

# THIS WEEK

## IN BERGEN CATHOLIC SPORTS

### KIM, MELNIKOV, CRUSADERS SAVE THEIR BEST FOR LAST

**FEBRUARY 25 - PISCATAWAY, NJ** - The Crusaders swam an extremely fast meet, faster than their Sectional Championship times on Monday, but it was not enough to overtake the state's #2 ranked team St. Augustine Prep in the State Championship. BC fell 95-75 but broke a pair of individual records and finished the meet, as winners do, placing first in the 4x100 Free Relay.

| TEAM                      | SCORE     |
|---------------------------|-----------|
| Bergen Catholic (9-3)     | <b>75</b> |
| St. Augustine Prep (11-0) | <b>95</b> |

#### RACE RESULTS

| SWIMMER(S)  | TIME            | PL       |
|---|-----------------|----------|
| <b>200 MEDLEY RELAY</b>                                   |                 |          |
| Ryan Choi, Dimitri Melnikov, Doyee Kim, William Mulder    | 01:34.95        | <b>1</b> |
| Yuriel Lee, Andy Kwon, Eric Kwon, Kevin Son               | 01:41.06        | <b>4</b> |
| Jonas Haro, Alexander Tong, Joseph Trione, Harris Kazimir | 02:10.44        | <b>6</b> |
| <b>200 FREE</b>   |                 |          |
| Raymond Stelmark  | 01:42.18        | <b>1</b> |
| Eric Yoo  | 01:45.25        | <b>4</b> |
| Jeremiah Tomioka  | 01:46.67        | <b>5</b> |
| <b>200 IM</b>   |                 |          |
| Doyee Kim   | <b>01:51.07</b> | <b>1</b> |
| Dmitri Melnikov   | 01:52.09        | <b>2</b> |
| Duncan Skogerson  | 02:05.67        | <b>6</b> |



|   |                 |          |
|---|-----------------|----------|
| <b>50 FREE</b>  |                 |          |
| Ryan Choi   | 00:22.18        | <b>1</b> |
| Kevin Son   | 00:24.61        | <b>6</b> |
| Andy Kwon   | 00:24.20        | <b>5</b> |
| <b>100 FLY</b>  |                 |          |
| Duncan Skogerson  | 00:57.71        | <b>6</b> |
| Ryan Choi   | 00:52.34        | <b>3</b> |
| Eric Kwon   | 00:56.18        | <b>5</b> |
| <b>100 FREE</b>   |                 |          |
| Eric Yoo  | 00:48.61        | <b>4</b> |
| Will Mulder   | 00:48.99        | <b>5</b> |
| Yuriel Lee  | 00:49.03        | <b>6</b> |
| <b>500 FREE</b>   |                 |          |
| Raymond Stelmark  | 04:36.77        | <b>2</b> |
| Jeremiah Tomioka  | 04:50.46        | <b>4</b> |
| Kevin Son   | 04:50.50        | <b>5</b> |
| <b>200 FREE RELAY</b>                                   |                 |          |
| William Mulder, J. Tomioka, Raymond Stelmark, Eric Yoo  | 01:31.04        | <b>2</b> |
| Ryan Kwon, Ricky Wright, Duncan Skogerson, Andy Kwon    | 01:37.23        | <b>5</b> |
| Joe Trione, Harrison Kinnear, Jack Cummings, Parker Day | 01:44.71        | <b>6</b> |
| <b>100 BACK</b>   |                 |          |
| Yuriel Lee  | 00:53.30        | <b>3</b> |
| Doyee Kim   | 00:52.19        | <b>2</b> |
| Eric Kwon   | 00:56.99        | <b>5</b> |
| <b>100 BREAST</b>                                       |                 |          |
| Dimitri Melnikov  | <b>00:55.87</b> | <b>1</b> |
| William Mulder  | 01:04.44        | <b>5</b> |
| Andy Kwon   | 01:04.59        | <b>6</b> |



**400 FREE RELAY**

|  |          |          |
|--|----------|----------|
| Raymond Stelmark, Ryan Choi, Dimitri Melnikov, Doyee Kim | 03:14.52 | <b>1</b> |
| Kevin Son, Eric Yoo, Yuriel Lee, Jeremiah Tomioka        | 03:27.57 | <b>4</b> |
| Dan Cassella, Jack Cummings, Nick Gomez, Harris Kinnear  | 03:49.9  | <b>6</b> |

**SCORING BY EVENT**

| RACE                    | BC | STA | BC TOT    | STA TOT   |
|-------------------------|----|-----|-----------|-----------|
| <b>200 MEDLEY RELAY</b> | 8  | 6   | <b>8</b>  | <b>6</b>  |
| <b>200 FREE</b>         | 9  | 7   | <b>17</b> | <b>13</b> |
| <b>200 IM</b>           | 10 | 6   | <b>27</b> | <b>19</b> |
| <b>50 FREE</b>          | 7  | 9   | <b>34</b> | <b>28</b> |
| <b>100 FLY</b>          | 4  | 12  | <b>38</b> | <b>40</b> |
| <b>100 FREE</b>         | 3  | 13  | <b>41</b> | <b>53</b> |
| <b>500 FREE</b>         | 7  | 9   | <b>48</b> | <b>62</b> |
| <b>200 FREE RELAY</b>   | 4  | 10  | <b>52</b> | <b>72</b> |
| <b>100 BACK</b>         | 8  | 8   | <b>60</b> | <b>80</b> |
| <b>100 BREAST</b>       | 7  | 9   | <b>67</b> | <b>89</b> |
| <b>400 FREE RELAY</b>   | 8  | 6   | <b>75</b> | <b>95</b> |
| <b>FINAL SCORE</b>      |    |     | <b>75</b> | <b>95</b> |

## AN INTERVIEW WITH RECORD-BREAKER DIMITRI MELNIKOV

**FEBRUARY 28 - ORADELL, NJ - BY, JACK CUMMINGS** - On Wednesday I interviewed Bergen Catholic junior Dimitri Melnikov who set a school record for the 100 Breast with a time of 55.87 in the NJSIAA Non-Public "A" State Final vs. St. Augustine Prep at Rutgers Aquatic Center in Piscataway. Doyee Kim, whose record Dimitri broke, also broke a record in the 200 IM with a time of 1:51:07 at the event. Here is our interview.

**Jack:** What do you do before a race to get (prepared)?

I take a nap. Then just before the race, I like to slap my muscles just to activate them a little bit. I like to jump around and do jumping jacks.

**Dimitri:**

**Jack:** How did you feel after beating the school record for the 100 breast?

**Dimitri:** I was really shocked I went from 57-55 (seconds) which is a two-second drop, and I am excited for the future.

**Jack:** What do you wear as a swimmer?

**Dimitri:** A tech suit, but many kids wear speedos.

**Doyee:** A tech suit is made out of a material that helps to repel water "hydrophobic" and it is extremely tight and helps to eliminate drag.

**Jack:** What's your favorite swim event and why?

**Dimitri:** The 200 I.M.

**Jack:** What do you think you can do better regarding your future for swimming?

**Dimitri:** I feel like I could improve my open turns, which is a touch and go technique. I could also work on coming back a little faster by increasing my stroke rate every 25.

**Jack:** What do you eat to stay in shape as a swimmer?

**Dimitri:** I like to have a Bobo tea in the morning and also like PB and J's but on meet days I like to stay light.

**Jack:** How does it feel to represent Bergen in swimming?

**Dimitri:** It's exciting to showcase our other less-known sports teams in a big way and spread our skill over the state.

**Jack:** How will you prepare for your senior year as a leader for the team?

**Dimitri:** I plan on connecting with the incoming freshman and underclassmen. I also will lead by example by showing on time to events, being kind, and offering my advice.

**Mr. H.** How many hours do you swim every day?

**Dimitri:** I practice with my club team about 2 hours after school every day. Some teams focus more on yardage and endurance, but our club focuses more on technique and form.

**Jack:** Dimitri, thanks for spending time with us and answering our questions. Good luck in the individual states and next year!

## SENIORS FINISH BRILLIANT CAREERS AS BC GIVES ITS ALL

**FEBRUARY 26<sup>TH</sup> - WALL TOWNSHIP, NJ - BY QUINN SCRIBNER '24** - Senior Matt Maglio scored his team-leading 22<sup>nd</sup> goal of the season in the third period, but Bergen never gained an edge over the Christian Brothers Academy and fell 2-1 in the NJSIAA Non-Public quarterfinal.

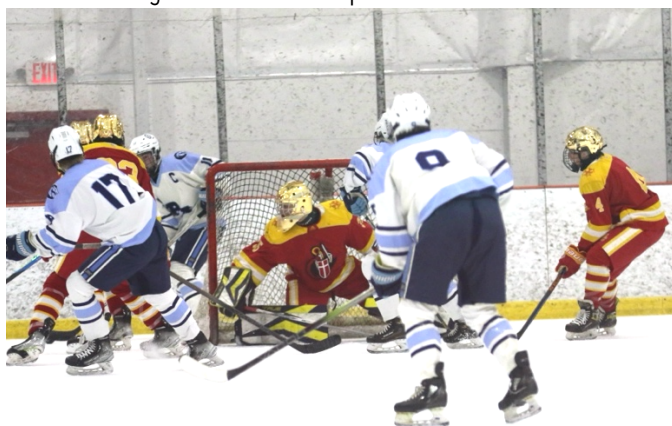


The Crusaders clashed with the Colts at Shore Arena. The first period was fairly uneventful with goal keeper Erez Yacobi and the short-handed



defense, killing off a power play and keeping the score knotted at zero through five minutes remaining. The Colts struck first with 3:19 remaining and again with 0:57 remaining, providing all the offense needed on a day between two of NJ's top teams.

The Crusaders began to pick things up offensively in the second and third periods but did not score until 1:37 remaining in the third period. It was an unassisted power play goal by Matt Maglio, marking his 38<sup>th</sup> career goal and 78<sup>th</sup> career point.



Erez Yacobi added another spectacular game to his record. He came up big on multiple occasions and kept the Crusaders in the game all night. Despite numerous odd-man rushes and screened shots, Yacobi finished the game with 34 saves on 36 shots and a .944 save percentage. His career save total is 376, with a career .895 save percentage.

The Crusaders finished an outstanding 2023-24 campaign, with a 14-8 overall record and a Bergen County Championship and Gordon National Division title to boot.

| Team                          | 1 | 2 | 3 | FIN      |
|-------------------------------|---|---|---|----------|
| <b>Bergen Catholic (14-8)</b> | 0 | 0 | 1 | <b>1</b> |
| <b>CBA (15-6-1)</b>           | 2 | 0 | 0 | <b>2</b> |

**GOALS:** Matt Maglio (1, 22<sup>nd</sup>)

**SAVES/GA/SAV%:** Erez Yacobi (34/2/.944) – season (347/39/.899)

## CRUSADER GRAPPLERS PASS FIRST TEST ON THE BOARDWALK

**FEBRUARY 29 - MARCH 2 - ATLANTIC CITY, NJ** – All nine wrestlers won their Preliminary Round bouts in the NJSIAA 2024 Individual Wrestling State Championship on Thursday night. Sophomore Nathan Braun opened with a first period major decision 14-0 to set the tone. Senior Chris Nucifora followed with a 5-2 decision. Classmate Noah Kochman followed with an 8-0 major and fellow senior Jayden Iznaga recorded a 3-1 decision. 157-pound Ryan Ford earned the first technical fall for the Crusaders, with a 17-2 decision at 1:58 in the first period. Genti Idrizi won his Prelim match with a 9-3 decision at 165 pounds and Leo Varga was a major decision victor at 190 with a 9-0 shutout. Mason Marck earned a sudden victory win 6-4 in the first round and at 285, Ben Shue won by technical fall 16-0 at 3:53.

Braun, Ford and Shue all went on to place fourth at their respective weights. Jayden Iznaga took home a fifth-place medal, pinning his opponent 18 seconds into overtime of the 5<sup>th</sup>-6<sup>th</sup> Place Consolation and Noah Kochman rounded out BC's medal winners with an 8<sup>th</sup>.

|                                |                           |  |                       |
|--------------------------------|---------------------------|--|-----------------------|
| <b>113</b>                     | <b>#1 NATHAN BRAUN</b>    |  |                       |
| <b>Preliminary</b>             | <b>Pre-Quarter</b>        | <b>Quarter</b>                             |                       |
| WMD 14-0                       | WD 6-0                    | WMD 12-0                                   |                       |
| <b>Semifinal</b>               | <b>WB Semifinal</b>       | <b>3<sup>rd</sup>-4<sup>th</sup> Place</b> | <b>4<sup>th</sup></b> |
| LTB 3-2                        | WTB 3-2                   | LD 3-1                                     |                       |
| <b>120</b>                     | <b>#13 CHRIS NUCIFORA</b> |  |                       |
| <b>Preliminary</b>             | <b>Pre-Quarter</b>        | <b>WB 2<sup>nd</sup> Round</b>             |                       |
| WD 5-2                         | LD 3-1                    | WD 8-0                                     |                       |
| <b>WB 3<sup>rd</sup> Round</b> |                           |  |                       |
| LMD 15-6                       |                           |  |                       |
| <b>138</b>                     | <b>#11 NOAH KOCHMAN</b>   |  |                       |
| <b>Preliminary</b>             | <b>Pre-Quarter</b>        | <b>Quarter</b>                             |                       |
| WMD 8-0                        | WMD 9-0                   | LD 7-0                                     |                       |
| <b>WB 4<sup>th</sup> Round</b> | <b>WB Quarter</b>         | <b>7<sup>th</sup>-8<sup>th</sup> Place</b> | <b>8<sup>th</sup></b> |
| WD 9-6                         | LMD 9-0                   | LD 5-2                                     |                       |
| <b>150</b>                     | <b>#9 JAYDEN IZNAGA</b>   |  |                       |
| <b>Preliminary</b>             | <b>Pre-Quarter</b>        | <b>Quarter</b>                             |                       |
| WD 3-1                         | WD 3-2                    | WMD 12-1                                   |                       |
| <b>Semifinal</b>               | <b>WB Semifinal</b>       | <b>5<sup>th</sup>-6<sup>th</sup> Place</b> | <b>5<sup>th</sup></b> |
| LP (3:26)                      | LD 3-2                    | WP (6:18)                                  |                       |

|                    |                     |  |                       |
|--------------------|---------------------|--|-----------------------|
| <b>157</b>         | <b>#3 RYAN FORD</b> |  |                       |
| <b>Preliminary</b> | <b>Pre-Quarter</b>  | <b>Quarter</b>                             |                       |
| WTF (1:58) 17-2    | WP (0:23)           | WP (0:37)                                  |                       |
| <b>Semifinal</b>   | <b>WB Semifinal</b> | <b>3<sup>rd</sup>-4<sup>th</sup> Place</b> | <b>4<sup>th</sup></b> |
| LD 5-4             | WD 4-2              | LSV 3-1                                    |                       |

|  |                                |                                |
|--|--------------------------------|--------------------------------|
| <b>165</b>                                 | <b>#17 GENTI IDRIZI</b>        |                                |
| <b>Quarterfinal</b>                        | <b>Semifinal</b>               | <b>WB 2<sup>nd</sup> Round</b> |
| WD 9-3                                     | LP (0:25)                      | WD 6-4                         |
| <b>WB 3<sup>rd</sup> Round</b>             |                                |                                |
| LP (0:25)                                  |                                |                                |
| <b>190</b>                                 | <b>#8 PANTALEO VARGA</b>       |                                |
| <b>Quarterfinal</b>                        | <b>Semifinal</b>               | <b>WB 2<sup>nd</sup> Round</b> |
| WMD 9-0                                    | L 1-0                          | WD 10-4                        |
| <b>WB 3<sup>rd</sup> Rnd</b>               | <b>WB 4<sup>th</sup> Round</b> |                                |
| WD 3-2                                     | LD 5-2                         |                                |
| <b>215</b>                                 | <b>#15 MASON MARCK</b>         |                                |
| <b>Quarterfinal</b>                        | <b>Semifinal</b>               | <b>WB 2<sup>nd</sup> Round</b> |
| WSV 6-4                                    | LD 9-3                         | LD 5-3                         |
| <b>285</b>                                 | <b>BENJAMIN SHUE</b>           |                                |
| <b>Preliminary</b>                         | <b>Pre-Quarter</b>             | <b>Quarter</b>                 |
| WTF (3:53) 16-0                            | WTF (3:16) 15-0                | LP (1:02)                      |
| <b>WB 4<sup>th</sup> Round</b>             | <b>WB Quarter</b>              | <b>WB Semifinal</b>            |
| WP (1:25)                                  | WD 3-1                         | WP (2:48)                      |
| <b>3<sup>rd</sup>-4<sup>th</sup> Place</b> |                                |                                |
| LD 3-2                                     |                                |                                |



Declan Wucherpennig was just as strong, finishing with 16. Seven of his points came in the second quarter



AJ Williams scored all five of his points in the second quarter.



Julius Avent recorded 13 points forged by 5 in the first and third quarters.

#### SCORING

| CRUSADER            | 2PT       | 3PT      | FTM       | FTA       | FT%         | PTS       |
|---------------------|-----------|----------|-----------|-----------|-------------|-----------|
| Naiim Parrish       | 3         | 1        | 7         | 8         | .875        | 16        |
| AJ Williams         | 1         | 1        | -         | -         | -           | 5         |
| Declan Wucherpennig | 4         | 1        | 5         | 5         | 1.000       | 16        |
| Julius Avent        | 3         | 2        | 1         | 2         | .500        | 13        |
| Jaden Brown         | 2         | 0        | -         | -         | -           | 4         |
| Tyler McQuaid       | 1         | 0        | -         | -         | -           | 2         |
| <b>TOTALS</b>       | <b>14</b> | <b>5</b> | <b>13</b> | <b>15</b> | <b>.867</b> | <b>58</b> |

## SURIANO WINS PAN-AM GAMES QUALIFIES FOR OLYMPIC TRIALS

**FEBRUARY 23 - ACAPULCO, MEXICO** - Bergen Catholic alumnus Nick

Suriano continued his exceptional journey, winning the Pan-Am Games and qualifying for the 2024 USA Olympic Trials. The Summer Games are in Paris this year. Below is a short interview with Nick.

Enjoy... <https://www.youtube.com/watch?v=pD23mzlazck>



## CRUSADERS DEFEAT GRAY BEES ADVANCE IN STATE TOURNEY

**FEBRUARY 26 - NEWARK, NJ** - The Crusaders visited "The Hive" on Monday with an opportunity to compete with a former teammate looking for the greener grasses of Newark. Well, I'm not sure if it's greener, but the Crusaders showed it was a heckuva lot tougher to cut as they emerged with a 58-51 victory.

Naiim Parrish continued to finish strong tied for a team high 16 points, including 7 of 8 from the free throw line in the fourth quarter.





| TEAMS                  | 1  | 2  | 3  | 4  | FIN       |
|------------------------|----|----|----|----|-----------|
| Bergen Catholic (21-7) | 14 | 16 | 12 | 16 | <b>58</b> |
| St. Benedict Prep      | 15 | 15 | 5  | 17 | <b>51</b> |

## SENIORS ROCK AND ROLL BOWLING STATE TOURNAMENT

**FEBRUARY 21 - BOONTON, NJ** - Stephen Paul was the man, rolling a team-high 221 average and 267 game, but his classmates rolled well as BC fell to Montville in the third round of the NJSIAA State Team Tournament. Andy Lee rolled a 206 average and his 266, together with Paul's 267 in Game 2, gave the Crusaders their lone win in the race to two. Calvin Villanueva was strong right throughout, bowling 204, 203, 200 and finishing with a 202.3 on the day.

| BOWLER            | G1           | G2           | G3           | TOT                 | HG         | AVG          |
|-------------------|--------------|--------------|--------------|---------------------|------------|--------------|
| Nick Rossig       | 165          | 182          | 166          | 513                 | 182        | 171.0        |
| Sean McKechnie    | 143          | X            | X            | 143                 | 143        | 143.0        |
| Stephen Paul      | 193          | 267          | 203          | 663                 | 267        | 221.0        |
| Calvin Villanueva | 204          | 203          | 200          | 607                 | 204        | 202.3        |
| Andy Lee          | 162          | 266          | 190          | 618                 | 266        | 206.0        |
| John Brignola     | X            | 156          | 179          | 335                 | 179        | 167.5        |
| Robert Reynoso    | X            | X            | X            | X                   | X          | X            |
| <b>BC</b>         | <b>867</b>   | <b>1,074</b> | <b>938</b>   | <b>2,879</b>        | <b>267</b> | <b>191.9</b> |
| <b>MONTVILLE</b>  | <b>1,237</b> | <b>954</b>   | <b>1,025</b> | <b>3,216</b>        | <b>268</b> | <b>214.4</b> |
|                   | <b>LOSS</b>  | <b>WIN</b>   | <b>LOSS</b>  | <b>MHS wins 2-1</b> |            |              |

## ANDY LEE IN HIS OWN WORLD

**FEBRUARY 29 - ORADELL, NJ - BY, DOYEE KIM '24** - In the world of bowling, technique, precision, and experience are paramount. For Andy, on the other hand, his journey has been credited to a unique approach and determination that sets him apart from his competitors. One unique thing about Andy is the number of steps he takes in his approach. While most bowlers look at a three or five-step approach, Andy feels the most comfortable doing a four-step approach. Andy prefers to use one hand while bowling whilst two-hand bowling has gained popularity in recent years. Andy is different from his competition, and it shows.

Something Andy mentioned was a program he attended over the summer. This program was with an experienced coach and his

teammates. It was during that time when Andy received guidance to improve his technique. One major point was when he was told to adjust the bend he does with his elbow allowing him to enhance his delivery.

During the game, Andy did not bowl his first game to his liking. After some rest and a reset, Andy managed to bowl strike after strike. Andy remained focused and determined. Ice in his veins and nerves of steel, he fixes his eyes on the target dots and is able to secure the sixth-ever 300 bowled in Bergen Catholic history.

Andy joins his name with the five others, the last being in 2012. Congratulations Andy, you have made Bergen Catholic history.

## AN INTERVIEW WITH "MR. 300" ANDY LEE

**FEBRUARY 29 - ORADELL, NJ** - On Thursday the Sports Media Interns class interviewed senior Andy Lee as a continued practical experience in giving interviews. Andy bowled a perfect 300 game and we hoped to glean some thought from his experience as a bowler.

**SMI:** It seems more and more people are bowling with two hands. Are you one or two-handed?

**Andy:** One handed.

**SMI:** Do you pick a specific arrow to aim at when bowling?

**Andy:** No, I generally use the dots on the alley, before the arrows, to determine where I am rolling the ball.

**SMI:** How long have you been bowling for? Did you do any clinics to prepare for the season?

**Andy:** I have only been bowling for two years. We did not do a clinic before the season, but I did a three-day camp over the summer.

**SMI:** Really? How long did you bowl each day?

**Andy:** It was only about two hours per day.

**SMI:** How did you feel going into the day you bowled the 300?

**Andy:** It was a new tournament that we were going to have fun in. There really wasn't a lot of pressure going into it. I felt pretty good. Then in the first game, I really didn't bowl that well and wanted to do better the next game.

**SMI:** When did you realize you were going to bowl the perfect game?

**Andy:** I've bowled eight strikes in a row before, so it wasn't until I got through the ninth frame that I thought I had a chance. You still have to bowl three more strikes in the tenth, though.

**SMI:** What's the secret? Is it purely consistency or do you need to adjust throughout the game?

**Andy:** You need to adjust your alignment on the lane as each frame goes. The oil on the lane moves and as a result, you need to adjust in order to use it.

**SMI:** What's the secret? Is it purely consistency or do you need to adjust?

**Andy:** You need to adjust your alignment on the lane as each frame goes. The oil on the lane moves and as a result, you need to adjust in order to use it.

**SMI:** How do you know when to adjust?

**Andy:** We get a lot of help from our coaches. Our assistant Coach Butkera is extremely helpful with us reading the lanes.

**SMI:** Andy, thank you for spending time with us to answer some questions. Enjoy the rest of senior year and best of luck in college.

## "SHOWBIZ" MIKE PEDONE CRUSADER HOOPS IN THE '80s

**MARCH 1 - ORADELL, NJ** - As I was in my classroom late Friday afternoon, I got a request from Jacob Tobey, a sports anchor at NBC Sports in Denver. It seems the head coach of the Denver Nuggets, Michael Malone, played high school basketball at Seton Hall Prep and his season ended in the state semifinals against Bergen Catholic 74-70.

He mentioned a sophomore who lit it up that day, Mike Pedone. Pedone finished with a game high



32 points including a pair of three-point buckets for the Crusaders who won their 21<sup>st</sup> game of the year.

The Ridgewood native Pedone was a dynamic scorer and would go on to earn First-Team All-County and All-Parochial State Honors and even became the school's All-Time Leading Scorer as a junior.

Fast-forward to 2024, after the mention of Pedone "kicking our a&es," in the TV interview, Tobey decided to give the Bergen guy a call. That interview will be airing live

in Denver at 10:35 PM, that's 12:35 AM Sunday Evening OUR TME to watch it live. You can find it here: <https://www.9news.com/watch>

## NEW JERSEY STATE SWIMMING MEET OF CHAMPIONS

**March 2 - SEWELL, NJ** - The Crusader swimmers represented



themselves well on Saturday two relays and four individual times qualifying for spots in

Sunday's MOC finals at Gloucester Tech.

| QUALIFYING ROUND (TOP 8 FINISHERS) | TIME            | PL       |
|------------------------------------|-----------------|----------|
| <b>200 MEDLEY RELAY</b>            |                 |          |
| Bergen Catholic                    | 01:36.20        | <b>7</b> |
| <b>200 INDIVIDUAL MEDLEY</b>       |                 |          |
| Dimitri Melnikov                   | 01:51.48        | <b>4</b> |
| <b>500 FREESTYLE</b>               |                 |          |
| Raymond Stelmark                   | 04:35.04        | <b>3</b> |
| <b>100 BREAST</b>                  |                 |          |
| Doyee Kim                          | <b>00:55.24</b> | <b>2</b> |
| Dimitri Melnikov                   | 00:56.03        | <b>4</b> |
| <b>400 FREE RELAY</b>              |                 |          |
| Bergen Catholic                    | 03:11.96        | <b>5</b> |

## KIM GIVES MELNIKOV A NEW MARK TO CHASE

**March 3 - SEWELL, NJ** - Doyee Kim finished his remarkable high school swimming career setting a record in one of his favorite strokes, the breast stroke. After tying Ralph Cannarozzi's record earlier in the season, and then seeing Dimitri Melnikov break that record in front of him and Ralph at the team state final, what more was he to do? He actually D's record on Saturday in the qualifying round and then broke the record for the third time this year, with a time of 54.91. The junior Melnikov, was right on his heels, finishing T5 in the 100 Breast after a 6<sup>th</sup> place finish in the 200 IM.

Raymond Stelmark was a powerhouse as well, breaking Rich Murphy's 21-year old record of 4:33.44 in the 500 Free with a time of 4:30.89. That time was good for 3<sup>rd</sup> Place overall!

Congratulations to our swimmers on a fantastic season!

|                              |                 |           |
|------------------------------|-----------------|-----------|
| <b>200 MEDLEY RELAY</b>      |                 |           |
| Bergen Catholic              | 01:34.78        | <b>4</b>  |
| <b>200 INDIVIDUAL MEDLEY</b> |                 |           |
| Dimitri Melnikov             | 01:53.25        | <b>6</b>  |
| <b>500 FREESTYLE</b>         |                 |           |
| Raymond Stelmark             | <b>04:30.89</b> | <b>3</b>  |
| <b>100 BREAST</b>            |                 |           |
| Doyee Kim                    | <b>00:54.91</b> | <b>2</b>  |
| Dimitri Melnikov             | 00:56.65        | <b>T5</b> |
| <b>400 FREE RELAY</b>        |                 |           |
| Bergen Catholic              | 03:13.72        | <b>7</b>  |



# NEW JERSEY INDOOR TRACK MEET OF CHAMPIONS

**MARCH 3 - STATEN ISLAND, NY** - Jason Lessieu represented Bergen Catholic in the NJ Indoor Track MOC on Sunday and represented the scarlet and gold well. In the long jump, he jumped 21' 2.5", good for an 8<sup>th</sup> place finish. He followed up with a 10<sup>th</sup> place in the Triple Jump with 43' 2.25". Congratulations on a terrific showing!



## BIRD OF THE WEEK TRUMPETER SWAN

**MARCH 2 - NANUET, NY** - Frankly, I didn't think I was in pursuit of a life bird. I was under the impression I recorded Trumpeter Swans in one of my journeys to the west. Apparently, that was not the case.

One of BC's best, Eric "Funkenstein" was hoping to track down a pink-footed goose. I happily told him where I found the bird. When he offered to tell me about the GPS location of a Trumpeter Swan in Rockland County, I accepted, as I visited a nearby site that had only Mute Swans, much to my chagrin.

After recording the bird in e-bird, it turns out, it was a lifer for me, #445 to be exact.

### BASIC DESCRIPTION

Trumpeter Swans demand superlatives: they're our biggest native waterfowl, stretching to 6 feet in length and weighing more than 25 pounds - almost twice as massive as a Tundra Swan. Getting airborne requires a lumbering takeoff along a 100-yard runway. Despite their size, this once-endangered, now recovering species is as elegant as



any swan, with a graceful neck and snowy-white plumage. They breed on wetlands in remote Alaska, Canada, and the northwestern U.S., and winter on ice-free coastal and inland waters.

### WHERE DO YOU FIND THEM?

Look for these enormous swans on relatively shallow water or in agricultural fields. They'll be straighter-necked than Mute Swans (and more likely to be in wild habitats rather than city ponds); and they'll be considerably larger than the similar Tundra Swan. Trumpeter Swans have expanded their range in recent years as they continue their comeback from near extinction. In fact, the species now nests across a broad swath of the Midwest/Great Lakes and in scattered portions of the Northern Rockies - meaning that in summer you're more likely to find this species than the much more numerous Tundra Swan. Look for them in shallow ponds, lakes, rivers, and marshes. During migration and winter, you may also find Trumpeter Swans feeding in harvested agricultural fields.

### COOL FACTS

- Trumpeter Swans are impressively large—males average over 26 pounds, making them North America's heaviest flying bird. To get that much mass aloft the swans need at least a 100 meter-long "runway" of open water: running hard across the surface, they almost sound like galloping horses as they generate speed for takeoff.
- The Trumpeter Swan's scientific name, *Cygnus buccinator*, is from the Latin *Cygnus* (swan) and *buccinare* (to trumpet). We humans have a buccinator muscle in our cheeks—we use it to blow out candles and to blow into trumpets and other instruments
- A "voiceless" Trumpeter Swan named Louis was the main character in E. B. White's 1970 children's book, *The Trumpet of the Swan*. Louis courted his partner Serena by playing a trumpet.
- The oldest known Trumpeter Swan was a female, and at least 26 years, 2 months old when she was identified in Wisconsin in 2015. One captive individual lived to be 32.

Source: [https://www.allaboutbirds.org/guide/Trumpeter\\_Swan](https://www.allaboutbirds.org/guide/Trumpeter_Swan)

## 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

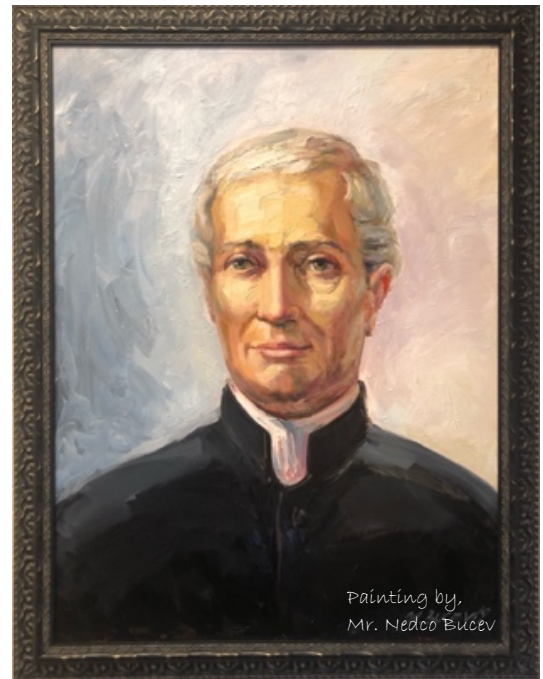
God, grant me the  
**Serenity** to accept the things I cannot change,  
**Courage** to change the things I can and  
**Wisdom** to know the difference.  
 Amen.

## 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

## The Golden Rule

Love one another as I have loved you.

## 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 Brotherhood