	02:05.3	2
Yurriel Lee	02:06.9	3
50 FREE		
Ryan Choi	00:22.3	1
Jack Cummings	00:26.1	5
Parker Day	00:27.3	6
100 FLY		
Ryan Choi	00:54.9	2
Jeremiah Tomioka	00:57.7	3
Ricky Wright	00:59.8	5
100 FREE		
Eric Kwon	00:49.6	2
William Mulder	00:51.0	3
Harris Kinnear	00:55.9	6
500 FREE		
Raymond Stelmark	04:52.4	1
Kevin Son	05:09.5	3
Duncan Skogerson	05:09.7	4
200 FREE RELAY		
Yurriel Lee, Eric Yoo, Ryan Choi, William Mulder	01:31.6	1
Harrison Kazimir, Parker Day, Jack Cummings, Harris Kinnear	01:50.1	4
100 BACK		
Doyee Kim	00:54.9	1
Eric Kwon	00:57.3	3
Duncan Skogerson	01:01.3	5
100 BREAST		
Dimitri Melnikov	01:00.0	1
Andy Kwon	01:06.8	2
400 FREE RELAY		
Eric Yoo, Raymond Stelmark, Yurriel Lee, Doyee Kim	03:26.1	1
Ricky Wright, Andy Kwon, Ryan Kwon, Kevin Son	03:45.0	3
Jack Cummings, Daniel Cassella, Joe Trione, Harris Kinnear	n/a	6

FROSH POST BIGGEST WIN OF 2024

JANUARY 25 - ORADELL, NJ - All you needed to see was the first quarter as BC jumped out 30-2 onto a 71-19 final on Thursday. Thirteen Crusaders contributed to the scoring effort for BC's most lopsided result of the year.



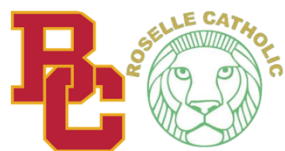
TEAMS	1	2	3	4	FIN
Roselle Catholic (6-9)	2	5	7	5	19
Bergen Catholic (13-5)	30	15	13	13	71

BC vs ROSELLE CATHOLIC FROSH SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	1	0	0	1	.000	2
Milo Santos	3	1	-	-	-	9
Jamel Hammary	3	0	3	4	.750	9
Brandon Knab	1	0	-	-	-	2
Leandro Quinones	2	0	1	2	.500	5
Joe Adamek	3	0	-	-	-	6
Nate Vasquez	1	0	0	2	.000	2
Ayden Mendez	1	0	1	2	.500	3
Robert Hroncich	3	0	1	1	1.000	7
Thomas Hroncich	3	1	-	-	-	9
Jon Griffith	1	0	-	-	-	2
Steven Cahill	0	1	-	-	-	3
Alejandro Luna	3	2	-	-	-	12
TOTALS	25	5	6	12	.500	71

JV SETS STAGE FOR CRUSADER SWEEP

JANUARY 25 - ORADELL, NJ - Thirteen Crusaders scored to help a break a 23-23 halftime tie and run away with a 68-41 victory over the Lions.



Zack Behrens, Marcus Brown, Devin Hasan and Anner Hernandez each scored eight points and Julian Paradise

added 11 to lead the Crusaders.

A 26-13 third quarter opened the game up as Hernandez scored 5 of his 8 and Paradise scored 6 of his 11. Zack Behrens scored all of his 8 in the fourth quarter as BC extended their lead by another 14 points.

TEAMS	1	2	3	4	FIN
Roselle Catholic (6-9)	8	15	13	5	41
Bergen Catholic (13-5)	15	8	26	19	68

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Zack Behrens	4	0	-	-	-	8
Jake Behrens	0	1	-	-	-	2
Dev Hasan	4	0	-	-	-	8
Andy Castillo	2	0	-	-	-	4
Anner Hernandez	2	1	1	2	.500	8
Marcus Brown	1	2	-	-	-	8
Logan Sarza	2	0	-	-	-	4
Julian Paradise	2	2	1	1	1.000	11
Kristopher DeLaCruz	0	1	-	-	-	3
Joe Cabanita	1	0	-	-	-	2
Grayson Pitcock	0	0	1	2	.500	1
Jerry Armstrong	0	2	-	-	-	6
Sean Cahill	1	0	-	-	-	2
TOTALS	19	9	3	5	.600	68

JV HOCKEY WINS THREE OF FOUR

JANUARY 25 - HACKENSACK, NJ - The JV Hockey Team has been on a role of late. Last week, the Crusaders defeated Delbarton 3-1 and St. Joseph Regional 5-3. On Wednesday, BC defeated St. Peter's Prep 7-3, but 24-hours later, the Green Knights paid BC back 4-3.

**STATEMENT WIN IN ORADELL**

JANUARY 25 - ORADELL, NJ - BY, JAMES MELIA '26 - Bergen



Catholic put out a statement to the rest of New Jersey basketball on Thursday night. The matchup between #7 Bergen Catholic and #14 Roselle Catholic was meant to be tense and a very close game. Although, from minute one Bergen could not be stopped. The Crusaders asserted their lead early on, and blew the game open in the second quarter to acquire a 36-19 lead at halftime.

Yet again the force of Declan Wucherpennig was unable to be stopped as he went for 26 points and 8 rebounds. Naiim Parrish was also on top of his game, going for 15 points, 6 steals, and 5 assists. Roselle Catholic was unable to deal with the junior duo as the contest concluded with a whopping score line of 72-46 for the Crusaders. Bergen Catholic will face off again against Cliffside Park in the second round of the Jamboree County Championship.

TEAMS	1	2	3	4	FIN
Roselle Catholic (6-9)	12	7	18	9	46
Bergen Catholic (13-5)	17	19	24	12	72

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	3	3	-	-	-	15
AJ Williams	1	1	-	-	-	5
Jaylen Robinson	1	0	2	2	1.000	4
Tyler McQuaid	3	1	-	-	-	9
Declan Wucherpennig	9	1	5	6	.833	26
Julius Avent	1	1	1	2	.500	6
Jaden Brown	2	0	0	-	-	4
Antonio Tristani	1	0	-	-	-	2
Jahlil Owusu	0	0	1	2	.500	1
TOTALS	30	5	9	12	.750	72

BOWLERS STRIKE IRON

JANUARY 25 - MONTVALE, NJ - BC's Bowling Team took their show



on the road to Montvale Lanes to face rival Don Bosco Prep. BC defeated the Ironmen 7-0 as Andy Lee once again was very strong. His high game of 243 and series (687) translated into a high game average

that was 28 pins higher than any of the eight other bowlers.

Sean McKechnie rolled a 603 series. His 219 high game was higher than any of the other twelve games rolled by Ironman bowlers.

BOWLER	1	2	3	TOT	HG	AVG
Calvin Villanueva	160	183	187	530	187	176.7
Sean McKechnie	182	202	219	603	219	201
Stephen Paul	202	173	147	522	202	174
Andy Lee	243	217	227	687	243	229
TOTALS	787	775	780	2,342	243	195.2
DON BOSCO PREP	723	652	678	2,053	212	171.1

(continued on next page)

VARSITY BOWLING CONTINUED

The Crusaders are 10-1 on the season and 4-1 in the Big North. Currently SJR is undefeated, 5-0 winning 30 of 35 points. The Crusaders have won 31 of their 35 points making the Groundhog's Day match between the two schools the pivotal match for a league title.

JV BOWLERS TAKE COUNTY REYNOSO TOP OF THE HILL

JANUARY 26 - HACKENSACK, NJ - The JV Bowling Team won the County Championship on Friday behind outstanding bowling by Champion Robert Reynoso and second-place finisher Nick Rossig.



Above: Coach Fierro and the team.

Below: Robert Reynoso, JV Individual Champion and Nick Rossig, runner up.



FORD TOUGH!

SHUE SCRAPS IN POTENTIAL NJ FINAL PREVIEW

JANUARY 26 - MONTVALE, NJ - The Crusader Wrestling Team travelled up the GSP to Exit 171 to wrestle #2 ranked St. Joseph Regional on Friday night. The final score was 50-15, but the Crusaders wrestled very well in a number of bouts.



Ryan Ford earned a decision at 157 pounds to start the match and after Genti Idrizi earned a victory when his opponent injury defaulted, BC held a 9-0 lead after two. Mason Marck accepted a forfeit at 215 pounds to help BC retake the lead 15-9 with the much anticipated bout between the #1 and #2 ranked 285-pounders in the state.

Benjamin Shue, ranked #2 wrestled a close-fought bout vs. NJ's top-ranked heavyweight. While he lost a 2-1 decision, it is clear this will not be the last time the two meet. In the last bout of the night, Jayden Iznaga was fighting through three periods tied at 1-1. While he lost in sudden victory over-time, he gave the BC faithful something to cheer for right up to the very end of the night.

TEAM	SCORE
Bergen Catholic (6-6)	15
St. Joseph Regional (10-0)	50

LINEUP

WEIGHT CLASS	RESULT	WRESTLER
157 pounds	W DEC 7-2	Ryan Ford
165 pounds	W INJ DEF	Genti Idrizi
175 pounds	L PIN 4:57	Logan Cantone
190 pounds	L DEC 5-1	Pantaleo Varga
215 pounds	W FORFEIT	Mason Marck
285 pounds	L DEC 2-1	Benjamin Shue
106 pounds	L FORFEIT	
113 pounds	L FORFEIT	
120 pounds	L MD 12-2	Christopher Nucifora
126 pounds	L FORFEIT	
132 pounds	L MD 16-2	Chad Sadaka
138 pounds	L DEC 5-2	Noah Kochman
144 pounds	L PIN 4:57	Joseph Barbaro
150 pounds	L SV 3-1	Jayden Iznaga

WILLIAMS GETS BERGEN RUNNING IN JAMBO

JANUARY 27 - TENAFLY, NJ - The Crusaders flexed some offensive and defensive muscle on Saturday afternoon, playing a second consecutive complete game. This time, it was at the displeasure of the Red Raiders of Cliffside Park. BC advanced in the County Jamboree with a 90-50 decision in the Round of 16.

Sophomore AJ Williams started things off for BC, scoring the first 7 points for the Crusaders. He finished with nine. Naiim Parrish is clearly back in the groove, dropping in 15 points. Jaden Brown score 14, Julius Avent recorded 11 and Declan Wucherpennig had a game-high 20, his third straight game with 20 points or more.

TEAMS	1	2	3	4	FIN
Cliffside Park (10-8)	10	12	17	11	50
Bergen Catholic (14-5)	17	19	24	12	72

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	5	1	2	2	1.000	15
AJ Williams	3	1	-	-	-	9
Justin Lomicka	0	0	2	2	1.000	2

Jaden Brown	4	2	-	-	-	14
Alex Neunzig	2	0	1	2	.500	5
Declan Wucherpennig	6	1	5	5	1.000	20
Julius Avent	2	2	1	2	.500	11
Antonio Tristani	0	1	-	-	-	3
Jahlil Owusu	2	0	1	4	.250	5
Jeremiah Kinsler	3	0	0	-	-	6
TOTALS	27	8	12	17	.706	90
CLIFFSIDE PARK	18	3	5	7	.714	50

HASAN'S HUGE FOURTH LIFTS JV

JANUARY 27 - ORADELL, NJ - Devin Hasan scored 13 of his points in BC's twenty-point fourth quarter to stage a comeback and defeat Mahwah HS in the Bergen County JV Tournament 49-38.



The T-birds scored the first basket of the fourth quarter and BC didn't get going until Devin Hasan drove the lane and made a layup to keep the Mahwah lead at five. Freshman Marcus Brown stole the ball and after driving the length of the court, Hasan followed his shot to cut the lead to three.

BC began to employ a press. That up-tempo style created uncertainty for the visitors who called time out to address their attack. Mahwah broke BC's trap and created a break, but Andrew Castillo was at home and blocked a shot and then initiated Bergen transition.

After an unsuccessful possession, Hasan intercepted a pass and drew a foul as he laid the ball up. Devin completed the three-point play and the Crusaders were tied at 36 with 4:15 remaining.

With their next possession, Hasan hit a three-pointer. For those counting, he now hit BC's first 10 points of the quarter and gave them their first lead of the fourth. Jake Behrens followed with a bomb of his own and the Crusaders had a 6-point lead with 2:30 remaining.

Mahwah shifted from a 3-2 zone to man defense and Hasan quickly made them pay, driving the lane and increasing BC's lead to eight.

BC's 13-2 run to finish the game was certainly something to behold. As a result, they advance to the next round of the JV County Tournament.

TEAMS	1	2	3	4	FIN
Mahwah	10	15	9	4	38
Bergen Catholic	10	6	13	20	49

CRUSADERS TAKE 5 FIRSTS IN BERGEN COUNTY RELAYS

JANUARY 22 - NEW YORK, NY - Jason Lessieu took a 1st, 2nd and 5th in jumping events to lead BC's Indoor Track and Field Efforts on Monday. Four Crusader Relay Teams won their heats as well for another successful event.

EVENT - ATHLETE - RESULT	PLACE
Boys 4x200 Meter Relay Non-Public	
Bergen Catholic HS 'A' 1:30.99 1	2

Boys 4x400 Meter Relay Non-Public	
Bergen Catholic HS 'A' 3:37.22	2
Boys 4x800 Meter Relay Non-Public	
Bergen Catholic HS 'A' 9:05.40 1	1
Boys 4x1600 Meter Relay Non-Public	
Bergen Catholic HS 'A' 20:09.26	2
Boys 1600 Sprint Medley Non-Public	
Bergen Catholic HS 'A' 3:41.23 1	1
Boys Distance Medley Non-Public	
Bergen Catholic HS 'A' 11:43.92	1
Boys 4x55 Meter Shuttle Hurdle Non-Public	
Bergen Catholic HS 'A' 34.53	1
Boys High Jump Non-Public	
Gallo, Peter 5-06.00	2
Lessieu, Jason 5-00.00	5
Boys Long Jump Non-Public	
Lessieu, Jason J19-08.25	1
Boakye, Andrew Jeremiah J19-06.75	2
Boys Triple Jump Non-Public	
Lessieu, Jason 40-07.25	2
Knight, Lawrence 39-08.50	4
Boys Shot Put Non-Public	
Nodelman, Travis J40-06.25	3
Hughes, Teddy J34-06.00	6

SHORTRIDGE STARS

AT MID-WINTER CLASSIC

JANUARY 23 - TOMS RIVER, NJ - On Tuesday, Junior Nicholas Shortridge ran a 6.67 in the 55 meter dash to win and qualify for Nationals. Ethan Cohall, Jr. ran extremely well, finishing second to Nick by only .19 seconds. Freshman Jonah Flournoy finished fourth at 7.04 in a field of well over 100 runners.

ATHLETE	RESULT	PLACE	HEAT
55 METER DASH			
Nicholas Shortridge	6.67	1st	Finals H28
Ethan Cohall Jr.	6.86	2nd	Finals H28
Jonah Flournoy	7.04	4th	Finals H15
Luke Bohen	7.12	16th	Finals H19
Peter Rogers	7.16	19th	Finals H22
Francis Dooley	7.3	37th	Finals H24
Anthony Morales	7.39	56th	Finals H23
Lawrence Knight	7.43	67th	Finals H7
Steven Copeland II	7.46	77th	Finals H21
Mitchel Boateng	7.52	90th	Finals H22
Alejandro Castro-D'Albenzio	7.58	101st	Finals H17
Rickie Richardson	7.7	117th	Finals H14
Sean Anderson	7.74	49th	Finals H10
Charlton Park	7.81	54th	Finals H8
Joseph Angiulli	7.88	61st	Finals H3
Thomas Santos	7.9	140th	Finals H4
Ian Kim	7.92	66th	Finals H9
Ashton DiBella	8.01	71st	Finals H7

NATE THE GREAT STARTS SENIOR SEASON PLACING SEVENTH

JANUARY 24 - VERNON, NJ – Senior Nathan Park led the Crusaders to a 10th place over all finish with his 7th place run of 41.79 in the first Slalom race of the season. Dylan Stiles and Matt Montgomery also finished their runs in a season where snow is at a premium.

Team : BERGEN Total Time : 4:38.06 Rank : 10th				
Bib	Class	Name	Run 1	Place
1BCM	VM	Nathan Park	41.79	7
4BCM	VM	Dylan Stiles	58.09	47
3BCM	VM	Matthew Montgomery	01:07.0	59
8BCM	VM	GHOST TIME	01:51.2	65
2BCM	VM	Blake Young	DSQ	
5BCM	VM	Harry Williams	DNS	

BIRD OF THE WEEK LONG-TAILED DUCK

JANUARY 19 - BARNEGAT LIGHT, NJ – While not as colorful as some Ducks, the black-and white Long-tailed duck is an attractive duck nonetheless. There were about five dozen or so swimming in the Barnegat Inlet last week.

Long-tailed ducks are sea ducks, also known as diving ducks. They enjoy mollusks and crustaceans as their primary meals. While they breed in the arctic, this is the time of year they may be found along the Jersey shore and American coastline, occasionally reaching as far south as the Chesapeake Bay. Below, the drake (male duck) is above the hen (female).



Riaan Vora	8.02	73rd	Finals H6
Walter Suh	8.04	74th	Finals H8
Matthew Neville	8.27	85th	Finals H6
Lukas Nelbung	8.32	90th	Finals H6
Hayden Whitaker-currie	8.64	102nd	Finals H3
Aiden Tencza	8.67	106th	Finals H3
Joseph LoBue	8.87	112th	Finals H6
Dylan McKegney	9	116th	Finals H4

400 METER DASH

Aiden Pacheco	56.77	12th	Finals H12
Francis Dooley	56.9	14th	Finals H13
Alejandro Castro-D'Albenzio	58.46	29th	Finals H12
Ed Stoker	58.75	32nd	Finals H10
Sean Anderson	01:00.8	15th	Finals H6
Ian Kim	01:03.2	29th	Finals H5
Thomas Santos	01:03.2	82nd	Finals H10
Joseph Rogers	01:04.3	33rd	Finals H6
Charlton Park	01:05.9	40th	Finals H5
Riaan Vora	01:06.5	42nd	Finals H3
Walter Suh	01:07.7	44th	Finals H4
Lukas Nelbung	01:08.1	46th	Finals H2
Matthew Neville	01:08.7	48th	Finals H2
Lucas Machado	01:12.1	123rd	Finals H2
Aiden Tencza	01:16.1	61st	Finals H1
Hayden Whitaker-currie	01:18.0	62nd	Finals H1
Dylan McKegney	01:18.4	63rd	Finals H1
Joseph LoBue	01:21.1	65th	Finals H1
Ashton DiBella	01:22.9	66th	Finals H3

800 METER RUN

Andrew Byrnes	02:26.8	17th	Finals H4
Jackson Hermann	02:29.0	15th	Finals H3
Jack Falcone	02:32.0	18th	Finals H3
James Gullo	02:32.6	19th	Finals H3
Benjamin Cha	02:38.5	26th	Finals H3
Liam McDevitt	02:39.0	32nd	Finals H2
Lorenzo Lee	02:40.1	32nd	Finals H2
Ricardo Tejada-Arango	02:41.0	33rd	Finals H2
Michael Tuohy, Jr.	02:41.7	34th	Finals H2

1600 METER RUN

Jackson Hermann	05:11.4	3rd	Finals H2
Andrew Byrnes	05:14.7	15th	Finals H4
Jack Falcone	05:23.4	7th	Finals H2
Benjamin Cha	05:26.4	10th	Finals H2
James Gullo	05:26.9	11th	Finals H2
Ricardo Tejada-Arango	05:32.7	15th	Finals H1
Lorenzo Lee	05:42.2	23rd	Finals H1
Michael Tuohy, Jr.	05:43.5	26th	Finals H2
Sean Keating	05:45.1	42nd	Finals H2
Liam McDevitt	05:49.4	48th	Finals H1

HIGH JUMP

Francis Dooley	5'2"	11th	Finals H1
Aiden Pacheco	4'9"	13th	Finals H1

SHOT PUT

John O'Rourke	32'8"	34th	Finals H3
Justin Choi	28'6"	6th	Finals H1

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

Philippians 4:13

*I can do all things through Christ
 who strengthens me.*

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 sunshine 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.

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.

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

LITURGICAL CALENDAR 2023-24

- ☐ ADVENT (Dec 3 – Dec 24)
- ☐ CHRISTMAS (Dec 25 – Jan 8, 2024)
- ☒ ORDINARY TIME (Jan 9-Feb 13)
- ☐ ASH WEDNESDAY (Feb 14) LENT
- ☐ HOLY WEEK (Mar 25-29)
- ☐ HOLY THURSDAY (Mar 28)
- ☐ GOOD FRIDAY (Mar 29)
- ☐ EASTER (Mar 31)
- ☐ ASCENSION (May 9)
- ☐ PENTECOST (May 19)
- ☐ ORDINARY TIME (May 20 – Nov 30)

The Golden Rule

Love one another as I have loved you.