

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusaders Climb in Back to the Mountain

October 10 - Woodland Park, NJ - The Crusaders ran in the 2020 Back to the Mountain on Saturday at Garrett Mountain. They were led by the man wearing the tag numbered 1609, Owen McCarthy. The senior harrier led BC, ran a 17:11.3, placing third out of 76 runners in the race. Alex Shaia placed eighteenth, running an 18:31 over the 5000 meters. The other Crusaders all ran well, placing among the top 2/3 of all runners. Alex Costabile finished #27 (18:56) followed by Nick Pesanello, (#34, 19:22.31); Matthew Marques, (#35, 19:27); Miles Suitt, (38, 19:31) and James Hughes (49, 19:57).



BC finished fourth overall with a score of 107 and total time of 1:33:27 behind champion Morris Hills (54 points, 1:29:28), Fair Lawn (82, 1:32:23) and Morris Knolls (91, 1:32:52). Six teams finished behind the Crusaders. They were Roxbury, Northern Highlands, Montville, Cliffside Park, Passaic Valley and Paramus.

Four JV Runners Compete in Back to the Mountain 5000 M

October 10 - Woodland Park, NJ - Jack O'Kane led the Crusaders, placing third and finishing at 20:12 in the JV Race on a beautiful Saturday. Jackson Vonderhorst finished at 24:20 in 50th place and the next man across the line was classmate, Ronan Flynn at 24:26. Matthew Geraghty rounded out the team, finishing with a time of 26:04.

Four Freshmen Competed in the 3200 Meter Back to the Mountain

October 10 - Woodland Park, NJ - Four Crusaders represented themselves very well in the second meet of the season. In the 49-man race, Elias Garcia placed third overall and William Nicholas placed fifth.



Other results: Elias Garcia (3rd, 12:38); William Nicholas (5th, 12:48); Raymond Stelmark (15th, 14:02) and Minsung Kim (37th, 20:00).

Owen McCarthy Tops Big North Runners

Crusaders Place Second Overall

October 12 - Mahwah, NJ - Senior, Owen McCarthy, ran a 16:22 to win the Boys 5000 Meter Run Finals as BC placed second overall as a team. Junior, Alex Shaia placed fourth at 17:25 and senior, Alex Costabile just a second behind him. The Crusaders also received points from juniors Nick Pesanello (18:14), Matthew Marques (18:19) and sophomore James Hues (18:47) and senior Jack O'Kane (19:20).



Congratulations to freshmen William Micholas (20:06), Elias Garcia (20:33) and Raymond Stelmark (22:22) all ran strong as young guys on a varsity stage.



The Crusaders accumulated 32 points (1+5+6+10+11), finishing just 7 points behind Don Bosco Prep (25) and ahead of St. Joseph Regional (85) and Paramus Catholic (112).

Frosh Crusaders Slay Lions 28-6

October 12 - Oradell, NJ - Frosh Football clobbered Pope John XXIII 28-6. Jayden Estrella returned the opening kickoff 75 yards. He swerved right and scored. For the two-point conversion, Chris Mimmo found Brandon Gomes on a beautiful fade ball. No surprise, it worked and BC led 8-0.



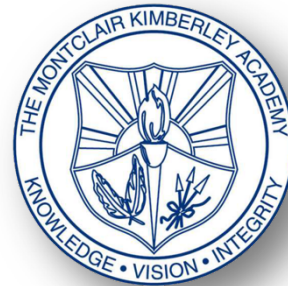
Next, the Lions had the ball and Christian Gonzalez saw a ball carrier not protecting the ball. That was all the invitation he needed as CG promptly stripped and recovered the ball.

Max Cioffi had a 10-yard run for a touchdown. Nyier Daniels was leading the way, providing a devastating block to spring him.

The Crusaders had amassed a 28-0 lead when something very bizarre happened: a fumble. There was a mad scramble on the play with piles of Lions and Crusaders scrapping for the pigskin. Alas, a Pope Johnny scooped up the fumble and returned it nearly 80 yards for a Pope John TD! That was the last play of the game and BC moved to 2-0.

Crusader Soccer Slips One Past MKA in the Rain

October 14, 2020 - Montclair, NJ – BC lost a game with Princeton Day School due to COVID-19 issue in the testing capital of the world.



Fortunately, a willing and talented opponent was available in Montclair Kimberly Academy.

These schools haven't competed in much of late,

but had a nice lacrosse rivalry

when they were members of the Rizk and Waterman divisions in the late 1990s, early 2000s.

Brian Maron found a cutting Ryan Graf who netted the game winner for Bergen Catholic in two overtimes after the teams played scoreless soccer for 80 minutes in regulation. Kyle Tencza, turned away four Cougar shots on goal and helped BC to improve its record to 4-1 on the season.

Frosh Soccer Learns at SHP

October 14 – West Orange, NJ – Every active member of the 28-man Crusader Freshman Soccer

Team got quality time as the Crusaders took on one of the state's top soccer teams. Games like this are clearly meant to stretch and challenge young players and stretch it did, BC falling 8-1.



It's always good to know how far you need to go as a group in order to be the best and talking with Coach Berkanish, he's very excited about and happy with the progress of this young group. Luca Nazor booted in the Crusaders' lone goal of the afternoon in the first half of the game. Griffin Rodriguez gave his all in the net, making 7 saves, many, extremely difficult ones.

We're very proud of our young guys and know you will continue to work toward becoming the best team you can become going forward.

BC Puts a Six Spot on PC

October 16, 2020 - Oradell, NJ – If you like BC scoring and opponents not scoring, The Jack was the place to be on Friday (and Saturday, but we'll address that in another article)! The Crusaders defeated the Paladins 6-0.



If I can read #7 Jake Sweeney's mind, it's probably something like, I love that Ryan Graf. He's _____. Maybe I can't read it. Graf had an assist on the day.



Senior Captain, Gavin Sapontzis, hits a bicycle kick for a shot on goal. Sapontzis scored a hat trick and an apple!



Ethan Bogg (1 assist) keeping all the Paladins off his ball.



Sapontzis celebrating one of Jake's two goals. I think Sweeney's still smiling about that Graf thing...

Sophomore, Ryan Loughlin pitched in a goal and continues to impress. Goalies Kyle Tencza (2 saves) and Erick Valdes (3 saves) kept the ball out of the net. BC is now 5-1.

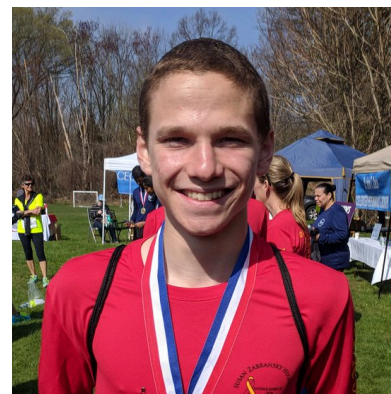


Not since Alecko Eskandarian, has BC had a more confident, expressive player on the field. Way to go, Erick!

Harriers Soar at Brett Taylor Invitational

October 18 – Woodland Park, NJ –

The Crusader Cross-Country Program really took off this weekend at Garrett Mountain. BC finished second overall, behind Indian Hills 40-53 (like golf the lower point score



places higher). They were led by outstanding performances of three Crusaders who finished in the top 10 of the field. Owen McCarthy continues to impress, finishing second, overall. Junior Alex Shaia ran a 17:46, placing him at 4th place and Alex Costabile finished #10 for BC.

Matthew Marques (17th, 19:02.00) and 21st placer, Nick Pesanello contributed points for BC and James Hughes and Jack O'Kane finished strong as well.



(Note to the readers: There have been some official timing/finishing issues with the meets this year. For that reason, you are not seeing everyone's times and place finishes.)

Suitt Wins, Griffith Finishes 2nd JV Take 4th at Brett Taylor Invite

October 18 – Woodland Park, NJ – Congratulations to junior, Miles Suitt who led BC, winning the Brett Taylor Invitational at Garrett Mountain on a beautiful Saturday.



Sophomore, Joseph Griffith finished right behind his teammate to place second and classmate, Jackson Vanderhorst ran a 23:17.00. Sophomore, Ronan Flynn, finished 31st while Matthew Geraghty and James Adams helped BC to a strong team placement.



West Milford won the event, with Indian Hills and Wayne Valley just behind. The Crusaders placed fourth with 103 points.

Three Crusader Frosh Place in Top 13 of BTI

October 18 – Woodland Park, NJ – Kicking off Saturdays races was the Freshman Pod 1, competing over 3200 meters. Elias Garcia placed 7th and William Micholas finished 8th while Raymond Stelmark recorded a time of 13:36.00, placing 13th.



Frosh Soccer Fights Hard vs. Marauders



October 17 – Jersey City, NJ – BC's freshman soccer squad played a strong game vs. St. Peter's Prep on Saturday morning.

Ken Hoang found Luca Nazor, who continued to score for the Crusaders as the teams battled to 1-3 at half. A second half would turn out to be scoreless, but the return of Andrew Blodgett in the goal, was a great help. Blodgett turned away 5 shots and allowed 3, including a penalty kick.



Bergen Catholic vs. Paramus Catholic High School

Dedication of "The Jack"

First Home Football Game at the Jack McGovern Field

October 17, 2020 - 1:00 PM Kickoff



Dedicating “The Jack”

October 17 – Oradell, NJ – Crusader Stadium became home to “The Jack” on Saturday as a sellout crowd were moved by reflections on the life and impact of Jack McGovern, BC’s Athletic Director, who passed last year following a fierce battle with pancreatic cancer.



Crusader Campus Minister, Fr. Sam Monaco, performed the blessing of the field as he was joined by the many members of the first family of Bergen Catholic HS, the McGoverns. Dr. Brian Mahoney, Mr. Tony Karcich and Coach Billy Armstrong spoke to Jack’s character and his son and current Associate Athletic Director, Brendan McGovern shared the lessons a beautiful father taught him and share about his father’s love and care for his family.

As the pre-game ceremonies ended, Jack’s wife, Mrs. Ann McGovern, was presented with a large watercolor, painted by our extremely talented Mr. Nedco Buscev.



If you have an opportunity to spend some time, the LocalLive broadcast of the ceremony was extremely moving. I imagine we would call it a piece of our video tradition, that can now be passed down digitally, but the oral

tradition, listening to the people within the context of the event is worthwhile.

First Win at “The Jack” ...a Snap!

October 17 – Oradell, NJ – It was the fourth play of a “three-and-out.” That refers to the number of plays the offense ran before the defense forced them to punt, generally best-case scenario. But it worked even better than that. The long snap from the Paladin center to his punter started at the 30-yard line and landed somewhere about 2 yards deep in the endzone. The punter jumped on the ball, and just like that, BC led 2-0 and would never look back, en-route to a 37-0 drubbing of the visiting Black and Gold.

The ensuing drive would see QB Steve Angeli scamper around the right end and out-run the PC defense for an 8-yard TD. Angeli would go on to complete 10 of 14 passes for 206 yards 1 TD and 1 INT.

HISTORY IN THE MAKING! *The first touchdown scored on “The Jack.” Who better than #1, Steve Angeli on this 8-yard scamper!*



Ryan Butler continued his assault on opposing defenses, rushing for 114 yards on just 15 carries and 3 touchdowns. With the game under control, other ball carriers were able to make their mark and sophomore, Saeed St.Fleur added 72 yards in just 7 carries, including a 36 yard long. John Rust ran for 33 yards and Justan Luzzi pitched in 26 on just 3 carries.

Jayden Bellamy hooked up with Angeli to record the longest scoring play of the season thus far, hauling in a pass and covering 84 yards for the score.



Davien Vernon had one of the most exciting plays of the



day as a Paladin pass deflected off a receiver, defender and then into his hands. He took it with confidence for a 33-yard return, Saturday's

longest return. Sincere Watkins grabbed a second PC pass as BC held their guests to just 55 yards on 28 plays.

The Paladins were held to the left of minus nineteen yards rushing in four quarters. Despite not playing with DJs Tywone Malone and DJ Samuels, the remaining defenders stepped up. Sydir Mitchell, Dominick Brogna, Larue Linder, Malachi Mercer, Esquire Boyce, AJ Morris, Joseph Barry, Fabian France, Ben Manuellian, Adrian Taffe, Christian Ross, John Davis and John Fiore all pitched-in for the effort.

HISTORY IN THE MAKING! *First Win. First Alma Mater!*



Student Contributor of the Week!

I'd like to thank junior, Brian Maron, who put a write-up of the BC DePaul Soccer game from last week. If you're interested in contributing, please send your write-up of a game (or bird) to me and we will include it in our TWIBCS!

BC – DePaul Soccer

October 6 – Wayne, NJ – After recovering from a devastating loss to the Ironmen, the Crusader's Varsity soccer team took a landslide win against the Spartans of DePaul scoring 5 goals while keeping a clean sheet. Senior captain Nick Barros led the back line, allowing for minimal shots (with no goals) to be sent at sophomore goalie Kyle Tencza. The keeper received some much-deserved congratulations after deflecting a sure header goal in the first half of play. Sophomore Ryan Loughlin recorded his first career varsity goal in the final minutes of the game, securing the 5-0 win. Ryan Graf also recorded two goals, off rebound by a shot from Eddie Payan and off a cross by Nicholas Schwake. Furthermore, Schwake and Gavin Sapontzis contributed to the scoresheet, each sinking one in the back of the net.

Senior Andre Ayezian came in hot off the bench, making several strong tackles and some impactful offensive runs.

–Brian Maron '22

JV Soccer Defeats PC 4-0

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October 15 – Paramus, NJ – This article relates to the first headline. The Crusaders jumped out to a 4-0 halftime lead and cruised the rest of the way protecting the lead. Andrew Lama led BC with two goals and Brandon Esper and Neal Spencer scored as well. Steele Matthews assisted 25 percent of the Crusader goals.

Daniel Morales made two saves and Gabe Tinoco recorded 5 in the shutout.

October 17 – Paramus, NJ – This article relates to the second headline. The Crusaders put together mirror image halves (2-0 each) propelling the JV team to a 4-0

victory over Paramus Catholic. Javier Torres led the BC scoring machine with two goals and an assist. Kevin Sweeney and Brandon Esper each scored as Ryan Finizio and Daniel Makino added assists.



God-Family-School-Athletics

The Brotherhood

From Those Helping Me to Be the Best I Can Be

October 18 – Oradell, NJ – I guess it's time for a new column. I wanted to title it as appreciatively as possible as it is difficult for me to explain HOW MUCH I appreciate hearing constructive criticism about our TWIBCS after they are published. Here's some of the latest...

So Happy We Have A New Teacher! Mr. Gold is teaching English, so who better than to have shared his expertise with me. Regarding the story, "Frosh Soccer Tests out 'The Jack' vs. Union City High School," in Volume 3, Issue 2, he noticed that I used the word "tough" or form of it, four times in one paragraph.

When I investigated, the word was used a total of five times in that 7-page issue. Four were in the one paragraph. I remember using a new thesaurus as I was writing that paragraph. After using it a couple of times, I conclude that not only is it terrible, it is terrible. I will not use that one again. I promise to avoid repetition again and again and again and again.

Don't Mess with the Statistician! In my haste, I neglected to award the Lions of Pope John XXIII the 7 points they earned against the Crusaders. Coach Mascaró, thanks for setting me straight. Oh, it wasn't enough. BC won 42-7.

On another note, the Crusaders sacked the Pope John QB nine (9) times last Saturday. Did you know that was just one shy of the school record of ten. Betcha can't guess the opponent...

A Shout Out from the Hall...One student made me aware of something, so I asked him to e-mail me. The e-mail read, "You didn't put my fumble recovery in the write up of the game. Kind of disappointed."

Well, now I put it in the TWIBCS and I hope you're happy! I am not sure if I should mention your name, so I will do it in code that no one else will ever guess who it is...Asonjay Entillelojay.

Truth be told, it was the first time I saw Jason since March 13, 2020 when last school year went virtual. I'm very happy this masked man called out to me. Our students just seem to have a knack of knowing how to reconnect with one another. I learn once more.

Soccer, soccer, soccer...I was so happy with myself earlier this year when I, very consciously, recognized NICK SCHWAKE for scoring a goal for the 2020 Crusaders. Well, thanks to my former classmate, GREG SCHWAKE, he noticed I have gone back to my 2019 ways. It occurred in the second soccer story (I got it right in the first one). So, Nick *mea culpa*. So sorry.

And apparently, my brain was just stuck on the name Ryan as Ryan Graf, Ryan Loughlin and Ryan Chong were all mentioned. I gave Ryan Sweeney a try. Frankly, I think it's got a nice ring to it. That said, Mr. and Mrs. Sweeney

and Jake, I won't ask you to rename for my sake. It would probably drive Coach B crazy also!

PHOTO CREDITS:

Cross Country – Mr. Shaia supplied them. Not sure who took them, but THANK YOU!!!

Varsity Football and McGovern Ceremony – John Hund, the great one. Thank you so much for always being so generous with your time and talent, John.

FB-Interception - Anne-Marie Caruso/NorthJersey.com – USA TODAY NETWORK

Snake – Br. Fagan

Brown Creeper and others – Mr. Haemmerle

Bird of the Week: Brown Creeper

October 18 – Little Ferry, NJ – Bird #198 in Bergen County this year has been elusive for me in some previous years. Glad I got it today, Day #292 of 2020. But it reminds me of a Rudyard Kipling poem...

The Law for the Wolves



"NOW this is the law of the jungle, as old and as true as the sky,
And the wolf that shall keep it may prosper, but the wolf that shall break it must die.
As the **creeper** that girdles the tree trunk, the law runneth forward and back;
For the strength of the pack is the wolf, and the strength of the wolf is the pack.
Wash daily from nose tip to tail tip; drink deeply, but never too deep;
(continues, but not here)

—Rudyard Kipling (1865-1936)

In many ways birding is a team sport. Communication is key to sharing information and helping one another identify bird and learn more about our fine, feathered friends.

Just the same as our teams and classes, yes classes, here at BC. All that you contribute in class daily helps to build such a rich learning environment. The more you push yourself on the court or track, field or ice the stronger you become and our teams and school as a whole.

Until today, I never knew the whole poem. Of all years, this is the one that I see him write about the importance of washing daily.

A believer might say, there are no such things as coincidences, just God incidents...

The Snake

October 18 – Oradell, NJ – What a gift, to be a religious education teacher at BC. I'll share some anonymous answers from a recent question we posed in class as we were discussing the serpent that tempted Adam and Eve in the Garden of Eden.

I'm happy that I can tie it in with a picture I have not shared from Br. Fagan and his recent trip to Cape May and Atlantic Counties.



This "Black Racer" was photographed by my good friend, who had some very good light on the day.

The question in class was...*Just as Adam and Eve experienced a snake in their lives, what "snake" or triggers are you aware of in yours?*

I really appreciated the sincerity of the responses and share them as your son may be dealing with one or more of these types of challenges. We are not alone. We all face these challenges. Parents, teachers, coaches, upperclassmen, teammates are around to help you work through them...

Multi-tasking - Shyness; fear; Peer pressure - Not working hard enough in sports - Food: not keeping a healthy diet - People who distract me in sports (not my coach) - Anger, fear – tests - People who doubt me - Nervousness when shooting a basketball - Discouragement from injuries - Friend who is a bad influence, brings me down to his level - My sister - Lust for technology, Netflix, YouTube, TikTok, video games, my phone - Selfishness in my sport - Someone raising their voice with me (I escalate the situation and yell back) - Getting overwhelmed - Not able to calm down

Schedule: WEEK OF OCT 19-26, 2020

FROSH FOOTBALL @ PARAMUS CATHOLIC HS

MONDAY, OCTOBER 19, 2020 – 5:15 PM

FROSH SOCCER vs. DON BOSCO PREP

TUESDAY, OCTOBER 20, 2020 – 4:00 PM @ Saddle River County Park-Fair Lawn Area. County Pitch, Fair Lawn, NJ 07410

JV SOCCER @ DON BOSCO PREP

TUESDAY, OCTOBER 20, 2020 – 4:00 PM

VARSITY SOCCER @ DON BOSCO PREP

TUESDAY, OCTOBER 20, 2020 – 7:00 PM

VARSITY SOCCER vs. DEPAUL CATHOLIC HS

SENIOR DAY TAKE II

THURSDAY, OCTOBER 22, 2020 – 4:00 PM

SOPHOMORE FOOTBALL @ DON BOSCO PREP

THURSDAY, OCTOBER 22, 2020 – 4:00 PM

FROSH SOCCER @ KEARNEY

THURSDAY, OCTOBER 22, 2020 – 4:00 PM

VARSITY FOOTBALL @ DEPAUL CATHOLIC HS

FRIDAY, OCTOBER 23, 2020 – 7:00 PM

CROSS COUNTRY @ GARRETT MTN. INVIT.

SATURDAY, OCTOBER 24, 2020 – 1:00 PM

VARSITY SOCCER @ ST. JOSEPH REGIONAL HS

SATURDAY, OCTOBER 24, 2020 – 1:00 PM

JV SOCCER @ ST. JOSEPH REGIONAL HS

SATURDAY, OCTOBER 24, 2020 – 1:00 PM

FROSH SOCCER vs. GLEN ROCK

SATURDAY, OCTOBER 24, 2020 – 4:00 PM

FROSH FOOTBALL @ DEPAUL CATHOLIC HS

SATURDAY, OCTOBER 24, 2020 – 9:30 AM

JV FOOTBALL vs. DEPAUL CATHOLIC HS

MONDAY, OCTOBER 26, 2020 – 4:00 PM @ The Jack

VARSITY SOCCER @ GILL ST. BERNARD'S

MONDAY, OCTOBER 26, 2020 – 4:00 PM