

# THIS WEEK IN BERGEN CATHOLIC SPORTS

## TENAGLIA LIFTS BC IN OT. 🏑

**APRIL 15 - ORADELL, NJ** - The Crusaders found themselves in a 7-4 hole entering the fourth quarter of Monday afternoon's game at the Jack.



Junior goalkeeper Rocco Venezia stopped five shots and allowed zero goals in order for the comeback to take place.



Tenaglia finished with 2 goals, 3 assists on the day. Matt Reilly pitched in two goals and two assists and Jake Taromina netted a pair of goals.

## DALY PLAN LEADS TO CRUSADER VICTORY 🏑

**APRIL 15 - SPARTA, NJ - BY, JOSEPH LEE '24** - Bergen Catholic were victorious in their 9th game of the season against Pope John. The Crusaders showed their skill with a final score of 2-0, reflecting how dominant they were throughout the entire game. Key players led the charge, with notable contributions from George Azrumelashvili who had a game high of 9 Kills and Colin Daly with a game high of 17 assists. Bergen Catholic's win brings their record up to 4-5, while Pope John continues to seek their first win of the season.

TEAMS	1	2	3	FINAL
Bergen Catholic (4-5)	25	25	-	<b>2</b>
Pope John (0-7)	13	8	-	<b>0</b>

### SCORING

CRUSADER	KILLS	BLKS	DIGS	ASST	SP	ACES
George Azrumelashvili	9	0	12	0	3	4
Andrew Coyne	4	0	3	0	1	2
Colin Daly	2	0	4	17	1	0
JohnPaul Sinagra	7	0	8	1	5	1
Jeongsoo Park	0	0	8	0	4	4
Jaden Brown	7	1	0	0	0	0
Anner Hernandez	3	0	0	0	4	3
<b>TOTALS</b>	<b>32</b>	<b>1</b>	<b>35</b>	<b>18</b>	<b>18</b>	<b>14</b>

## HODGSON LEADS CRUSADERS @ BLUE DEVIL INVITATIONAL 🏌️

**APRIL 15 - WESTFIELD, NJ** - Team came in Tied for 13th with a 321 in Westfield's Blue Devil Invitational at Echo Lake Country Club. Ryder Hodgson led the Crusaders with a 76 in the 18-hole tournament.

Golfer	Score	Place
Ryder Hodgson	76	19
David Han	78	32
Benjamin Oh	81	54
Chris Vrtis	86	80
Alex Amitsis	88	89

### JV ROUTS PC 11-2

**APRIL 15 - PARAMUS, NJ** - Pitchers Lockton Walker and Joe Gugliotta combined five innings for win. Joe Gugliotta closed game with two innings pitched and struck out four Paladins.

Chris Fernandez had 1 hit, two RBIs and scored twice. Max Lee went 2 for 2 with 2 RBIs and scored 3 times. Evan Shropshire had 1 hit 2 RBIs and scored a run. Lockton Walker drove 1 hit and picked up an RBI and Gabe St Hilaire had one hit and one RBI. According to the coach, it was a good team win!



### FROSH FALL TO PCTI

**APRIL 15 - HARRINGTON PARK, NJ** - Bergen fell to the Bulldogs 7-5 on Monday at Pondsides Park. The Crusaders let up two first inning runs, but runners left on base turned out to be their Achilles heel, leaving the bases loaded to end multiple innings. Damian Posada had a hit and Danny Graziano a single and a double. Jaden Loshinsky had a double. Ikaika had a single and Michael Raccuia had a hit.



## CRUSADERS BLANK PC FOR THE SECOND DAY IN A ROW

**APRIL 16 - LYNDBURST, NJ, BY HARRIS KINNEAR '24** - The Crusaders followed up on their 5-0 victory on Monday vs. Paramus Catholic with another shutout Tuesday, by a score of 4-0. Junior starter Bourke Reid tossed six scoreless innings with seven strikeouts, and Jakob Oliver completed the win with a scoreless inning of his own.

At the plate, Danny Spierer and Andres Polanco led the Crusaders with two hits apiece, with Spierer driving in two runs. They were assisted with RBI's from Billy Nichols and Jakob Oliver. The Crusader offense managed an impressive nine hits on Tuesday, and improved their record to 4-4, to go along with a strong 3-1 record in league play. The Crusaders will look to make it three wins in a row vs Delbarton on Saturday.



### JV NINE TAKES OUT PALADINS

**APRIL 17 - LYNDBURST, NJ** - The JV baseball team defeated PC 13-5. Joaquin Rivera started game pitched two scoreless innings allowing no hits and striking out three. Ethan Shropshire and Antonio Scarpanti closed out game. Shropshire added two hits with three RBIs and Gabe St Hilaire had one hit, 2 RBIs and



scored twice. Lockton Walker, one hit and scored twice. Matt Del one hit 3 RBI and scored 2 runs.

### JV FALLS TO RIDGEWOOD ON WALK OFF

**APRIL 17 - RIDGEWOOD, NJ** - The JV played a close game with Ridgewood, falling 9-8 on a walk-off walk in the seventh inning on Tuesday. Chris Fernandez drove a triple to right, but was stranded at the end of the seventh. Michael Kang was BC's starting pitcher and his battery mate was Matt Young behind the plate.



## CRUSADERS TAKE NVD

**APRIL 17- HAWORTH, NJ - BY DOYEE KIM '24** - The Crusaders JV program earned a solid victory against Northern Valley Demarest. They complete the sweep winning 172-288, a 56 point difference. Lead by senior, Jermey Cammayo, and freshman, Tyler Ortiz. The Crusaders show their depth and dominance by completing their sweep against Demarest.

Golfer	Score
J. Cammayo	42
Tyler Ortiz	42
Andrew Byrnes	43
Erez Yacobi	45
Jack Driscoll	47
Quinn Caulfield	49

### BORG AND BOHEN SCORE FOUR AS JV TAKES DOWN THE WOOD 11-8

**APRIL 17 - ORADELL, NJ** - Will Borg and Luke Bohlen each scored four goals to lead the Crusader to an 11-8 victory over Ridgewood. Jaden Dao and Harry Williams stood out on the defensive side of the ball for BC. JJ Okorie was solid in the net for BC. Ethan Han, Josh Rodman and Bohlen took draws at the face off x, ensure the Crusader had enough offensive opportunities to take control.

After three quarters of play, the teams found themselves deadlocked, but BC pulled away in the fourth quarter, outscoring the visitors 3-0. Chris Ricciardi Miles Taylor each scored for the Crusaders as well. BC improves to 2-2 on the season with the win.



# THE CRUSADER RFC DOMINATES HARVEY

**APRIL 17, 2024- KATONA, NY - BY, SEAN WRENN '24** - The Bergen



Catholic Rugby Team had its first road game against Harvey in Katona, New York. Wednesday night the Crusaders put on a show.

Bergen Catholic instantly started getting points on the board and making things happen with open space. Going into the second half the Crusaders already had a big lead holding Harvey to 5 points the whole half.

The final result of the match was 55-5, a thrilling win for our Crusaders. Bergen Catholic put up 9 tries in the match. Senior Aaron Perez had 4, sophomore Kaden Blount had 2, senior William Micholas had 1, junior Ali Ismail had 1, and junior Jason Ko had 1. On defense BC dominated the entire match, holding Harvey scoreless in through the entire second half.

Man of the Match goes to Aaron Perez, with a hat trick and then some, to give BC an early lead. Aaron broke the all-time try record Wednesday, achieving 15 all time tries for BC. BC will host St. Joseph's by the Sea of New York on Monday at the Jack.

## CRUSADERS WIN BY TWO

**April 18 - TENAFLY, NJ - BY DOYEE KIM '24** - The Crusaders defeated Northern Valley Demarest High school 152-154 and have improved to 9-0 on the season. Hodgson continues to dominate the leaderboard golfing a 36. The junior, Christ Vrtis, and freshman, Benjamin Oh, continue to follow in the footsteps of their captain.

Golfer	Score
Ryder Hodgson	36
Chris Vrtis	38
Benjamin Oh	39
Nakhil Sahu	39
Alex Amitsis	41
Johnny Keyes	42



## CRUSADERS TEAM IT UP AT JACK YOCKERS COUNTY RELAYS

**APRIL 19-20 - ORADELL, NJ** - The BC Track and Field Team performed well at the Bergen County Relays over the weekend. Winning efforts were the 4x100 relay, Tristan Oliver in the High Jump, Ben Shue in the Shot Put and Discus and Teddy Hughes in the Javelin.

400 METER HURDLES	PLACE	TIME/DIST
Aiden Pacheco	3rd	01:00.2
Tristan Oliver	6th	01:02.6
Sean Tandy	8th	01:05.5

4X100 METER RELAY		
Relay Team	1st	42.98
4X200 METER RELAY		
Relay Team	2nd	01:30.2
4X1600 METER RELAY		
Relay Team	2nd	19:16.2
4X400 METER RELAY		
Relay Team	2nd	03:30.5
4X800 METER RELAY		
Relay Team	1st	08:25.3
DISTANCE MEDLEY RELAY		
Relay Team	2nd	11:05.6
HIGH JUMP		
Tristan Oliver	1st	6-2
Jason Lessieu	9th	5-0
LONG JUMP		
Jason Lessieu	2nd	21-10
Andrew Jeremiah Boakye	3rd	20-10.75
Lawrence Knight	11th	18-5
TRIPLE JUMP		
Jason Lessieu	4th	42-10
Lawrence Knight	6th	40-9.5
Tristan Oliver	10th	37-11.75
DISCUS		
Benjamin Shue	1st	185-1
Keegan Galligher	4th	121-3
Teddy Hughes	9th	103-10
JAVELIN		
Teddy Hughes	1st	131-10
Keegan Galligher	4th	114-6
Lawrence Knight	6th	109-2
SHOT PUT		
Benjamin Shue	1st	62-3.75
Travis Nodelman	3rd	41-9
Teddy Hughes	9th	37-8



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# POLY PREP TAKES DOWN BC

**APRIL 20 - BROOKLYN, NY** - Crusader tennis went to visit Mr. McElhinney's alma mater on Saturday and dropped a tough fought match 1-4 to Poly Prep. Christian Choi was the sole victor for BC.



Singles		SET 1	SET 2	SET 3
1 <sup>st</sup>	Andrew Song	4-6	6-3	5-10
2 <sup>nd</sup>	Brian Song	4-6	5-7	
3 <sup>rd</sup>	Christian Choi	6-4	6-4	
Doubles		SET 1	SET 2	SET 3
1 <sup>st</sup>	Jordi Visser / Daniel Calianese	6-7 (7-4)	5-7	
2 <sup>nd</sup>	Justin Choi / Dylan Gerbsman	2-6	1-6	

# FROSH LAX IMPROVES TO 7-0

**APRIL 20 - ORADELL, NJ** - The Freshmen Crusaders won their seventh straight game taking down St. Joseph Regional at the Jack on Saturday morning 9-6. Dylan Usatine and Trey Taromina both scored a pair of goals. Luke Stein, Luca Marniaccio, Charlie Tramontozzi and Thomas Fobert all scored a goal. Sean Woods earned the victory with 9 saves.

Owen Anderson played some solid defense and Jack Kiernan and Alex Tsay were excellent on the face off x.



# LEADERS

## VARSITY BASEBALL BATTING AVERAGES

BATTER	HITS	AB	AVG.	SLG.
Danny Spierer	10	19	.526	.684
Jakob Oliver	11	30	.367	.467
Anthony Tetto	7	28	.250	.286

## HOMERUNS (4 tied with 1)

Chris Kim, Ryan Marchina, Petros Rouggeris, Jamie Zee

## PITCHING

PITCHER	SO	K-L	ERA	WHIP
Jakob Oliver	12	7	0.00	1.00
Michael Delpome	5	2	1.00	1.29
Bourke Reid	17	7	2.10	1.20
Luke Delentash	23	7	3.29	0.94
Paulie Washburton	3	1	3.50	1.88
Jimmy Corcoran	7	3	4.04	1.39
Jack Pintarelli	4	3	5.83	1.83

## VARSITY LACROSSE

Through 8 Games

GROUND BALLS				
PLAYER	GBS	FO	FOW	FOW%
Anderson Chang	30	77	32	41.5
Jack Walker	27	42	19	45.2
Peter Gallo	24	-	-	-
Jake Rodman	6	14	9	64.2

SCORING			
PLAYER	GOALS	ASSISTS	POINTS
Jack Tenaglia	14	14	28
Jake Taromina	14	3	17
Matt Reilly	5	6	11

SAVES			
PLAYER	SAVES	GA	SAV%
Parker Day	62	49	55.8
Rocco Venezia	13	9	59.0
Nate Johnston	3	3	50.0
Tyler Larson	2	0	100.0

# LAST WEEK

## BENSALEM INVITATIONAL

**APRIL 13 - BENSALEM, PA** - The Crusader Track and Field Team participated in the Bensalem Invitational on Saturday and a number of athletes performed very well.

4X100M RELAY		
1	Bergen Catholic HS	44.50 2 (2 <sup>nd</sup> Heat)

400M DASH		
10	Thomas McAnulty 10	57.33 4
13	Peter Rogers 12	57.71 5
25	Alejandro Castro-D'Albenzio 11	1:02.34 3

1600M RUN		
16	Jackson Hermann 9	5:11.08 2
17	Benjamin Cha 9	5:11.13 2

800M RUN		
3	Brendan O'Rourke 12	2:07.55 4

**3200M RUN**

3	Preston Neal 9	10:12.63 1
11	Ayden Mendez 9	11:20.74 1

**TRIPLE JUMP**

4	Lawrence Knight 12	39-10 1
9	Aiden Pacheco 11	33-9 1

**LONG JUMP**

6	Lawrence Knight 12	16-11 1
9	Thomas McAnulty 10	16-2 1
17	Aiden Pacheco 11	14-6.25 1

**SHOT PUT**

1	Benjamin Shue 11	61-3 1
15	Keegan Galligher 11	32-7 1

**BOYS FR 110 HIGH HURDLES**

8	Sean Anderson 9	21.45 1
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**DISCUS**

1	Benjamin Shue 11	186-5 1
3	Keegan Galligher 11	127-4 1

**JAVELIN**

7	Mitchel Boateng 12	118-5 1
12	Keegan Galligher 11	109-3 1
18	Lawrence Knight 12	97-2 1

**200M DASH**

2	Bryan Porter 9	22.87 1
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**800 SPRINT MEDLEY RELAY**

8	Bergen Catholic HS	1:55.54 2
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## HASBROUCK HEIGHTS PENN RELAY QUALIFIER RESULTS

**APRIL 7 - HASBROUCK HEIGHTS, NJ** - A number of athletes competed and qualified in the PRQ at Hasbrouck Heights. Jason Lessieu qualified for the Penn Relays in the Long Jump and the Triple Jump.

**HIGH JUMP**

1	Tristan Oliver 12	6'00"
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**LONG JUMP**

2	Jason Lessieu 12	22' 9.5"
7	Lawrence Knight 12	19' 8.25"
9	Aiden Pacheco 9	18' 11.75"



**TRIPLE JUMP**

2	Jason Lessieu 12	43' 11.25"
6	Lawrence Knight 12	40' 10.5"
9	Aiden Pacheco 9	37' 9.75"

## BIRD OF THE WEEK BLUE GROSBEAK

**APRIL 21 - LYNDHURST, NJ** - There were some great birds yesterday around Bergen County including two rarities: a male blue grosbeak and a vesper sparrow. The blue grosbeak was my 100<sup>th</sup> bird of the year in Bergen County and the 262<sup>nd</sup> species I've recorded in Bergen County.



## 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

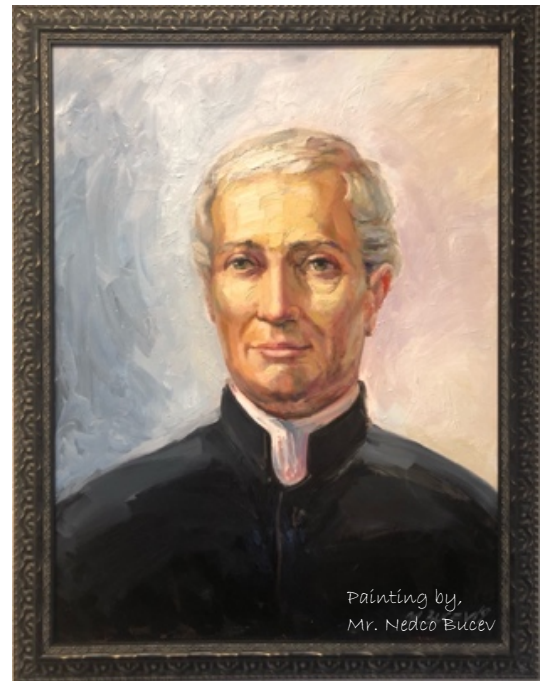
God, grant me the  
**Serenity** to accept the things I cannot change,  
**Courage** to change the things I can and  
**Wisdom** to know the difference.  
 Amen.

## 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