

MILESTONES & RECORD SETTERS 2023-24 WINTER SPORTS

Ryan Ford

100

VICTORIES



FEBRUARY 24, 2024

Andy Lee

300

PERFECT GAME

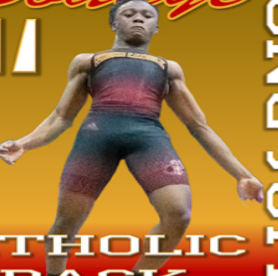


FEBRUARY 10, 2024

Andrew Boobye

22'2"

BERGEN CATHOLIC INDOOR TRACK SCHOOL RECORD



LONG JUMP

Beazie Shue

FEBRUARY 25, 2024

62'8.75"

BERGEN CATHOLIC INDOOR TRACK SCHOOL RECORD



SHOT PUT

Dayee Kim

200 IM
100 BREAST
400 FREE RELAY

BERGEN CATHOLIC SCHOOL RECORDS



Raymond Stelmark

500 FREE
200 FREE

BERGEN CATHOLIC SCHOOL RECORDS



Dimitri Melnikou
Ryan Choi
Will Mulder
Eric Yoo

BERGEN CATHOLIC SCHOOL RECORD

200 FREE RELAY



TWIBCS

WINTER SPORTS WRAP UP

WHAT A SEASON!

MARCH 31 - LAKE HENRY, PA - The Winter Season was another epic one at BC! Led by individual efforts and team accomplishments in 7 sports, two hundred eighty-three student-athletes gave their best to learn some of the most valuable lessons a person can learn.



Interestingly enough, one of those lessons is failure. And despite our many successes, the one thing athletics affords students is the opportunity to fail.

Sometimes very talented students have an incomplete resume when applying to college. Their application often lacks something significant...failure. Despite the demonstrated success in things, they are good at (academics, standardized tests, extra-curricular activities and service) at times they are unable to prove they can overcome defeat. How did they overcome failure and prove they can achieve with others?

Years ago, we hosted Harvard Men's Lacrosse team to practice at BC. In speaking with the coach, who informed me that the NCAA Division I university with the most intercollegiate athletic teams was HARVARD! Roughly 90% of Notre Dame students participated won a varsity letter in a sport.

Participating in an interscholastic sport tells an admissions counselor that you have failed and have overcome. Even Nick Suriano and his 159-0 record in HS wrestling at BC failed or was challenged to an extent to succeed. By only participating in things, you are good at, or not taking risks to fail, you may not be learning all of the lessons you need to learn in your high school years.

So, this spring, try out for a sport. Or maybe next year, join the Play, the Men's Vocal Ensemble, Jazz Ensemble or Chamber Music. Join the Robotics team and show you can work as a team, and you can overcome adversity and disappointment.

No one suffered a greater loss, than our savior on the cross. But until He did, He never could have realized His greatest victory: the victory for the salvation of each one of us. Have faith. Try. Fail. Rise up and try again! Deus Vult.

ANOTHER TWENTY-WIN SEASON FOR ARMSTRONG'S AMAZINS!

MARCH 6, 2024 - ORADELL, NJ - BY, AUTHORS - JOSEPH LEE '24 AND MEMO PICARIELLO '24- The Bergen Catholic basketball team has



concluded a remarkable season, defied expectations and proved doubters wrong along the way with their 22-8 record. Despite initial skepticism, they showcased their resilience and unity, operating more like a closely-knit family than just a team. Their dedication and unwavering work ethic were evident throughout the year, as they relentlessly pushed themselves to improve and succeed. While their journey culminated just short of the state title, their tenacity and spirit never waned, as they fought fiercely until the very end. Despite the outcome, it's undeniable that they had a stellar season, laying a solid foundation for future

success and leaving an indelible mark on the basketball landscape. This season served as a testament to their perseverance and determination, shaping a promising path forward for the Bergen Catholic basketball program.

Head Coach: Billy Armstrong
Overall Record: 22-8
Conference Record: 6-2
State Ranking: #10
County Ranking: #3

ALL BERGEN COUNTY

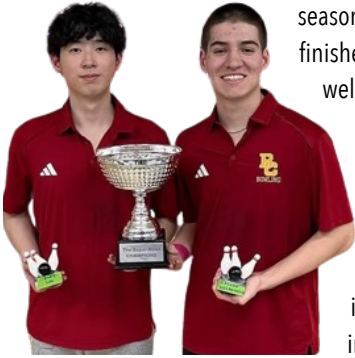
Declan Wucherpennig	C	1 st Team
Naiim Parrish	PG	1 st Team
Julius Avent	PF	3 rd Team

ALL BIG NORTH UNITED DIVISION

Declan Wucherpennig	1 st Team
Naiim Parrish	1 st Team
Julius Avent	1 st Team
Tyler McQuade	2 nd Team
Jayden Brown	2 nd Team
AJ Williams	Hon. Men.

BOWLING TAKES BNC UNITED

MARCH 8 - ORADELL, NJ - BY, HARRIS KINNEAR '24 AND ANTHONY NAPOLITANO '24 - Overall, it was another highly impressive



season for the bowling team, as they finished with a dominant 17-3 record, as well as a strong 6-1 in league play. The team had an extra six matches this year compared to last, and they certainly took advantage.

Senior Andy Lee led the way for the Crusaders with an impressive 207.73 average game, including his now famous 300 game

rolled at the Super Bowl Tournament.

The Crusaders also had strong performances from junior Stephen Paul and senior Calvin Villanueva, who bowled averages of 186.30 and 181.14 respectively. Also, congratulations to Coach Fierro for winning the Big North United Division Coach of the Year!

- Head Coach:** Larry Fierro
- Overall Record:** 17-3
- Conference Record:** 6-1
- Championships:** BNC United Division
- State Ranking:** 5th **County Ranking:** 3rd
- ALL STATE GROUP 3**

Andy Lee 2nd Team

ALL BERGEN COUNTY

Andy Lee 1st Team

ALL BIG NORTH UNITED DIVISION

Andy Lee 1st Team

Calvin Villanueva 1st Team

Sean McKechnie 2nd Team

Nick Rossig Honorable Mention

Coach Larry Fierro Coach of the Year

PUCKSTERS WIN COUNTY AND LEAGUE CROWNS

MARCH 31 - ORADELL, NJ - BY, AUTHORS - QUINN SCRIBNER '24, DELCAN QUINN '24 AND HARRISON UDIS '24 - The hockey team had a great year. The team was stacked up front because of its 3 main contributors, Declan Quinn, Matt Maglio and Will Schlechtweg. On the back end, they had 5 strong defensemen lead by Goalie Erez Yacobi who helped us win some major games. The highlight



of the season was winning the county championship and winning their division. Unfortunately, the season did not end the way we wanted losing 2-1 to CBA in states. This was by far one of the closest and deepest Bergen Hockey teams has had in a while.

- Head Coach:** Tom Keough
- Overall Record:** 14-7-0
- Conference Record:** 6-2-0
- Championships:** Bergen County Tournament, Gordon American Conference
- State Ranking:** #4 **County Ranking:** #1

ALL-STATE

Matt Maglio Third Team

ALL-COUNTY

Matt Maglio First Team

Max Wright First Team

Declan Quinn Second Team

Jacob Carver Second Team

Will Schlechtweg Third Team

George Weiner Third Team

Erez Yacobi Third Team

Alessandro Capano Third Team

Alex Frassetto Honorable Mention

ALL-LEAGUE

Matt Maglio Third Team

Alessandro Capano Third Team

Declan Quinn Honorable Mention

Alex Frassetto Honorable Mention

RECORD SETTING INDOOR TRACK TEAM BRINGS HOME COUNTY AND LEAGUE TITLES

DATE - ORADELL, NJ - BY, AUTHORS - ELIAS GARCIA '24, LARRY WRIGHT '24 AND MICHAEL KHYM '24 - The Indoor Track team had a great 2023-2024 season. They won league and county championships. They had multiple athletes qualifying for nationals early in the season such as Andrew Boakye, Preston Neal, Peter Rogers, Zion Suitt, Jonah Flournoy, Brian Porter and Jason Lessieu. Andrew ended up breaking the 40-year-old school record in long jump by jumping a 22'2". The previous was originally set in 1983 by Mike Prosia who had jumped a 21'4.5".

The team had three athletes placing on the 1st and 3rd team All Bergen County. Andrew Boakye earned 1st team in the 200, Jason Lessieu 1st team in the triple jump, Brendan O'Rourke 3rd team in the 1000, and Larry Knight was honorable mention for the triple jump.

The indoor track team enjoyed a dominating track season and are looking forward to having a great outdoor season.

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- Head Coach:** Michael Begen
- Championships:** Bergen County, Bergen County Relays, BNC United Division

ALL-AMERICAN

Benji Shue	Shot Put	4th
ALL-COUNTY		
Andrew Boakye	200 meters	1st Team
Jason Lessieu	Triple Jump	1st team
Brendan O'Rourke	1000 meters	3rd Team
Larry Knight	Triple Jump	Hon. Men.

ALL BIG NORTH UNITED DIVISION

NATE THE GREAT FINISHES UP HIS BC CAREER AT NATIONALS

DATE - ORADELL, NJ - BY, AUTHORS - JEROME MONTAGNINO '24 AND ETHAN O'ROURKE '24 -



Head Coach: Joe Difilippo
Highest Team Finish: 4th
Highest Personal Finish: Nate Park (4th Place)

Fastest Times
 Nate Park - Run 1 39.44 (4th) Run 2 39.85 (2nd)
 Final 1:19.29 (3rd)

Harry Williams - Run 1 49.50 (25th) Run 2 47.84 (20th) Final 1:37.34 (21st)

Blake Young - Run 1 53.71 (29th) Run 2 50.70 (27th) Final 1:44.41 (26th)

Matthew Montgomery - Run 1 52.95 (28th) Run 2 52.54 (29th) Final 1:45.49 (28th)

Fastest Slalom times

Nate Park - 41.79 Finished 7th

Dylan Stiles - 58.09 Finished 47th

Matthew Montgomery - 1:06.99 Finished 59th

3 ALL-AMERICANS LEAD HISTORIC SWIM SEASON



DATE - ORADELL, NJ - BY, AUTHORS - JACK CUMMINGS '24 AND DOYEE KIM '24 - For the Bergen Catholic Swim Team, it was a historic

season. With a 9-3 record, six top-eight state finishes, seven First Team All-County swimmers, and two NCIS All-American nominations, they finished strong.

Doyee Kim and Raymond Stelmark each set two different school records during the season. Kim broke the 200 IM, which BC Hall of Fame Coach, John Puzio thought was a "record that would never be broken." It was set originally by Andy O'Grady '87.

Kim also set the school record for the 100 Breast. Stelmark set marks in the 200 and 500 Free races. The 200 Free Relay record was refreshed by Eric Yoo, Ryan Choi, William Muller, and Dimitri Melnikov.

In the history of the program, the 2024 team became the sixth to win a sectional crown and advance to the State Final. In the end, the team took home league, county, and sectional titles.

Doyee Kim earned the All-American time in the 100 Breaststroke (54.91 from finals at the state MOCs) and the consideration time in the 200 IM (1:51.07 from the state final), Dimitri has the consideration times in the 100 Breast (55.87 from the state final) and 200 IM (1:51.48 from the prelims of the state MOCs) and Raymond has the consideration time in the 500 Freestyle (4:30.89 from finals at the state MOCs).

Head Coach: Lia Kunnapas
Overall Record: 9-3
Conference Record: 2-0
Championships: Non-Public "A" North Sectional, Bergen County, Big North United Division
State Ranking: 6 County Ranking: 1

ALL-AMERICAN

Doyee Kim	200 IM, 100 Breast
Dimitri Melnikov	200 IM, 100 Breast
Raymond Stelmark	500 Free

ALL-STATE

Doyee Kim	Second Team	100 Breast
Dimitri Melnikov	Third Team	200 IM
Raymond Stelmark	Third Team	500 Free

STATE MEET OF CHAMPIONS FINISHES

4th - 200 Medley Relay: Ryan Choi, Dimitri Melnikov, Doyee Kim, and William Mulder (1:34.78)

6th - 200 IM: Dimitri Melnikov (1:53.25)

3rd - 500 Free: Raymond Stelmark (4:30.89)

2nd - 100 Breast: Doyee Kim (54.91)

5th - 100 Breast: Dimitri Melnikov (56.65)

7th - 400 Freestyle Relay: Eric Yoo, Raymond Stelmark, Dimitri Melnikov, and Doyee Kim (3:13.72)



ALL BERGEN COUNTY

1st Team

200 Medley Relay - Ryan Choi, Dimitri Melnikov, Jeremiah Tomioka, Doyee Kim
 200 Free - Raymond Stelmark
 200 IM - Doyee Kim
 500 Free - Raymond Stelmark
 200 Free Relay - Eric Yoo, Dimitri Melnikov, William Mulder, Ryan Choi
 100 Breast - Doyee Kim
 400 Free Relay - Raymond Stelmark, Jeremiah Tomioka, Eric Yoo, Doyee Kim

2nd Team

100 Breast - Dimitri Melnikov

3rd Team

200 Free - Eric Yoo
 200 IM - Dimitri Melnikov
 100 Back - Yurriel Lee

ALL BIG NORTH UNITED DIVISION

Boys Swimmer of the Year

Doyee Kim

1st Team

200 Medley Relay- Ryan Choi, Dimitri Melnikov, Jeremiah Tomioka, Doyee Kim
 200 Free- Raymond Stelmark
 200 IM- Doyee Kim
 100 Free- Eric Yoo
 500 Free- Jeremiah Tomioka
 200 Free Relay- Yurriel Lee, Raymond Stelmark, Eric Yoo, Ryan Choi
 100 Back- Yurriel Lee
 100 Breast- Dimitri Melnikov
 400 Free Relay- Yurriel Lee, Dimitri Melnikov, William Mulder, Doyee Kim.

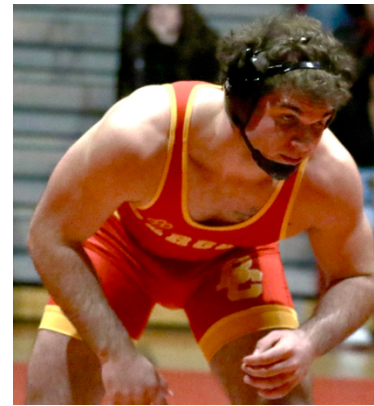
2nd Team

200 Free- Andy Kwon
 50 Free- Jack Cummings
 100 Fly- Ricky Wright
 500 Free- Kevin Son
 100 Back- Eric Kwon
 100 Breast- William Mulder
 400 Free Relay- Ryan Kwon, Daniel Cassella, Harris Kinnear, Andrian Stoika

Honorable Mention

Harris Kinnear

title and 34th in a row. In dual competition, BC went 7-7 and reached the Parochial "A" North Section Semi-finals.



Eleven wrestlers won individual district titles including sophomores Nathan Braun, Chad Sadaka and Mason Marck; juniors Logan Cantone, Genti Idrizi and Benji Shue; seniors, Chris Nucifora, Noah Kochman, Jayden Iznaga, Ryan Ford and Leo Varga. Sophomore Daniel Washburn placed second in the district, earning a spot in

the regionals. The Team dominated the event, scoring 298 points, 99 points ahead of second-place Caldwell (199) and 200 points ahead of third place third-place North Bergen (98).

Nine grapplers qualified for the state tournament in Atlantic City as five won Region titles: Nathan Braun, Chris Nucifora, Noah Kochman, Jayden Iznaga and Ryan Ford. Four Crusaders finished second including Genti Idrizi, Leo Varga, Mason Marck and Benji Shue. Five wrestlers placed in states as well.

Senior Ryan Ford hit 100 wins this season as well while also finishing 4th in the state. Senior Jayden Iznaga also had himself a great year with taking 5th in states.

Head Coach: Dom Santoli
Overall Record: 7-7
Conference Record: 1-3
State Ranking: 11
Championships: District IX (34th consecutive district title)

ALL-STATE

Nathan Braun	113	4 th
Noah Kochman	138	8 th
Jayden Iznaga	150	5 th
Ryan Ford	157	4 th
Benji Shue	285	4 th

ALL-COUNTY

Nathan Braun	113	2nd team
Ryan Ford	157	2nd team
Benjamin Shue	285	2nd team
Jayden Iznaga	150	2nd team
Noah Kochman	138	3rd team
Genti Idrizi	165	3rd team

ALL-BIG NORTH CONFERENCE UNITED

Ryan Ford	Open	1 st Team
Nathan Braun	113	2 nd Team
Chris Nucifora	120	2 nd Team
Jayden Iznaga	150	2 nd Team
Benji Shue	285	2 nd Team
Noah Kochman	Open	2 nd Team

GRAPPLERS CONTINUE TO DOMINATE DISTRICTS

MARCH 19 - ORADELL, NJ - BY, YOUSSEF OUDA '24 AND SEAN WRENN '24 - This wrestling season the Crusaders won their 35th district

BC has been named the top private school in Bergen County by 201 Magazine! #DeusVult



BIRD OF THE WEEK RED CRESTED CARDINAL

DECEMBER 27, 1985 - WAIKIKI, HI - While the photo is on of a red-crested cardinal, it is not THE actual bird I saw which ultimately became bird #1 of my Life List. You won't find them around here, but I'm sure you can see some similarity between this bird and the Northern Cardinal that is indigenous (native) to our area.



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.

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.

The Jesus Prayer

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

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.

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.*

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.

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

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.

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.

The Brotherhood