

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### Iron Rusts in the Wake of the Crusader Swimmers

**March 15 – Ridgewood, NJ** – On the second straight day, BC swam in a very competitive meet, this time taking down Don Bosco Prep 95-75 at the Ridgewood YMCA.



Tom Haemmerle, Freestyle

The Crusaders, relied on its considerable depth as the they placed first in only 5 of 11 events. Led by Doyee Kim, Alex Vester and Tom Haemmerle and winning the final event, the 400 Free Relay with Gavin Perez, Alex Vester, Haemmerle and Sam Hughes BC improved to 4-0 on the young season.



Doyee Kim, Breast Stroke

The freshman, Doyee Kim, made the most news on the day, winning two races, the 50 Free (23.21)

and 100 Free (57.07). His 50-yard sprint set a new season best for the Crusaders.

Senior Alex Vester set a new team season best in the 100 Butterfly with a solid swim (57.07) and classmate Tom Haemmerle beat his 500 Free time this season by over six seconds with a 5:03.16. Perez, Vester, Haemmerle and Hughes finished off the meet with a season best 3:36.07 in the 400 Free Relay to finish the afternoon.

### Hughes Leads Crusaders Vs. NJ's #6 Ranked Team

**March 14/17 – Tenaflly** – Bergen Catholic needed to convert its times from meters to yards as the virtual meet they swam against CBA was counted up on St. Patrick's Day. In the end, the Colts defeated BC 115-55.



Senior Sam Hughes was the only Crusader to take first in his events, winning the 100 Free with a time of 48.45 and the 100 Back with a time of 54.48.

BC is now 4-1 on the season and now ranks 11<sup>th</sup> in the state. This coming week will be a critical week, as the Crusaders take on Seton Hall Prep and St. Peter's Prep.

#### New Jersey State Rankings



## Three Crusaders Named All-North Jersey. Hoops

**March 15 – Paterson, NJ** - Three members of North Jersey's #1 Basketball Team were named to the All-North Jersey Teams. Without much surprise, it is all three heads of their "three-headed-dragon" back court. Unfortunately for BC, a shortened season impacted their individual statistics, but anyone who was able to see this triad, couldn't help but be impressed.

**Junior Will Richardson (G) – 1<sup>st</sup> Team** – Richardson returns as a first teamer. He led the 7-2 Crusaders in FGs (41), 3PT (20), PTS (164), PPG (18.2), and FT% (.880). Will is just 331 points away from 1,000 in his career, resting at 669.



### Junior Julian Brown (G) – 2<sup>nd</sup> Team

A two-year starter, Julian had a terrific junior year, displaying his effectiveness as a scorer. He was the team's second leading scorer with 132 points and 14.7 per game. Julian's 34 Free Throw Attempts and 28 made, were tops on the team. He knocked down

.824 of those. Julian has 575 career points and within range of hitting the 1,000-point mark in his senior year as well.

**Freshman Elliot Cadeau (G) – 3<sup>rd</sup> Team** – Cadeau tied with Brown for the second most 2pt field goals on the team with Brown (31). His 11 threes were third on the team and the outstanding freshman scored 104 points, third on the team, good for 11.6 points per game.





## Grapplers Open Season in Quest for #1 Against PCTI

**March 16 – Oradell, NJ** – The Varsity Wrestling Team started strong and ended strong, making quick work of the Bulldogs in their season openers. Freshman Noah Kochman debuted with a pin at 113 pounds and Joe Cagro, August Hibler and Justin Onello all won by pin fall as well.

**Junior Joe Cagro working toward his first pin of 2021.**



Sophomore Aidan Wallace put on a display, taking down and turning his opponent (shoulders exposed to the mat resulting in “back points”) en route to a 15-0 technical fall.



Two Crusaders, Christopher Bacaglioni and Dominick Brogna, won by decision. Both were in dramatic fashion as their bouts went to overtime.

High School Wrestling Matches have 14 bouts which cover various light, middle and heavyweight categories. Team scoring for each bout is as follows: **6 points** for a PIN, FORFEIT or DEFAULT BY INJURY OR PENALTY. **5 points** for a TECHNICAL FALL (win by more than 15 points), **4 points** for a MAJOR DECISION (win by more than 8 points), **3 points** for a DECISION (win by 7 points or less).



WT	TEAM	WRESTLER	BOUT	BC	PCTI
<b>106</b>	BC	Chris Nuceifora	Forfeit	<b>6</b>	<b>0</b>
	PCTI				
<b>113</b>	BC	Noah Kochman	PF 5:48	<b>12</b>	<b>0</b>
	PCTI	Mohammed, A			
<b>120</b>	BC	Aidan Wallace	TF 15-0, 2:59	<b>17</b>	<b>0</b>
	PCTI	Balanzafequi, R			
<b>126</b>	BC	Joe Cagro	PF 5:06	<b>23</b>	<b>0</b>
	PCTI	Vertedor, A			
<b>132</b>	BC	August Hibler	PF 1:15	<b>29</b>	<b>0</b>
	PCTI	Tarecky, O			
<b>138</b>	BC	Christopher Bacchlioni	WD 7-2 OT	<b>32</b>	<b>0</b>
	PCTI	Hamdeh, L			
<b>145</b>	BC	Eric Broadie	Forfeit	<b>38</b>	<b>0</b>
	PCTI				
<b>152</b>	BC	Jayden Iznaga	Forfeit	<b>44</b>	<b>0</b>
	PCTI				
<b>160</b>	BC	Jake Zargo	Forfeit	<b>50</b>	<b>0</b>
	PCTI				
<b>170</b>	BC	Justin Onello	PF 1:07	<b>56</b>	<b>0</b>
	PCTI	Sierra, A			
<b>182</b>	BC	Jack Patti	Forfeit	<b>62</b>	<b>0</b>
	PCTI				
<b>195</b>	BC	John Patti	Forfeit	<b>68</b>	<b>0</b>
	PCTI				
<b>220</b>	BC	Remy Brancato	Forfeit	<b>74</b>	<b>0</b>
	PCTI				
<b>285</b>	BC	Dominick Brogna	WD: 9-4 OT	<b>77</b>	<b>0</b>
	PCTI	Gomez, Y			

## Hockey Places 7 on All Bergen County Teams

**March 19 – Oradell, NJ** – The Crusaders put a second very strong team together under the direction of alumnus, Tom Keough. Seven of his charges earned All-County Honors including 3 first teamers, 2 second and 2 third.

### First Team

Forward: Mick Thompson, 11<sup>th</sup> Grade

Forward: Aram Minnetian, 10<sup>th</sup> Grade

Defensemen: Bryceon Lago, 11<sup>th</sup> Grade

### Second Team

Forwards: Antonio Arcaroli, 11<sup>th</sup> Grade

Goaltenders: Ryan Henry, 10<sup>th</sup> Grade

### Third Team

Forward: Steve Saxton, 12<sup>th</sup> Grade

Defensemen: Matthew Desiderio, 10<sup>th</sup> Grade

## Six Named to All-BNC United Basketball Teams

**March 19 – Oradell, NJ** – To the victor goes the spoils and BC took home a number of individual honors after winning the United Division Title once again.

### First Team

Guard: Will Richardson, 11<sup>th</sup> Grade

Julian Brown, 11<sup>th</sup> Grade

Elliot Cadeau, 9<sup>th</sup> Grade

### Second Team

Forward: Elijah Flournoy, 11<sup>th</sup> Grade

Terry Copeland, 9<sup>th</sup> Grade

### Honorable Mention

Forward: DiAri Duncan, 12<sup>th</sup> Grade

## This Week and Beyond in America!

In this bizarre year, you may be looking for something to celebrate. Here's a list of the celebrations happening in our great country this week.

### March 21

- *National California Strawberry Day*
- **National Common Courtesy Day**
- **National Countdown Day**
- *National Fragrance Day*
- **National French Bread Day**
- **National Single Parent Day**
- *World Down Syndrome Day*

### March 22

- **National Bavarian Crepes Day**
- *National Goof Off Day*
- *National West Virginia Day*

### March 23

- *National Chia Day*
- *National Chip and Dip Day*
- *National Near Miss Day*
- *National Melba Toast Day*
- *National Puppy Day*
- **National Tamale Day**
- *National 3-D Day*
- *National Ag Day*

### March 24

- **National Chocolate Covered Raisin Day**
- *National Cheesesteak Day*
- *National American Diabetes Assoc. Alert Day*
- *National Equal Pay Day*

### March 25

- *National Lobster Newburg Day*
- *National Medal of Honor Day*
- **National Tolkien Reading Day**

### March 26

- *Epilepsy Awareness Day – Purple Day*
- *National Nougat Day*
- *National Spinach Day*

### March 27

- *International Medical Science Liaison Day*
- **National Joe Day**
- *National Scribble Day*
- *National Spanish Paella Day*



## SPIRITUAL THOUGHT FOR THE WEEK

Create a life that feels good  
on the INSIDE,  
Not just one that looks good  
on the OUTSIDE.

## **Shane Griffith '18 Wins NCAA National Championship and OUTSTANDING WRESTLER**

**March 18 - St. Louis, Mo** – Shane Griffith, Bergen



Catholic Class of 2018, became Stanford's first National Champion wrestler, in the over 100-year history of the program. This year is scheduled to be its final year

as well, making Griffith's accomplishment all the more special.

Shane was named outstanding wrestler of the tournament. As the 8-seed at 165 pounds, Shane defeated the #25 and #9 seeds before running into the top (#1) seed from Iowa in the quarterfinal round. Shane defeated him in sudden victory overtime, 3-1.

At that point, Shane dominated his final two opponents, the #5 seed from Bucknell in the semifinal (9-2) and the #3 seed from Pittsburgh (6-2) in the final.

Griffith won three NJSIAA State Championships as a BC student-athlete. He and Nick Suriano are the first two Bergen alumni to win national titles.



Griffith's accomplishment is all-the-more remarkable as it comes following Stanford's announcement to drop their wrestling program. While the fate of the program remains in doubt, Shane and his teammates created awareness, wearing black singlets without the school's logo throughout the tournament.

In an interview following his final bout, Shane commended his coach, recognizing all he did to make 2021 a reality. It was a season much in doubt before the academic year began.

## **Bests of Swimming 2021**

*Here are the best times from swimmers this season.*

(M)=meters, (Y)=yards

EVENT 1: 200 Medley Relay		TIME	OPPONENT
Y	Alex Rose, Andrew Mazzacano, Ben Vester, Sam Hughes	1:48.12	RIDGEWOOD
EVENT 2: 200 Freestyle			
Y	Doyee Kim	1:53.24	RIDGEWOOD
EVENT 3: 200 Individual Medley (IM)			
M	Doyee Kim	2:13.80	TENAFly/CBA
Y	Andrew Mazzacano	2:03.88	RIDGEWOOD
EVENT 4: 50 Freestyle			
Y	Doyee Kim	23.21	DON BOSCO PREP
EVENT 5: 100 Butterfly			
Y	Alex Vester	0:57.07	DON BOSCO PREP
EVENT 6: 100 Freestyle			
M	Sam Hughes	0:53.83	TENAFly/CBA
Y	Sam Hughes	0:50.44	RIDGEWOOD
EVENT 7: 500 Freestyle			
M	Alex Vester	4:32.35	TENAFly/CBA
Y	Tom Haemmerle	5:09.31	RIDGEWOOD
EVENT 8: 200 Freestyle Relay			
Y	Alex Rose, Alex Vester, Doyee Kim, Andrew Mazzacano	1:39.72	PARAMUS CATH.
EVENT 9: 100 Backstroke			
Y	Sam Hughes	0:57.97	RIDGEWOOD
EVENT 10: 100 Breaststroke			
M	Doyee Kim	1:06.81	TENAFly/CBA
Y	Doyee Kim	1:06.16	RIDGEWOOD
EVENT 11: 400 Freestyle Relay			
M	Tom Haemmerle, Andrew Mazzacano, Sam Hughes, Alex Rose	3:55.06	TENAFly/CBA
Y	Gavin Perez, Alex Vester, Tom Haemmerle, Sam Hughes	3:36.07	DON BOSCO PREP

## 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

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## The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

## 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

## The Golden Rule

Love one another as I have loved you.

**DO YOU WANT TO FAST THIS LENT?**  
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

*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.*

# Deus Vult

Jn 6:39



# Bird of the Week: Great Horned Owl



## A FUNNY THING HAPPENED TO ME...

**March 19 - Undisclosed Location** - Actually, I need to back this up to our faculty-in-service day on March 12<sup>th</sup> as I brought up in a large group, virtual setting, my love of birding.

I may have, tongue-in-cheek, said to the group and facilitator that I was coming out as a birder for the first time to our faculty and staff. Of course, our BC family knew I was kidding, but one of our members one-upped me as she said how offended she was that I didn't remember telling her about my hobby.

First opportunity I had, I made my way to speak with her to apologize and she confided she was kidding me. We spoke for a few minutes and

she mentioned she sees an owl every day, in a tree near her house.

I had to ask. "WHERE DO YOU LIVE???" Owls are not easy to find. You generally see them when someone points one out to you. And you generally never tell anyone where you found an owl as owls should never be disturbed during the day. It is one of the reasons they are so well camouflaged.

Owls are night hunters and they need to be well-rested so they can be effective hunters. Tired hunters are poor hunters. Poor hunters starve to death. Often you may see an owl because birds are trying to harass it during the day to prevent it from sleeping. Birds know!

For this reason, birders never tell anyone who does not understand this principle where they find an owl, if they tell anyone at all. If you see an owl, please do not disturb it. Let him/her hunt all the mice, moles and rodents it wants. They really do us a great service.

For me, it was a remarkable week for owls. We encountered an Eastern Screech Owl on Tuesday and a Great Horned Owl in Bergen County on Friday and another in Sullivan County, NY on Saturday. It is likely the pictured owl's mate is sitting on eggs at this time. A number of raptors in the area are breeding now so their young are ready for when the breeding cycle finishes for other species, they are primed to pounce.

*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.*

**Deus Vult**  
Jn 6:39