

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS



JV Football Dominates Don Bosco Prep 32-7

Nov 16 – Ramsey, NJ – Saeed St. Fleur led the Crusaders with two touchdowns on Monday to dismantle the Ironmen at Granatelli Stadium 32-7. It was a perfect way to end a season that had so many monkey wrenches thrown into it. Congratulations to the JV and good luck vs. Prep on Saturday!

Varsity Soccer Cruises Past Paladins 8-1

Nov 17 – Oradell, NJ – Twelve Seconds. That's all it took for the Crusader offense to get rolling on a beautiful feed from Gavin Sapontzis to Jake Sweeney for BC's opening goal in the 2020 NJSIAA Playoffs. Literally 12 seconds later, the duo did it again. And Can you believe just 5:12 into the game, they hit a natural, putting BC up 3-0. Paramus Catholic had no answers as BC raced from Round 2 into the NJSIAA Semifinals.



A thirty-five-minute lull fell over the Crusader who saw the Paladins score a goal before the end of the first half as BC did not score at all.

The 12-2 Crusaders opened the flood gates in the second half as they eliminated the winless Paladins and advanced in the playoff. Sweeney finished with the hat trick and 2 assists while Sapontzis recorded a second goal and finished with 4 assists. Brian Dipalma scored a

goal, as did Ryan Graf and Joe Casali. Eddie Payan added a goal and an assist and Nick Schwake recorded one assist. Kyle Tencza earned the win in goal by turning away three shots.

Barros, Sapontzis & Sweeney Named to All-Star Game

Nov 17 – Oradell, NJ – Bergen Catholic is proud to announce that Gavin Sapontzis, Jake Sweeney and Nick Barros were selected to represent the Crusaders in



the BCBSCA Senior All Star Game which will be held on ~~Wednesday November 25th at 5pm @ Montclair State University.~~ **GAME CANCELLED DUE TO COVID-19.**

Crusaders Fall to the Hall

Nov 19 – Oradell, NJ – As much as you never like to lose, to have the opportunity to compete is a great thing. Thursday afternoon, the varsity soccer team competed against one of the state's top soccer programs, Seton Hall Prep. It was a well contested match, but sadly, BC saw its season end 2-0.



Above, Ethan Bogg executing a corner kick in the first half for BC.

It is very difficult to get an offense going in November. Seton Hall put tremendous pressure on Crusaders in possession of the ball, giving very little space to BC in each possession. The Pirates were clearly the deepest, biggest and most talented team BC faced to date, but BC was not intimidated or discouraged.

The scoring opened after 21 minutes of scoreless play as SHP sent a number of cross-field passes in front of Kyle Tencza's goal. At 18:49 they finally broke through for the goal which would turn out to be the only one needed.



Above, Brian Maron and Conor Morin work to most the ball out of the defensive end, up-field.

The two teams played very competitive soccer for the next 15 minutes, neither yielding an advantage, but with just 4:20 remaining in the half, a similar situation with cross-crease passes occurred, creating a space for the Pirates to knock in an insurance goal.



Above, Jake Sweeney takes a direct kick off a Pirate yellow-card. In the bottom left portion of the photo, you can see Owen Fizulich prepare to head the ball to the goal.



Fiz works into position, as #10 is no longer even a threat and he out-jumps his second opponent to give BC a chance in front.



Eddie Payan scraps in the middle of three Prep defenders and their very tall goalie who reaches up and grabs the ball. Brian DiPalma is charging the net and Ryan Chong is just waiting for a bounce to take advantage of.

The second half of soccer was gut-wrenching. BC played with every bit of heart they had. Leadership from Gavin Sapontzis, Ryan Graf, Nick Barros, Nick Schwake and the rest of the team posted a shut-out throughout. Unfortunately, the need of offense through the period was not met.

Congratulations to all of the coaches and players in the program on a fine season, who finished 12-3 on the year.





TEAM SPIRIT! Ryan Loughlin sits in the car, watching his teammates vs. SHP, while he recovers from a season-ender. Can't stop his smile or attitude!

BC-Delbarton Football in Perspective

Nov 21 – Morristown, NJ – Ok. I'm not going to lie. I was disappointed, annoyed, frustrated. You pick a past participle or other adjective. Yeah, that too.

But in learning that our football team would not be competing against Delbarton on Saturday afternoon, I started thinking of the many blessings (aka good things) coming from that situation. I mean really, what else are we going to do? Here's a list:

1. No one was injured. That's a good thing. We are playing for the state's #1 ranking next weekend against St. Peter's Prep and while they are playing on Monday, we have a full week to be fresh and can focus to compete to be #1.
2. Better than practice. You have to admit it as a player. Rather than just another practice, you had an opportunity to get out there and feel good in pre-game and practice getting focused for competition. It might be considered a 6 or one half-dozen situation, but I think it was one of those good change-ups, especially if the 2021 version of the Crusader football team needs to travel to Morristown. You're prepared for the ride and environment.
3. Sanguiches!!! Thanks to the parents and the Crusader TD Club for providing sandwiches to the team. A chance for the team to share a meal...always a good thing in my mind.

4. Lesson on modeling responsible behavior. Say what you want, I am thankful they shared the news and cancelled the game. Just imagine some of the outcomes if they didn't...
 - a. One of the members of our team/family becomes sick and possible worse...
 - b. Our team becomes sick and a number of guys test positive and now we cannot compete for a state title vs. St. Peter's Prep,
 - c. Any other number of negative outcomes from the game that could have occurred.
5. In the meantime, we can take from it...communicate early if you think you have an issue and distance or quarantine to prevent it from impacting the lives of many others.
6. Oh, to be that sophomore... And think about this one. What if you were "that guy?" Or your friend was "that guy?" How would you want to be treated? How would you treat that guy?
7. Once again, the sun came up. Well, ok, Sunday was a little gray, but still, we had a chance to make the most of it! And here we all are to talk about it; to make our world a little better place because we are here.
8. Everything works out for a reason. It's a little too big for me to comprehend what that reason is, but I have faith that our team and our families will respond well and finish the season as well as we could have hoped.

Updates from the NJSIAA

ON ST. PETER'S PREP GAME FAN ATTENDANCE

Nov 22 – Oradell, NJ – "Individuals necessary to the sporting event, such as players, coaches, and referees, will not count toward the 150-person limit. This will mean that these sporting events can have up to 150 spectators."

WINTER-SEASON SPORTS SCHEDULES

Sport	Practice Start	Competition Start	Competition End
Ice Hockey	Dec 14	Jan 4	Feb 17
Basketball & Bowling	Jan 11	Jan 26	Mar 6
Swimming & Track & Field	Feb 1	Feb 16	Mar 27
Wrestling	Mar 1	Mar 16	Apr 24

On the COVID Front

SLOW THE SPREAD OF COVID-19
cdc.gov/coronavirus



Wear a mask
In public places



Stay at least 6'
from other people



Frequently wash
your hands

Executive Order 194 was signed by the Governor of New Jersey last week. He placed the following restrictions on Indoor Interstate sports competitions.

REMINDER: Restrictions on Interstate Indoor Sports Competitions -

1. All interstate games and tournaments involving indoor sports, up to and including the high school level, will be prohibited.
2. Collegiate and professional sports will be unaffected.

It is our expectation at Bergen Catholic that all programs and student-athletes in our community will be following and adhering to these restrictions. We have to do everything that is in our control in order to have a successful winter and spring season and this is one of those things that is in our control. If anyone has any questions regarding this please feel free to reach out to me.

BIRD OF THE WEEK & MORE MILESTONE EDITION

November 21 – North Arlington, NJ – The day was planned perfectly. Birding with Br. Fagan and the Bergen County Audubon group in Harrier Meadows, followed by Bergen Football vs. Delbarton. Then to the couch to watch Mike Bajakian '91, offensive coordinator of Northwestern to help his team continue toward an undefeated season and finally, watching Johnny Langan '18, Brian Felter '20 and former BC Head Coach, Nunzio Campanile help Rutgers hopefully defeat Michigan. No offense to the Wolverines' Jordan Morant '20. We really want to see you do well also!!!

It really started off well as Brother and I picked up a life bird on the trails. A life bird or "lifer" is a bird that

you encounter (see or hear) in person for the first time. For Br. Fagan, the Common Redpoll is bird #579 on his life list. For me, #400, a milestone bird.

Murphy's Law prevails and the bird chose not to be terribly photogenic, but you may notice this finch-like bird has a small yellowish-conical bill. There is a tiny ruby swatch on the crown. This bird is a female bird as it lacked the "pink wash" on its breast that the males have. These females also have heavy streaking underneath on the sides, as shown above.



Redpolls are seed eaters and pick from willow, birch, alder and spruce trees as well as grasses and wildflowers.

These birds breed in the arctic and year-round live throughout Canada and the northern US. They scarcely winter in Jersey and that Route 70-Route 80 cross-country path, but it's 2020. Why shouldn't this year be weird in birding terms?

THEN BERGEN-DELBARTON FOOTBALL

As for BC-Delby. Bummer. The game was called "90 seconds before the singing of the National Anthem," as one DS administrator told me.

It turned into a lovely drive to Morristown. I returned to Bergen County through the Rt 46 East passage which allowed me a chance to stop at Lodi's legendary **HANKS FRANKS** for some lovely delicacies and that orange fountain drink.

FINALLY ALUMNI NCAA FOOTBALL

After making myself happy in that way, I watched Jake (Bajakian) and his team knock off highly-ranked Wisconsin.

Then, it was especially nice to watch Brian Felter '20 hoisting Johnny Football '18 up in the endzone after Langan's 2-yard touchdown run TWICE. Reminiscent of that Mission 17, 2017 State Championship Game at MetLife and so many big touchdowns.

And we're very proud to see Jared Guarantano (Tennessee) passing the 6000-yard mark passing.

Of course, the best part was to be with my kids who surprised me at home with a Chicken Pot Pie. Happiness.

Thanksgiving Prayers

In case you are looking for the perfect way to pray for this Thanksgiving, DON'T! Nothing is perfect. What you say from the heart is generally sincere and beautiful. Sometimes, we may look for prompts or for ideas as we pursue excellence, or humility, or thankfulness in our prayer life. I found these five from Catholic Digest. Google is awesome for finding prayers or thoughts you may have. Whatever you choose, please know that our family will be keeping all of our brothers and sisters in the Bergen Catholic family in our prayers this Thursday.

FOR APPRECIATING OTHERS

We thank you, Father, for the gift of Jesus your Son who came to our Earth and lived in a simple home. We have a greater appreciation of the value and dignity of the human family because he loved and was loved within its shelter. Bless us this day; may we grow in love for each other in our family and so give thanks to you who are the maker of all human families and our abiding peace.

TO REMEMBER THOSE LESS FORTUNATE

O God, when I have food, help me to remember the hungry;
 When I have work, help me to remember the jobless;
 When I have a home, help me to remember those who have no home at all;
 When I am without pain, help me to remember those who suffer,
 And remembering, help me to destroy my complacency;
 bestir my compassion, and be concerned enough to help;
 By word and deed, those who cry out for what we take for granted.
 Amen.
 — Samuel F. Pugh

TO ACKNOWLEDGE GOD'S GIFTS COUNTLESS BLESSINGS

Lord, on this special day of thankfulness, we thank you not only for the delicious food, lovingly prepared and presented, but also for special gifts you've given to this family — loved ones we cherish dearly, a comfortable place to live, the beauty that surrounds us, material pleasures, health, spiritual wealth, and so much more.

How can we show our gratitude for the countless blessings you've provided? We thank you for giving us clear direction, through your holy word on how to show our appreciation, by obeying Your commands and by loving and serving our neighbors. Thank you, Lord.
 — Joanna Fuchs

TO LOOK TOWARD ANOTHER BOUNTIFUL YEAR/ANOTHER GOOD YEAR

We thank you, Lord, for food and friends
 And for all of the joy this holiday lends;
 It's Thanksgiving Day and we can see
 The blessings you've provided our family.
 Thanks to you, Lord, for another good year;
 When you watch over us, there's nothing to fear.
 — Karl Fuchs

TO SAY A QUICK, ENCOMPASSING THANKS THANKSGIVING PRAYER

For each new morning with its light,
 For rest and shelter of the night,
 For health and food,
 For love and friends,
 For everything thy goodness sends.
 — Ralph Waldo Emerson

Happy Thanksgiving