

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Fall All-Star Edition

Cross Country 2020

Dec 4 – Oradell, NJ – The long-standing tradition of the Crusader Cross Country Program added another storied runner to the list of greats. Senior, Owen McCarthy earned First Team All-Bergen by the Bergen County Coaches Association.

Congratulations to first-year head coach, Peter Tuohy, for providing a sound program in a year, everything else seemed to be a little off. Here is a list of the student-athletes earning recognition.



BCCA All-County

1st Team

Owen McCarthy

2nd Team

Alex Shaia

All-Big North

United Red

1st Team

Owen McCarthy

2nd Team

Alex Shaia

Alex Costabile

Matthew Marques



Football 2020

Dec 4 – Oradell, NJ – Just like everything else in 2020, the New Jersey Super Football Conference All-League Teams prove to be every bit bizarre as any of it. In 2020,

it was agreed there would be no All-NJSFC Second Team. The league is only recognizing first team and honorable mention.

Regardless, this year's NJSFC United Red Division Co-Champions earned their share first-teamers and if I were one of the other schools in the league, I would be *very, very* concerned about 2021.

Expecting that this young group works as hard as previous years, this is a scary amount of returning talent that will be leading on to victory.



New Jersey Super Football Conference United Red

1st Team Offense

QB: Steve Angeli-Junior - 1

RB: Ryan Butler-Junior - 9

OL: Dominick Brogna-Junior - 56

1st Team Special Teams

Returner: Fabian France-Junior - 25

New Jersey Super Football Conference United Red**1st Team Defense**

DL: DJ Samuels-Sophomore - 6

DL: Sydir Mitchell-Sophomore - 90

DB: Jayden Bellamy-Junior - 12

DB: Jaeden Gould-Junior - 2

**Honorable Mention Offense**

OL: Frank Zito-Senior

RB: Jonathan Rust-Senior

Honorable Mention Defense

LB: John Fiore-Junior

DB: Davien Vernon-Senior

Soccer 2020

Dec 2 – Oradell, NJ – Soccer had another very strong season, tying for the Big North United Red Title. Two of this year's players received special honors:

**2020 Player of the Year**

Jake Sweeney - 7

2020 Unsung Hero

Ryan Graf - 8

**All Big North United Red****1st Team**

Jake Sweeney - 7

Gavin Sapontzis - 10

Nicholas Barros - 17

Christian Milone - 4

Owen Fizulich - 6

Conor Morrin - 27

2nd Team

Ryan Graf

Brian DiPalma

Nick Schwake

Brian Maron

Kyle Tencza

Honorable Mention

Scott Christman

Carmello Verlardo

**SLOW THE SPREAD OF COVID-19**
cdc.gov/coronavirusWear a mask
In public placesStay at least 6'
from other peopleFrequently wash
your hands**WHAT'S NEXT...**

Dec 6 – Oradell, NJ – This period of time is unprecedented, meaning, it's not happened before. Practices and competition for winter season does not begin until after January 1, 2021 and many are concerned about their seasons. That's good. It reminds us of the fleeting nature of athletics and of the importance of our top priorities: God, family, school. During this Advent Season, we ALL have time to prepare for the Lord's coming on Christmas Day. At times, distractions can prevent us from reaching our potential, or even from living healthy, productive, satisfying lives. During this season of preparation as you have additional free time, consider....

- Committing to daily prayer of thanksgiving, praise, contemplation, petition
- Asking not what your family can do for you, but what you can do for your family
- Investing in yourself with your studies, seeking out faculty members for additional help

Be sure to take care of your physical health as well. Eat healthy. Condition and develop your skill sets so when your season begins, you are prepared to help your team become the best it can become.

BOTW: AMERICAN BITTERN

Dec 4 – Lyndhurst, NJ – This rare bird splashed, caught and ate a fish and flew before I was unable to get a good look. Fortunately, I found him a second time.

