TWIBC SPORTS
THIS WEEK IN BERGEN CATHOLIC SPORTS

A NATURAL

Schwake's Natural Hat Trick Plus One Leads Crusaders to Opening Day Win

September 9 – Oradell, NJ – The Crusaders have had DePaul's number for the past few years. As a matter of fact, BC is on an 11-game winning streak against the Spartans with Coach Berkanish's only imperfection against DePaul being a 4-4 tie in 2015. Under his tenure, BC is 13-0-1. The unbeaten streak stands at 16 games with the last loss coming in 2013.

Senior forward NICK Schwake scored three first half goals, giving him a natural hat trick on the day. Ethan Bogg assisted Schwake on goal number one. Danny Kissil set him up on goals #2 and #4 and Spencer Neal assisted on the hat trick goal. His fourth came at the start of the second half which may have distracted the laser focus of the Crusader defense.

DePaul Catholic scored their one and only goal of the day shortly afterward, but the Crusaders answered with goals from senior defender Brian Maron, who was assisted by Bogg and Tyler Ferris found Eddie Payan who wrapped up the Crusader scoring.

Kyle Tencza was outstanding in the net, making an incredible diving save in the first half. He finished the day yielding only one goal against with 7 saves. Andrew Blodgett finished up, halfway through the second half for BC.

(LEFT) #13 Nick Schwake; (ABOVE) #1 Kyle Tencza in goal and #15 Jack Lindberg; (RIGHT) #21 Danny Kissil and #12 Ken Hoang)

(ABOVE) #0 Luca Duardo; (BELOW) #6 Owen Fizulich.

(ABOVE) #10 Ryan Chong (BELOW) #14 Brian Maron.

(FROM LEFT TO RIGHT). #24 Dylan Lincoln, #22 Fernando Orsini and #1 Andrew Blodgett.

FROSH SOCCER DEFEATS CRANFORD IN OPENER 5-0

September 9 - Cranford, NJ – The Crusader Freshman Soccer Team earned their first shared success on the field with a 5-0 victory over Cranford.

Antonio Mamsaang led the way with a hat trick for the Crusaders and Matt Moya and Billy Vozzolo added a goal apiece. Daniel DeBono, Jorge Espinosa, Andre Palacios and Mamsaang also played the roles of set-up men, assisting in four of the five goals for BC.

Goalies Nate Johnston (9 saves) and Jack Walker (3 saves) combined in the net for the shutout. The young Crusaders are now 1-0 on the season.

VARSITY CROSS COUNTRY PLACES 2nd IN SEASON OPENER AND FROSH TAKE TITLE!

September 11 – Mahwah, NJ - The Coach Josh Powers Era has begun in very strong fashion. In its opening meet, the Varsity earned second place in the Season Opener Invitational and the Frosh Team won its meet.

Junior Tom Rogers led the varsity, placing fifth overall with a time of 16:55 in the 5000m event, just 13 seconds off the top time. Senior Alex Shaia placed 15th with a time of 18:07. Junior Joseph Griffith (20th – 18:19) edged out classmate James Hughes (18:20 for 21st) who pulled in just ahead of Senior Nick Pesanello (29th – 18:38), Matt Marques (31st – 18:52) and Elias Garcia (34th – 19:01).

Lakeland Regiona HS finished with 63 points and an average time of 17:47. BC was number two at 81 points and an 18:03 average time.

JUNIOR VARSITY 5000m RESULTS

Matt Geraghty was BC's top finisher in the JV Event, finishing with a time of 23:24. Classmate Jackson Vonderhorst finshed with a time of 25:33. Ronan Flynn posted a time of 30:29 and John Gallagher finished at 30:44.

FROSH TAKE TEAM TITLE IN 3200m FROSH P2 RUN

Rhyse Ruffy ran an outstanding 9:49 to place third overall in the Freshman Boys 2900m Run. He was 52 seconds off the lead, but just 7 seconds from finishing #2. Four of his teammates also placed in the top 11, helping BC to dominate the event. Daniel Calianese (6th – 10:19), Avery Drapkin (7th – 10:33), William Saracino (10th – 10:43) and Andrew Byrnes (11th – 10:44) all scored for BC. Cameron Jaffe ran a strong 11:29 and William Ryan recorded a 13:05. Congratulations to all seven runners on not only competing, but succeeding as a group in your first HS event!

JV FOOTBALL DEFEATS LASALLE COLLEGE HIGH SCHOOL 18-6

September 11 – Wyndmore, PA – The Crusaders looked sharp on both sides of the ball, earning a hard-fought victory over the Explorers on Saturday.

The Crusaders continued to get outstanding running from Jaiden Estrella as he led a solid ground game drive for critical yards against LaSalle.

Above, Jack Duffy executing a screen pass to his running back. The junior QB was 4 of 6 for 36 yards. Below, Ryan Phelan on his way to sacking the Explorer QB.

Thian Grimaud (54) celebrating his sack.

OFFENSE: Jaiden Estrella (14 carries, 128 yards, 2TDs, 2 receptions, 31 yards. 161 yards total offense), Nigel Jennings (2 carries for 31 yards and 1 TD), Jayden Iznaga (4 carries for 18 yards and 1 reception for 11 yards). Mike Delpome (3 receptions for 35 yards).

TACKLES: Anthony Morales-6 and 1 Sack, Brandon Gomez-5 and 1 PBU, Chris Murphy- 5, Ryan Phelan-4 and 1 Sack, AJ Seker-4, Stephen Giovacco-3, Josh Dalgetty-2 and 1 PBU, Jason Gentilello-2 and 1 PBU, Gio Moscatello-2 and 1 PBU, Hudson Williams-2, Che Koonce-2, Jayden Iznaga-1 and 1 PBU, Thian Grimaud-1, Ian Walls-1, Jack Driscoll-1, Donald Ohnegian-1, Allan Stanbury-1.

FROSH FOOTBALL CLIMBS TO 2-0

September 11 – Wyndmore, PA – The Crusaders dominated all over the field against one of Pennsylvania's top programs on Saturday. BC found all sorts of ways to score whether on offense, defense or special teams, the influence of Head Coach Dave Cavalluzzo's relentless pursuit of excellence was on full display.

On the first play from scrimmage, Anthony Perrotti carried around the right end, picking up 20 yards. The Explorer defense tightened and the teams exchanged short possessions.

The dam was breaking, however as BC's Mujahid Russell punished the hosts on 3 carries, picking up 25 yards. That set-up a spectacular play that QB Dominic Campanile and WR Naiim Parrish executed to perfection. Parrish beat his defender down the BC sideline and Campanile delivered a beautiful pass, good for 39 yards and the first six points of the game. Campanile followed up the pass with a perfectly executed 1-step fade to Quincy Porter and BC was up 8-0.

On the following possession, Russell sacked the Explorer QB in the endzone and forced a fumble in the process. It was recovered for a touchdown by Kaden Irby-Mason and after a quick pass from Campanile to Perotti, BC led 16-0.

Guytano Bartolomeo continued his outstanding kicking throughout the day, pinning LaSalle deep. After three plays, they executed a beautiful, high-spiralling punt. Parrish must have thought it was beautiful too as he settled under it at the 21-yard line and began his return. He started toward his left and started gaining some ground when a would-be tackler grabbed him by the sleeve of his jersey. He spun him around, but it only seemed to accelerate Naiim, who was now sprinting across the field to his right and he cruised into the endzone for a highlight reel return.

Campanile and Porter connected again on a perfectly-timed Rocket Screen for the two-point conversion and BC was up 24-0.

The Crusaders would score their final touchdown of the day on a screen from Campanile to Mu Russell who took the ball 15-yards for the score. The PAT was blocked and BC led 30-0.

TACKLES: Russell (4), Shue (3.5), Phillips (3), Matesic (2.5), Gallo (2.5), Johnson (2.5), Hoeffler (1.5), DeNobile (1.5), Irby-Mason (1.5), Reid (1.5), Pane (1.5), Kearney (1), Gilmore (1), Daly (1), Parish (.5), Montgomery (.5), Dodds (.5), Rinaldi (.5)

SACKS: Russell (1), Shue (1)

TFL: Hoeffler (1), Russell (1), Shue (1)

Forced Fumbles: Russell (1)

Fumbles Recovered: Russell (1), Irby-Mason (1-TD)

VARSITY SOCCER PUTS UP A SNOWMAN

September 11 – Paramus, NJ – The Crusaders travelled to the land of the Paladins on Saturday and continued to put on a scoring clinic. The first half did not go as smoothly as you might expect reading that headline as BC was only able to score one goal. Coach Berkanish must have had a heck-uva half-time pep-talk, however, as a whole new Crusader unit seemed to be ready not just to play, but to dominate. Seven second-half goals lifted BC to 2-0 on the young season.

Nick Schwake recorded his second-straight hat-trick and second-straight four-point game (3 Goals – 1 Assist). Senior defender helped out, assisting on two goals and continuing to make it difficult for foes to find the back of the net. Daniel Kissil scored a goal and two assists and Connor Morin added

a goal for BC. Ryan Chong, Luca Nazor and Fernando Orsini all recorded their first goals of the season as well.

Eddie Payan, Luke Vidaic and Nico Angione all played the role of outstanding teammate, setting up their goal-scoring parnters with assists. Goalie Kyle Tencza recorded three saves in the 8-1 victory over Paramus Catholic.

JV SOCCER WINS BIG

September 11 – Oradell, NJ – The JV Soccer Team opened its season and it was apparent they were hungry from the start, pinning 6 first-half goals on the visiting Paladins. BC posted two in the second half as they moved to 1-0 on the season following an 8-0 opening day shutout.

Justin Botta was the offensive star of the day, recording a hat trick for BC and adding an assist. Dan Dictenberg, Andrew Lama, Daniel Makino, Donovan Reid and J'Niles Simpson all scored for BC. Lama (2 assists) and Nikholas Torres (1 assist) earned their names in the scoring ledger as well. Gabriel Tinoco (2 saves) and JohnPaul Sinagra (1 save) combined in the goal for the shutout.

FROSH REMAIN PERFECT

September 11 – Oradell, NJ – Antonio Mamasaang posted his second-consecutive 3-point game (2 goals, 1 assist) leading BC to its second-consecutive 5 goal output and victory over Millburn High School on Saturday.

Christian Rocha recorded a goal and an assist and Jorge Espinosa and Matthew Moya each scored a goal for BC. Joseph Maimone and Alexandre Palacios pitched in assists for BC.

Nate Johnston started the game and stopped 7 shots and yielded just one goal by the Millers. Jack Walker shut out Millburn during his second-half minutes as BC won 5-1.

PHOTOS WANTED!

While I do my best to get to as many contests as possible, I cannot be at all of them. If you have some camera skills, your talent would be so appreciated by the school community if you could share photos with me.

Feel free to send individual photos or links to Google or Shutterfly Folders to jhaemmerle@bergencatholic.org. We do our best to publish on Monday mornings, so the earlier the better and frankly, same-day as the event is BEST!

Thank you for your consideration.

JV FOOTBALL COMES UP JUST SHORT AGAINST DEPAUL CATHOLIC

September 6 – Wayne, NJ – BC dropped a tough opening decision to DePaul 8-6 on Labor Day. The game was tightly contested and remained 0-0 until the last play of the third quarter when DePaul completed a long touchdown pass. The two-point conversion was good and the Spartans led 8-0.

BC received outstanding rushing from Jaiden Estrella who rushed for 60 yards on 16 carries. Mike Delpome pulled in 4 catches for 20 yards.

With about 5 minutes remaining, Jason Gentilello (58) intercepted a Spartan pass and returned it to the 10 yard-line, putting BC in position to even the score.

Left – Christian Gonzalez (29) drops into pass coverage.

BC ultimately scored on a 1-yard TD scamper by QB, Jack Duffy with 4:35 remaining. Unfortunately, the PAT failed and the clock ran out on BC's opener.

Below - Ian Walls (76) and Anthony Morales (77) come up big with a sack of the Spartan slinger.

Defensive Statistics

Christian Gonzalez-7 Tackles, Ian Walls-6 Tackles and 1 Sack, Elijah Kinsler-5 Tackles, 2 Sacks, and 1 Forced Fumble, Anthony Morales-5 Tackles and 1 Sack, Jason Gentilello-2 Tackles, 1 PBU, 1 Sack, 1 INT, Brandon Gomez-2 Tackles and 1 PBU, AJ Seker-2 Tackles, Aaron Sylvester-2 Tackles, Kameron Austin-1 Tackle and 1 PBU, Michael Giovacco-1 Tackle and 1 PBU, Che Koonce-1 Tackle, Stephen Giovacco-1 PBU

Cameron Austin (30) going up to defend a pass in the second quarter against DePaul.

Owen Ferndandez (64) helping Jaiden Estrella (43) find running room.

BIRDS OF THE WEEK: RAPTORS

September – Alpine, NJ – The fall migration season has begun! It is one of the favorite times of year for birders who get out to witness some of nature's most beautiful creatures heading south. A young person who was near me on Sunday exclaimed, "A kestrel! A kestrel! Fall Migration is here!!!"

Above are some of the larger birds that you will likely see if you head over to the north-eastern-most part of the state off the Palisades Interstate Parkway at a location called the Stateline Lookout. The 400' cliffs provide a terrific vantage point to observe birds of all shapes and sizes heading toward their winter grounds in the south.

Above we have three birds you will likely see, but there are many more you can experience. (LEFT) Black Vulture. This bird is a scavenger that loves road kill, often with large numbers of other black vultures. His large, wide wings allow him to soar, circling high in the sky (called "kettling"). He does not have to dive for prey, but is better designed for softer landings around its meal. This is a large bird, just a little smaller than an eagle. The difference in identifying them is the black head and tail, body and wings. Black Vultures have conspicuous white patches at the end of their wings. There are often other vultures present called Turkey Vultures. TVs have bald red heads (difficult to see) and their coloration is dark with greyish portions on the lower parts of the wings.

In the middle, we have a bird known as an Osprey. These are tremendous fishers with striking white and black/brown features. As you compare their wings with those of Eagles or Vultures, you see a considerable amount of white with some dark streaking. They have a white cap and dark mask-like markings on their face. The wings are more aerodynamic than that of the vulture as it needs to dive to catch fish it finds sometimes 30-40 feet below them. Ospreys can hover when they find a fish near the surface of the water and quickly plunge, extending their talons to catch the fish upon impact.

Last pictured is the fastest creature on the planet, the Peregrine Falcon. This is an immature falcon and one of three that was seen this past weekend. When you look at the wings of the falcon, you can see they are much more pointed and built for speed. These birds can really go, reaching upwards of 140 mph when in a dive. As thousands of blue jays cross the river, they can see them from a mile away. With a mile of space over open waters, they are often easy prey for this bird hunter.

If you're curious about when to go, check a weather app for wind directions. Winds out of the North West are generally best as they are ushering birds down from the north and toward the coast. It is quite likely you will see me at the Stateline Lookout on Sunday's between 10:00 am and noon. Feel free to say hello and we will see how many birds we can count.

WHEN YOUR MIND IS CONSIDERING TO FILL TIME WITH SOCIAL MEDIA, CONSIDER OPENING THE TOOLBOX INSTEAD. PRAYERS FOR ANYTIME, ANYWHERE.

The TOOLBOX

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

I Confess to You

I confess to almighty God, and to you,
my brothers and sisters,
that I have sinned through my own fault,
in my thoughts and in my words,
in what I have done, and in what I have failed to do;
and I ask blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

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.

St. Patrick's Breastplate (shortened)

Christ with me. Christ before me. Christ behind me.
Christ in me. Christ beneath me. Christ above me.
Christ on my right. Christ on my left. Christ when I lie down.
Christ when I sit down. Christ when I arise.
Christ in the heart of every man who thinks of me.
Christ in the mouth of everyone who speaks of me.
Christ in every eye that sees me.
Christ in every ear that hears me.

Prayer of St Francis

Lord make me an instrument of Your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand.
To be loved. as to love
For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born...
To eternal life

TWIBCS SCHEDULE PAGE

VARSITY FOOTBALL SCHEDULE AND RESULTS

27-Aug	7:00pm	A	Archbishop Hoban	OH	W 42-7
4-Sep	2:00pm	H	Smyrna	DE	W 52-6
18-Sep	1:00pm	H	Delbarton	NJ	
24-Sep	7:00pm	A	Don Bosco Prep	NJ	
2-Oct	2:00pm	H	Pope John XXIII	NJ	
8-Oct	7:00pm	A	Paramus Catholic	NJ	
16-Oct	1:00pm	H	St. Joseph Regional	NJ	
23-Oct	1:00pm	A	Seton Hall Prep	NJ	
30-Oct	1:00pm	A	St. Peter's Prep	NJ	

JV FOOTBALL SCHEDULE AND RESULTS

6-Sep	1:00pm	A	DePaul Catholic	NJ	L 6-8
11-Sep	11:00am	A	LaSalle	PA	W 18-6
20-Sep	4:00pm	A	Delbarton	NJ	
27-Sep	4:00pm	H	Don Bosco Prep	NJ	
4-Oct	4:00pm	A	Pope John XXIII	NJ	
11-Oct	4:00pm	H	Paramus Catholic	NJ	
18-Oct	4:00pm	A	St. Joseph Regional	NJ	
25-Oct	4:00pm	H	Seton Hall Prep	NJ	
1-Nov	4:00pm	H	St. Peter's Prep	NJ	

FRESHMEN FOOTBALL SCHEDULE AND RESULTS

2-Sep	7:00pm	A	DePaul Catholic	NJ	W 28-6
11-Sep	12:30pm	A	LaSalle	PA	W 30-6
18-Sep	9:30am	A	Delbarton	NJ	
25-Sep	9:30am	H	Don Bosco Prep	NJ	
2-Oct	9:00am	A	Pope John XXIII	NJ	
9-Oct	9:30am	H	Paramus Catholic	NJ	
16-Oct	9:30am	A	St. Joseph Regional	NJ	
23-Oct	9:30am	H	Seton Hall Prep	NJ	
30-Oct	9:30am	H	St. Peter's Prep	NJ	

CROSS COUNTRY SCHEDULE AND RESULTS

11-Sep	11:15am	Season Opener	Var #2, Frosh #1
14-Sep	4:30pm	Big North Conference Batch Meet	Darlington County Park
18-Sep	11:00am	Back to the Mountain Invitational	Garret Mountain
25-Sep	TBD	Six Flags Invitational	Camp Aventura Outpost
2-Oct	TBD	Shore Coaches Invitational	Holmdell County Park
2-Oct	TBD	Brett Taylor Invitational	Darlington County Park
8-Oct	TBD	Big North Division Championship	Darlington County Park
9-Oct	TBD	Metropolitan Invitational (NY)	Van Cortlandt Park
23-Oct	TBD	County Groups	Darlington County Park
30-Oct	TBD	Meet Of Champions	Darlington County Park
4-Nov	TBD	Doc Braver Championship	Darlington County Park
6-Nov	TBD	Conference Championship	TBA
13-Nov	TBD	State Group Championship	Holmdell County Park
20-Nov	TBD	State Meet Of Champions	Holmdell County Park

VARSITY SOCCER SCHEDULE AND RESULTS

9-Sep	4:00 PM	H	DePaul	W 6-1
11-Sep	1:00 PM	A	Paramus Catholic	W 8-1
14-Sep	4:00 PM	H	St. Joseph Regional	
17-Sep	4:00 PM	H	Bergen Tech	
21-Sep	7:00 PM	A	Don Bosco Prep	
23-Sep	4:00 PM	A	Ridgewood	
28-Sep	6:15 PM	A	Northern Highlands	
30-Sep	4:00 PM	H	NVOT	
3-Oct	3:00 PM	H	St. Anthony's (NY)	
5-Oct	7:00 PM	A	DePaul	
7-Oct	4:15 PM	H	Paramus Catholic	
12-Oct	4:00 PM	H	Paterson Kennedy	
14-Oct	4:00 PM	A	St. Joseph Regional	
21-Oct	4:00 PM	H	Don Bosco Prep	
26-Oct	4:00 PM	H	Wayne Valley	

JV SOCCER SCHEDULE AND RESULTS

11-Sep	1:00pm	H	Paramus Catholic	W 8-0
14-Sep	4:00pm	A	St. Joseph Regional	
17-Sep	4:00pm	A	Bergen Tech	
20-Sep	4:00pm	H	Don Bosco Prep	
23-Sep	4:00pm	TBA	Ridgewood	
25-Sep	1:00pm	A	Blair Academy	
28-Sep	4:00pm	TBA	Northern Highlands	
30-Sep	4:00pm	A	NVOT	
3-Oct	1:00pm	H	St. Anthony (NY)	
5-Oct	4:00pm	TBA	DePaul Catholic	
7-Oct	4:00pm	A	Paramus Catholic	
12-Oct	4:00pm	A	Paterson-Kennedy	
14-Oct	4:00pm	TBA	St. Joseph Regional	
21-Oct	4:00pm	A	Don Bosco Prep	
26-Oct	4:00pm	H	Wayne Valley	

FRESHMEN SOCCER SCHEDULE AND RESULTS

9-Sep	4:00pm	A	Cranford	W 5-0
11-Sep	10:00a	H	Millburn	W 5-1
15-Sep	4:30pm	A	Seton Hall Prep	
17-Sep	4:00pm	A	Bergen Tech	
21-Sep	4:00pm	A	Don Bosco Prep	
23-Sep	4:00pm	A	Ridgewood	
25-Sep	1:00pm	A	Blair Academy	
28-Sep	4:00pm	A	Northern Highlands	
30-Sep	4:00pm	TBA	Old Tappan	
2-Oct	TBD	TBA	Blair Academy	
7-Oct	4:30pm	TBA	Union City	
9-Oct	11:00am	A	Haddonfield	
12-Oct	4:00pm	TBA	Paterson-Kennedy	
14-Oct	4:00pm	A	St. Joseph Regional	
19-Oct	4:00pm	H	Irvington	
21-Oct	4:00pm	TBA	Don Bosco Prep	
26-Oct	4:00pm	A	Wayne Valley	