

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

In the Battle of Oradell, Bowlers Roll Past River Dell

February 9 – Oakland, NJ – The lanes were not



friendly at the Holiday Bowl on Tuesday, but that didn't stop the Crusaders from beating their cross-town rival Hawks, 7-0.

John Deljudice rolled the high series with a 532. The high game was rolled by Liam Chim 192, he also rolled a 190. Deljudice's best effort was a strong 182.



#3 Crusaders Hoops Take Over in Second Half to Stay Unbeaten

By: Joe Duffy

February 9 – Oradell, NJ – The Ramapo Raiders travelled to Bergen Catholic to take on the unbeaten Crusaders. Former Crusader player and current Ramapo High School Head Coach, Joe Sandberg, knew exactly the type of battle his team was in for and they tried to match the talent of Bergen Catholic with grit and hustle early.



Ramapo came out showing they knew they were going to have to win this battle on the defensive end. the Raiders were converging on the Bergen Catholic big guys, forcing guards to beat them off the dribble through traffic, and making it tough to finish shots at the rim. Bergen Catholic matched Ramapo's intensity, pressing early and making it difficult for their guards to

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Wear a mask
In public places



Stay at least 6'
from other people



Frequently wash
your hands

settle in. Ramapo's point guard did a great job early of setting the tempo and controlling the offense despite the pressure being applied by Bergen Catholic's defense.



Bergen did a great job defending in the paint, but Ramapo was finding success on the drive and kick for the perimeter shot. Despite their early struggles on offense Bergen put together a few solid sequences with Will Richardson showing a great ability to finish at the rim through traffic. To the surprise of many Ramapo lead after the first, but the Bergen Catholic offense was just getting started.

A tough defensive struggle in the first quarter turned into a bit of a track meet to start the second. Both teams were out of control in transition and it was Bergen Catholic's freshman guard Elliot Cadeau, and team leader Julian Brown who settled things down. Cadeau was excellent in one-on-one situations, creating separation and finding his own shot whenever he wanted it. He answered a couple of Ramapo shots with threes of his own to keep the Crusaders within striking distance.



The back court of Cadeau, Brown and Richardson never stopped attacking the basket, and it got Bergen Catholic into the bonus with 5:39 still to go in the second quarter. Joe Scrivanich came off the bench and provided the Crusaders with a much-needed spark of energy as well, playing intense on ball defense and scoring a couple of much needed baskets. The energy was where it needed to be and the Crusader offense had finally got going, with a halftime score of 31-31, it felt like Bergen Catholic took Ramapo's best shot and was ready to finish the job.

The Crusaders came out in the second half and never looked back, getting strong efforts up and down the lineup. Elliot Cadeau showed the ability to finish both inside and out, playing excellent in transition, and controlling to second half of the game.

Freshman Terry Copeland provided the Crusaders with 8 points and a couple of mean blocks, one that lead Will Richardson out in transition for a huge dunk, stealing all the momentum.

DiAri Duncan, Terry Copeland, and Elijah Flournoy held down the paint in the second half, doing an incredible job of protecting the rim. Several huge blocks on the defensive end led to scores in transition for Julian Brown, and at this point Bergen Catholic was in full control. Brown scored a team high 19 points and was a leader on the defensive end all night long.

Tenacious defense leading to transition offense was the story of the third quarter and the Crusaders outscored Ramapo 25-10, completely taking control of the game.

DiAri Duncan had a big finish to the fourth quarter helping close out the game for good.

While the BC's offense will impress on most nights, it was the effort on the defensive end that stood out in this one. The type of effort that could stifle an offense on any given day.



Ramapo gave the Crusaders their best shot, but their best was not enough on this night as BC continues to show why it is one of the best and most well-rounded teams in the state.

BC – DBP JV Hockey 0-0

February 10 – Wayne, NJ – The JV Hockey team



played a very “high level” game according to one pair of referees who saw the young Crusaders and Ironmen to a scoreless tie. The two teams will complete the second half of their home-and-away on Friday night at the Ice House.

BC – Morris H/K Hockey 6-1

February 10 – Morristown, NJ – Shout out to the Morris Hills/Morris Knolls hockey team for stretching themselves against one of the top teams in the state.

The Crusaders entered the game ranked #3 in New Jersey coming off statement wins against Don Bosco Prep and Ridge HS and were looking at



the prospects of no game this week until the Morris County squad stepped up.

Despite falling in a 2-0, first period hole, the home team put 10 shots on goal in the first period, but the offensive juggernaut BC put on the ice was just too much for the Green and Gold.



Mick Thompson recorded three goals and two assists. His first, a spectacular show of soft hands as he “caught” the air-bound puck with his stick, flipped it to himself and beat the goalie. Antonio Arcaroli is starting to find his way to the back of the net as he finished with four points, including two goals and two assists.

Shane Carr pitched in the sixth of the Crusader goals and added an assist. In a somewhat unique game, Aram Minnetian was kept out of the goal, but not off the board as he recorded a pair of assists. Bryceon Lago recorded two assists as Matt Hughes, Jacob Carver and Matt Desiderio each added an assist.



Ryan Henry and Gavin Shornstein played very strong in the goal for BC.

Crusaders Earn Statement Win Over the Patrick School

By: Joshua Jung

February 10 – Oradell, NJ - The Bergen Catholic

Crusaders were dominant in their performance over the Patrick School Celtics of Elizabeth, winning 60-53 at home. The victory was made a statement about the Crusaders who have played perhaps the toughest schedule in the state and have answered the bell each of the first five times.

Both teams played exceptional defense and splendid offense. BC's Julian Brown led the team in scoring with 21 points and 2 steals. Will Richardson pitched in 18 points, and freshman guard, Elliot Cadeau added 6 points and 5 steals. The Three-Headed Dragon as Julian Brown, Will Richardson, and Elliot Cadeau have been named by the Star Ledger, was the main force against the Celtics.

Though Julian and Will did most of the scoring, Elliot did all the little things that contributed greatly for the team, including drawing a clutch charge late in the fourth quarter and his many steals and assists.

Other major contributors to the



win were Elijah Flournoy, DiAri Duncan, and Terry Copeland with 4 points each and senior Nick Caggiano with 3 points. This team, greatly powered by the underclassmen, are taking the league by storm and as David Polli, the announcer of the game, stated, "They are playing like the best team in the state".



Bergen Catholic started hot in the first quarter, playing aggressively on the offensive and defensive side, taking the Celtics by surprise ending the quarter 17-11 Crusaders.

A shaky second quarter for both teams offensively, with miscommunications and plenty of turnovers, ended the half with 31-28 Crusaders.

Carmelo Velardo interviewed Crusader's coach, Billy Armstrong and asks him what the keys are to winning this game in the second half. Coach Armstrong responded, "The key of this second half is to not turn over the ball." He went on to say, "The team is effectively splitting the opposing guards, but they are dribbling those one or two extra dribbles instead of passing out to the guards and scoring. We want to get a shot up at least once every possession."

Going into the second half both teams were ready to play and going at it. The Patrick School started with a hot start in the beginning of the third quarter, but were quickly cooled down by Julian Brown's exciting offense, firing up Bergen and putting out the Celtics.

With both teams fired up in a nail biting back-and-forth fourth quarter, the Crusaders pulled away and came out on top.

After the game BCTV's Carmelo Velardo interviewed Julian Brown, the player of the game. Julian said, "This was an energized win, we came out here to win, not worrying about the other

team. I just came and played regularly, playing my hardest."

Fans at Bowling Events

February 12 – Robbinsville, NJ - Four bowling alleys have communicated how their facility will handle the new executive order. They are as follows:

- **Bowler City** – No Spectators
- **T-Bowl** – No Spectators
- **Holiday Bowl** – will allow 2 parents/guardians per participant
- **Montvale Lanes** – will allow 2 parents/guardians per participant
- **Fair Lawn** – No spectators until further notice.

Thirteen Pins Knock Down Crusaders

February 11 – Hackensack, NJ – The Crusader Bowling Team recorded some very good scores, though a couple of stumbles in the third cost the guys their fifth consecutive victory. The Pascack Hills Bowling Team (high school currently does not have a mascot as the previous name "Cowboys" was deemed politically incorrect for a variety of reasons) defeated BC by 13 pins, taking 4 of the 7 possible points on the afternoon.

High series rolled by John DelJuidice with a 665. John also rolled high game with a 247 and solid games of 215 and 203. Other notable strong games were rolled by James Salazar 210 and Liam Chin 203.



JV Hockey Falls to DBP 3-2

January 12 – Wayne, NJ – The Crusaders travelled to the Ice Vault for their second-consecutive game against the Ironmen, hoping to forge a decision after a tough-fought 0-0 tie earlier in the week.

Kyle Brooks and Declan Quinn recorded goals for the Crusaders and Connor Kelly played the role of set-up man, pitching in an assist, but it was not enough as the Ironmen edged BC by a goal on Friday night.



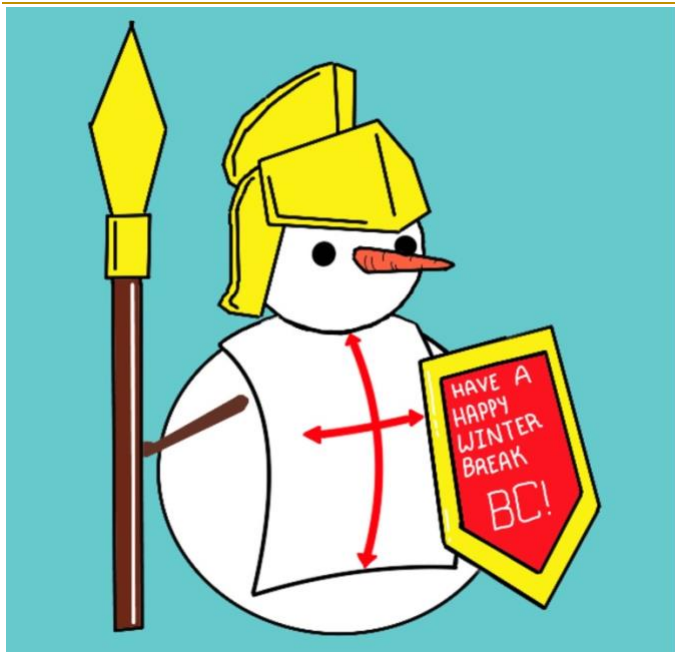
JV Hockey Barrage Pierces Lancer Defenses

January 13 – Wayne, NJ – Following are photos from the BC-Lakeland JV Hockey game. The score was so lopsided, it is difficult to report.



WANT PHOTOS?

If you would like to download any photos of your sport action FOR FREE, e-mail Mr. Haemmerle at jhaemmerle@bergencatholic.org – Subject Line PHOTO ACCESS. You will receive a link to the account for any of BC's events that have been covered.



THE SKI REPORT

Learning the Hard Lessons of Slalom Skiing

February 8 – Vernon, NJ – Following strong showings in Giant Slalom, the Crusader Ski Team travelled out to Mountain Creek for the first of their Slalom races this winter. BC placed 7th overall in this first Slalom event.

In Slalom, the distance between gates is 10 meters longer or more. Giant slalom is generally longer than a slalom course, and the gates are not as close to each other. This makes the technical aspects of slalom skiing very challenging.

Senior, Christopher Wheaton, earned strong times, finishing tenth overall. His runs of 29.33 (12th) and 30.54 (10th) totaled 59.87, a strong result for the first meet.



placed 10th overall. Unfortunately, he was

Christopher Kang made a brilliant first run of 28.34 which

disqualified on run two and did not have an overall score.

Nicholas Napolitano DQed on his first run, but placed 16th on his second run with a time of 34.53. Aiden Hickey also DQed on run 1, but recorded a 43.52 to get on the board.



Skiers Place Third at Mount Peter

February 14 – Warwick, NY – How about a little St. Valentine's Day Skiing? The Crusaders were game and recorded some solid times to place third in their second slalom event of the season.

Once again, Christopher Wheaton skied splendidly recording times of 38.54 (11th Place) and 39.38 (14th). His consistency propelled him



to a fifth place finish over all with a time of 1:17.92.

Christopher Kang had a combined time of 1:39.72 which placed him 11th overall. His runs of 55.52 (29th) and

44.20 (20th) helped him to a major contribution to BC's success.

Aiden Hickey had his best results of the season finishing 12th overall. His times of 57.94 (32nd) and 1:04.85 (35th) got the job done!



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

The Blessed Edmund Rice Prayer

O God we thank you for the life of
Blessed Edmund Rice.
He opened his heart to Christ present in those
oppressed by poverty and injustice.
May we follow his example of
faith and generosity.
Grant us the courage and compassion of
Blessed Edmund as we seek to live lives
of love and service. Amen.

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

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

Bird of the Week: Horned

Lark

February 13 – Alpha, NJ –I know, I know... Where on earth is Alpha, NJ and what is a horned lark?

Alpha is in Warren County, just south of Route 78 at Exit 3. It is rural and space where corn fields abound, though snow covered at this time of year. It doesn't stop them from inhabiting the spacious fields.

You can generally find these "dirt colored" birds popping around on farmlands all year round. During non-snow-covered-field times of year, these birds become visible especially when they turn their heads toward you and allow you to see a bright yellow face with "horns" that seem to extend above their ears.

Often, your first thought will be of angry birds when you



Have a bird you'd like help identifying? Send in a picture and we will talk about it this week at the Birding Crusader Club during Act Period. Send it to jhaemmerle@bergencatholic.org

Interested in weekend birding? Let us know. Car caravan trips to Jersey hotspots occur just about every weekend. No experience necessary.