TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

CRUSADER 20 WRESTLING

Crusader INDOOR TRACK

CRUSADERS SPRINT TO TAKE BNC CHAMPIONSHIP!

January 10, 2022 – Staten Island, NY – Bergen Catholic defeated the field in the 2022 Big North Conference United Division Championship at the Ocean Breeze Track and Field Facility.

Event: 55 m		
Pl	**Time**	**Time**
1	Fabian France	6.49
2	Allan Hilton Clarke	6.49
37	Anthony DeSilvio	7.32
Event: 200 m		
1	Fabian France	22.81
17	Quincy Porter	24.47
31	Allan Hilton Clarke	25.02
Event: 400 m		
6	Alex Shaia	53.61
8	Quincy Porter	54.03
20	Steele Matthews	56.74
Event: 800 m		
22	Miles Suitt	2:14.26
23	Joseph Griffith	2:14.37
36	Jacob Rodman	2:34.49
Event: 1600 m		
10	Alex Shaia	4:51.44
24	Nick Pesanello	5:04.79
36	Jacob Rodman	5:37.86
Event: 3200 m		
14	James Hughes	10:53.85
16	Nick Pesanello	10:57.70
19	Matthew Marques	11:02.34
Event: 55 m Hurdles		
19	Jason Lessieu	9:55
30	Gabriel Beidleman	11:00
31	Joseph Griffith	11.92
Event: 4x400 m Relay		
3	Bergen Catholic 1	3:41.71
Event: 4x800 m Relay		
9	Bergen Catholic 1	9:38.48
Event: High Jump		
3	Allan Hilton Clarke	5′ 6″
Event: Long Jump		
4	Fabian France	20′ 0″
18	Jason Lessieu	17′ 7″
23	Alex Shaia	17′ 1.5″
Event: Triple Jump		
10	Jason Lessieu	37′ 2″
19	Gabriel Beidleman	33′ 9.5″
23	Jimmy Pappas	31′ 3″
Event: Shot Put		
3	Justin King	43′ 8.25″
6	Dantez Aracena	39′ 7.25″
14	Jorge Pogue	35′ 6″

Complete Boys and Girls Results from the Event can be found here:

https://nj.milesplit.com/meets/446944-big-north-championships-american-freedom-liberty-united-2022/results#.Yd7bCljMKw0

Crusader ICE HOCKEY

BC BEATS SJR

January 9, 2022 – Monsey, NY – The Crusader Hockey Team fell behind on a short-handed goal with one-minute remaining in the first period at Sport-o-Rama, but Antonio Arcaroli would allow that to go no further, scoring on the power-play just 34 seconds later as the Crusaders went on to a 7-2 victory.

	SCORING				**SHOTS ON GOAL**			
TEAM	**1**	**2**	**3**	**TOT**	**1**	**2**	**3**	**TOT**
BC	1	3	3	**7**				**26**
SJR	1	0	1	**2**				**30**

Arcaroli would go on to earn his second career hat-trick and his ninth game with two-or-more goals for BC.

Matt Hughes continues as the team's consummate set-up man, assisting on three of BC's goals including Arcaroli's first and last and Max Wright's shorthanded goal in the third period.

Alex Frassetto helped the Crusader offense start to churn as he recorded a pair of goals in the second period, giving BC the lead and then expanding it.

PLAYER	GOALS	ASSISTS	POINTS
Cory Robinson	0	1	1
Antonio Arcaroli	3	0	3
Niko Smilovic	0	1	1
Nick Frassetto	0	1	1
Bryceon Lago	1	0	1
Matthew Hughes	0	3	3
Matt Maglio	0	2	2
Alex Frassetto	2	0	2
Declan Quinn	0	1	1
Ethan Leja	0	1	1
GOALIE	**SAV**	**GA**	**SAV %**
Daniel Dmitrievsky	32	2	.941
SHP	33	7	.825

The Crusaders are now 4-2-3 on the season.

Crusader SWIMMING

BERGEN BEATS PC 113-50

January 10 – Ridgewood, NJ – The Crusaders continued to swim strong and remain undefeated on the season after solidly defeating Paramus Catholic on Monday.

Event: 200 Medley Relay		
Pl	**Time**	**Time**
NA	John Tregidgo, Logan Andrade, Harris Kinnear, Parker Day	2:10.47
Event: 200 Free		
NA	Andrew Mazzacano	2:15.83
NA	Jaden Lee	2:16.08
NA	Logan Andrade	2:31.62
Event: 200 Individul Medley (IM)		
NA	Alex Rose	2:14.28
NA	Christian Skaff	2:19.83
NA	Logan Andrade	2:31.62
Event: 50 Free		
NA	Gavin Perez	24.44
NA	Jeremiah Tomioka	25.42
NA	Parker Day	29.28
Event: 100 Fly		
NA	Andrew Mazzacano	1:02.04
NA	Jaden Lee	1:04.91
NA	Harris Kinnear	1:08.09
Event: 100 Free		
NA	Doyee Kim	0:53.34
NA	Ricky Wright	0:59.43
NA	Parker Day	1:11.10
Event: 500 Free		
NA	Jeremiah Tomioka	5:24.97
NA	Gavin Perez	5:27.34
NA	Logan Andrade	6:59.95
Event: 200 Free Relay		
NA	Ellias Garcia, Ricky Wright, Jeremiah Tomioka, Christian Skaff	1:43.58
NA	Parker Day, John Tregidgo, Logan Andrade, Enzo Yuen	1:56.67
Event: 100 Back		
NA	Doyee Kim	0:55.31
NA	Christian Skaff	1:13.17
Event: 100 Breast		
NA	Alex Rose	1:07.98
NA	Ellias Garcia	1:09.50
NA	Enzo Yuen	1:25.84
Event: 400 Free Relay		
NA	Alex Rose, Ellias Garcia, Gavin Perez, Andrew Mazzacano	3:59.51
NA	Harris Kinnear, Enzo Yuen, Ricky Wright, Jeremiah Tomioka	4:03.34

Crusader BASKETBALL

CRUSADERS DEFEAT INDIANS

JANUARY 11 – PASSAIC, NJ – Six Crusaders hit double-digits as BC defeated Passaic High School on Tuesday Night 96-35. With the win, BC improved to 8-1 on the season and remains 3-0 in the BNC United.

TEAM	1	2	3	4	TOT
Passaic					**35**
Bergen Catholic					**96**

Will Richardson and Terry Copeland each led BC in the first half with 12 points and Julian Brown pitched in nine as the Crusaders built a 49-32 lead. Copeland was especially dangerous on the defensive boards, pulling down six rebounds and converting half of them into fast-break, full-court assists. Richardson would go on to finish with 14 on the night and Copeland and Brown, twelve apiece, but Freshman, David Munro finished the evening as the game-high scorer with 18 point, following a strong presence in the second half.

PLAYER	2PT	3PT	FT	PTS
Brandon Benjamin	2	0	0	4
Elias Espinosa	0	1	0	3
Terry Copeland	6	0	2	**14**
Will Richardson	4	2	0	**14**
Tyler McQuaid	1	0	0	2
Julian Brown	4	2	0	**14**
Elijah Flournoy	5	0	0	10
David Munro	5	0	0	10
Austin Spencer	1	0	0	2
Joe Scrivanich	2	2	2	12
Austin Sargenti	1	0	0	2
Gianluca Phelan	0	2	2	8
Anthony Brown	3	0	2	8
Alex Wohlrab	1	0	0	2
Kyle Robinson	1	0	0	2

BC also got very strong play out of Elijah Flournoy (8 points, 2 rebounds), Anthony Brown (8 points, 1 rebound) and Joe Scrivanich (9 points, 1 block) as well as Brandon Benjamin who dumped in six points, a pair of rebounds and an assist.

The Crusaders are now 5-1 overall and 1-0 in the Big North Conference, United Division.

JV HOOPS - TOO MUCH FOR PASSAIC

January 11 – Passaic, NJ – The JV Basketball Team journeyed to Passaic County on Tuesday to face Passaic High School's Indians. The visiting Crusaders defeated their hosts 87-28.

TEAM	1	2	3	4	TOT
Passaic	2	18	3	5	**28**
Bergen Catholic	21	19	26	21	**87**

Brendan O'Rourke was deadly from the outside, knocking down four three-point baskets. He added four free-throws for a game-high 16 points.

PLAYER	2PT	3PT	FT	PTS
Nehemiah Snell	0	0	0	0
Shawn Spencer	2	0	0	4
Brendan O'Rourke	0	4	4	16
Xavier Valerio	3	0	0	6
Eric DiPiano	1	0	0	2
Tristan Oliver	2	1	0	9
Gabriel Delarosa	2	0	2	6
Gio Moscatello	0	0	0	0
Evan Brown	3	0	0	6
Declan Wucherpfennig	3	0	1	7
Rocco Gratale	3	0	0	6

The Crusaders are now 9-0 and have outscored their opponents by a 667-360 margin. BC averages 74.1 points per game, but more impressively, the JV is only yielding 40 ppg.

FROSH OVERWHELM INDIANS

January 11 – Passaic, NJ – The Freshman Basketball Team remained undefeated at 7-0 with a 63-28 victory over DePaul Catholic at Hoehl Gymnasium on Tuesday afternoon.

TEAM	1	2	3	4	TOT
Passaic					**28**
Bergen Catholic					**63**

The Crusaders have outscored their opponents 470 to 261. BC frosh have ourscored their opponents on average 67.1 – 37.3.

Crusader WRESTLING

INDIVIDUAL STATE RANKINGS

January 11, 2022 – Newark, NJ – The following are the New Jersey State Rankings for BC's wrestlers according to the Star Ledger, aka highschoolsports.nj.com.

WT CLASS	WRESTLER	STATE RANK
106	Brian Melamud	3
126	Aidan Wallace	4
132	Ryan Ford	4

138	Joe Cangro	1
144	Christopher Baccioni	3
157	Nick Fea	1
165	Justin Onello	8
190	AJ Fricchione	2
215	Remy Brancato	1
285	Dominick Brogna	6

BERGEN ROLLS DEPAUL IN LEAGUE OPENER

January 12, 2022 – Oradell, NJ – The Crusader Wrestling Team defended its #2 State Ranking with a 72-0 victory over the Spartans of DePaul Catholic High School in a BNC United Division Matchup. As a result of the victory, BC improved to 2-0 overall and 1-0 in the division.

Leo Varga seemed to suffer an injury in the opening moments of his match. As he returned, he executed a textbook lateral drop, rending his opponent helpless and earning the pin fall at just 46 seconds.

Dom Brogna opened the match with an early second-period pin, followed up by Brian Melamud who recorded the fastest pin of the evening. In all, five Crusaders earned pins and one tech fall.

WT	NAME	FINAL	BC-D
285	Dominick Brogna	W PF 2:18	**6-0**
106	Brian Melamud	W PF 0:24	**12-0**
120	Noah Kochman	W PF 4:41	**18-0**
126	Ethan Washburn	W D 10-3	**21-0**
132	Riley Halal	W	**27-0**
138	Joe Cangro	W PF 2:54	**33-0**
144	Christopher Bacchioni	W FORFEIT	**39-0**
150	William Mulligan	W FORFEIT	**45-0**
157	Jake Zargo	W FORFEIT	**51-0**
165	Justin Onello	W MD 9-1	**55-0**
175	Leo Varga	W PF 0:46	**61-0**
190	AJ Fricchione	W TF 5:48	**66-0**
215	Remy Brancato	W PF 0:42	**72-0**

Crusader BOWLING

BERGEN DEFEADS RED RAIDERS

January 13 – Hackensack, NJ The varsity bowling team defeated Ridgefield Park's Red Raiders 7-0, winning all three games and total pins 2182-1803.

Justin Martin led with a 596 series and Ethan Gayam rolled the high game with a 245 in game 2.

Bowler	G1	G2	G3	Total
Ethan Gayam	178	**245**	157	580
Calvin Villanueva	117	99	-	216
Sean McKechnie	-	-	237	237
Justin Martin	199	215	182	**596**
John DelJuidice	202	168	183	553
Bergen Catholic	**696**	**727**	**759**	**2182**
Ridgefield Park	566	647	590	1803

JV BLANKS RED RAIDERS

January 13 – Hackensack, NJ – Anthony Liggio rolled a high series for the JV Bowling team with a 328 and Calvin Villanueva pitcher in a high-game 129 as BC defeated Ridgefield Park 5-0 behind 2 game victories and overall pins 1820-1166.

Bowler	G1	G2	G3	Total
Nick Rosig	111	117	91	309
Robert Reynoso	102	84	90	276
Keegan Galligher	111	90	98	299
Nick Liggio	70	73	41	184
Anthony Liggio	113	95	120	**328**
Calvin Villanueva	-	-	**129**	129
Sean McKechnie	110	124	-	234
Chimere Nnadi	61	-	-	61
Bergen Catholic	**445**	**426**	**437**	**1820**
Ridgefield Park	432	364	370	1166

Crusader ICE HOCKEY

CRUSADERS EARN HARD-FOUGHT TIE VS PDS

January 12, 2022 – Monsey, NY – Matt Hughes found Matt Desiderio in the second period to tie up Princeton Day School on Wednesday 1-1.

	SCORING				SHOTS ON GOAL			
TEAM	1	2	3	TOT	1	2	3	TOT
BC	0	1	0	**1**				**30**
PDS	1	0	0	**1**				**38**

The Panthers jumped out to a 1-0 first period lead and outshot the Crusaders 38-30 in the contest. Bergen got outstanding goal tending from freshman, Daniel Dmitrievsky who turned away 37 shots to hold the home team at bay.

PLAYER	GOALS	ASSISTS	POINTS
Matt Desiderio	1	0	1
Matthew Hughes	0	1	1
GOALIE	**SAV**	**GA**	**SAV %**
Daniel Dmitrievsky	37	1	.974
PDS	29	30	.967

The Crusaders now stand at 4-3-2 on the season and are ranked #4 in the state by the highschoolsports.nj.com.

Crusader BASKETBALL

BERGEN COMPETES AT METRO CLASSIC

January 13 – Trenton, NJ – The Crusaders travelled to the state's capital to compete in the Metro Classic vs. the Phelps School of Malvern PA.

The Crusaders built a 6-point lead entering the fourth quarter, but began experiencing some foul troubles which led the them stumbling down the fourth quarter and falling 75-68.

TEAM	1	2	3	4	TOT
Phelps (PA)	22	8	16	29	**75**
Bergen Catholic	22	11	19	17	**68**

Will Richardson recorded a game-high 23 points to lead BC.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	STL	BLK
Brandon Benjamin	3	0	2	8	11	1	0	0
Terry Copeland	8	0	0	16	11	0	2	1
Will Richardson	8	1	4	23	6	3	2	0
Julian Brown	5	0	2	12	5	5	1	0
Elijah Flournoy	2	0	0	4	4	0	4	0
David Munro	1	0	0	2	0	0	0	0
Austin Spencer	0	1	0	3	4	0	0	0
Chase Jackson	0	0	0	0	1	1	1	0

BC is now 8-2 overall and remains 3-0 in the BNC United Division.

JV DEFEATS PALADINS BY THIRTEEN

January 13 – Oradell, NJ – The Crusader JV Team defeated a talented and hungry Paladin squad 58-45. The game was relatively close throughout until BC opened things up with a 10 point run in the second quarter that the guests could never make up.

TEAM	1	2	3	4	TOT
Paramus Catholic	13	5	12	15	**45**
Bergen Catholic	15	14	9	17	**58**

Tristan Oliver led the Crusader scoring attack with 18 points, hitting on 8 from the field, including a pair of three-pointers.

PLAYER	2PT	3PT	FT	PTS
Nehemiah Snell	0	0	2	2
Shawn Spencer	2	0	0	4
Brendan O'Rourke	3	0	0	6
Xavier Valerio	0	1	1	4
Naiim Parrish	4	1	2	13
Eric DiPiano	1	0	0	2
Tristan Oliver	6	2	0	18
Gabriel Delarosa	0	0	0	0
Gio Moscatello	0	0	1	1
Evan Brown	1	0	0	2
Declan Wucherpfennig	5	0	1	11

FROSH DEFEAT PARAMUS CATHOLIC IN TOUGH BATTLE ON THE HARDWOOD

January 13 – Oradell, NJ – BC welcomed the Paladins to Hoehl Gymnasium and defeated them 60-50 to move to 8-0 on the season.

Crusader SKIING

SKIERS SET THE OPENING MARK

January 14 – Warwick, NY – The Crusader Ski Team opened the 2022 Season with a strong outing from new leadership. Nicholas Napolitano led the way with his best run coming in the second of the day, placing 16th in that run and boosting him to 17th overall on the afternoon.

Mount Peter snow was challenging and the slalom can chew up skiers, but Carter Pontone, Aiden Hickey and William Dodds all finished.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Nicholas Napolitano	46.58	20	44.38	16	1:30.96	17
Carter Pontone	49.63	24	48.61	23	1:38.24	23
Aiden Hickey	49.34	22	49.40	24	1:38.74	24
William Dodds	51.21	27	54.41	36	1:45.62	30
Nathan Park	DNF					
TEAM					6:33.56	5

REID & WHEATON PROVIDE 1-2 PUNCH

January 14 – Warwick, NY – Bourke Reid and Nicholas Wheaton placed first and second in the Opening Slalom Race of the season.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Bourke Reid	46.57	1	45.07	1	1:31.64	1
Nicholas Wheaton	47.58	2	46.67	2	1:34.25	2

Crusader ICE HOCKEY

CRUSADERS STUNNED IN FIRST ROUND OF COUNTY TOURNEY

January 14, 2022 – Wayne – The Thunderbirds of Mahwah HS stunned BC in the Quarterfinal Round of the BCCA Tournament, delivering two goals in the second period, a deficit which BC could not recover from.

	SCORING				SHOTS ON GOAL			
TEAM	1	2	3	TOT	1	2	3	TOT
M	0	2	0	**2**				**38**
BC	0	0	1	**1**				**30**

Antonio Arcaroli provided the only goal for the Crusaders who were eliminated on Friday night at the Ice Vault.

PLAYER	GOALS	ASSISTS	POINTS
Antonio Arcaroli	1	0	1
Matthew Hughes	0	1	1
GOALIE	**SAV**	**GA**	**SAV %**
NA	na	2	na
NA	26	1	.963

The Crusaders now stand at 4-4-2 on the season and slipped two spots to #6 in the state by the highschoolsports.nj.com.

Crusader BASKETBALL

RUTGERS PREP HOLDS OFF BC

JANUARY 15 – CALDWELL, NJ – The state's #9-ranked Argonauts shocked #3 Bergen Catholic 70-64 on Saturday in the Dennis Gregory Memorial Classic at Caldwell College.

TEAM	1	2	3	4	TOT
Rutgers Prep	19	13	23	15	**70**
Bergen Catholic	16	14	15	19	**64**

Will Richardson recorded a team-high 22 points to lead BC.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	STL	BLK
Brandon Benjamin	2	0	0	4	7	0	0	3
Terry Copeland	9	0	0	18	6	0	2	1

Will Richardson	5	2	6	22	4	6	3	0
Tyler McQuaid	2	0	0	4	0	0	0	0
Julian Brown	4	0	2	10	3	2	2	0
Elijah Flournoy	0	0	0	0	3	0	0	0
David Munro	0	0	0	0	0	0	0	0
Austin Spencer	1	0	0	2	0	2	2	0
Joe Scrivanich	1	0	0	2	2	1	0	0

BC is now 8-3 overall and remains 3-0 in the BNC United Division.

FROSH WIN BIG!

January 15 – Livingston, NJ – The Freshman Team took care of business on the road by defeating Newark Academy 75-32.

TEAM	1	2	3	4	TOT
Bergen Catholic	22	15	18	20	**75**
Newark Academy	10	12	5	5	**32**

Evan Brown's 21 were not enough to power BC past TPS. Declan Wucherpfennig score 12 and Naiim Parrish added 11 in the effort.

PLAYER	2PT	3PT	FT	PTS
Jaquan Johnson	0	0	1	1
Lockton Walker	1	0	1	3
Nick Matos	2	0	0	4
Guy Vickers	3	0	3	9
John Morris	6	0	0	12
Aasod Adams	2	0	1	5
Connor Young	0	0	2	2
Peter Gallo	7	0	3	17
Jayden Garcia	0	0	2	2
Jerry Armstrong	3	1	1	10
AJ Neunzig	3	0	1	7

Crusader BOWLING

BC UNABLE TO SOLVE SJR

January 18 – Hackensack, NJ The varsity bowling team fell for just the second time this season, but once again it was to St. Joseph Regional 7-0.

Liam Chin bowled the high game on the afternoon with a 245 in Game 3. John DelJuidice's 535 series led the Crusaders. The Green Knights took all three games and won total pins 2157-2150.

Bowler	G1	G2	G3	Total
Ethan Gayam	114	-	-	120
James Salazar	152	163	142	457
Liam Chin	-	180	**245**	425
Justin Martin	169	168	176	513
John DelJuidice	216	138	181	535
Bergen Catholic	657	649	744	2050
St. Joseph Regional	**678**	**709**	**770**	**2157**

JV IMPROVES TO 9-2 DEFEATING SJR

January 18 – Hackensack, NJ – Sean McKechnie rolled a game-high 225 and high series 521 to lead the Crusaders past the Green Knights 5-0. The JV Bowling team is now 9-2 on the season.

Bowler	G1	G2	G3	Total
Calvin Villanueva	115	141	161	417
DJ Greene	89	79	71	239
Sean McKechnie	146	**225**	150	**521**
Liam Chin	210	-	-	210
Ethan Gayam	-	168	176	344
Bergen Catholic	**560**	**610**	**558**	**1728**
St. Joseph Regional	537	567	555	1659

Crusader BASKETBALL

JV DEFEATS HIGHLANDERS BY ELEVEN

January 18 – Allendale, NJ – The JV team played the nightcap of a Frosh/JV double header and brought home the bacon, defeating Northern Highlands 65-54.

TEAM	1	2	3	4	TOT
Bergen Catholic	16	11	20	18	**65**
Northern Highlands	9	16	6	23	**54**

Three Crusaders hit double figures in points led by freshman point guard, Naiim Parrish's sixteen. Tristan Oliver pitched in 14 points and Declan Wucherpfennig added five field goals for 10 points in the victory.

PLAYER	2PT	3PT	FT	PTS
Brendan O'Rourke	0	1	0	3
Xavier Valerio	1	0	0	2

Naiim Parrish	6	1	1	16
Eric DiPiano	1	0	0	2
Tristan Oliver	4	2	0	14
Gabriel Delarosa	0	2	0	6
Gio Moscatello	1	0	0	2
Evan Brown	4	0	0	8
Declan Wucherpfennig	5	0	0	10
Billy Nichols	1	0	0	2

Crusader BOWLING

CRUSADERS KNOCK DOWN SEASON BEST 2435 PINS

January 20 – Wayne, NJ The varsity bowling team travelled to T-Bowl in Wayne and defeated the Spartans of DePaul Catholic 7-0. The team bowled their best collectively, averaging over 800 pins per game.

Bowler	G1	G2	G3	Total
Ethan Gayam	185	**219**	222	120
Paul Brignola	199	174	191	564
Liam Chin	236	219	**184**	639
Justin Martin	223	244	204	671
John DelJuidice	202	167	192	561
Bergen Catholic	**860**	**804**	**771**	**2435**
DePaul Catholic	498	480	409	1739

Justin Martin's High-Game (244) and High-Series (671) led the way, but Liam Chin was right behind with his own 236 and 639.

JV WINS TENTH MATCH IN WAYNE

January 20 – Wayne, NJ – Ethan Gayam was on fire, bowing a High Series 626 and High Game 222 to lead BC's JV to a 5-0 win over DePaul Catholic.

Bowler	G1	G2	G3	Total
John Brignola	179	174	185	538
Nick Brignola	98	115	120	333
James Salazar	204	**190**	136	**530**
Ethan Gayam	185	219	222	626
Bergen Catholic	**666**	**698**	**771**	**2027**
DePaul Catholic	449	404	436	1289

Crusader BASKETBALL

JV SUFFERS FIRST DEFEAT VS TPS

January 20 – Elizabeth, NJ – The JV team was edged 52-51 by the Patrick School of Elizabeth on Thursday.

TEAM	1	2	3	4	TOT
Bergen Catholic	10	11	19	11	**51**
The Patrick School					**52**

Evan Brown's 21 were not enough to power BC past TPS. Declan Wucherpfennig score 12 and Naiim Parrish added 11 in the effort.

PLAYER	2PT	3PT	FT	PTS
Shawn Spencer	1	0	0	2
Brendan O'Rourke	0	1	0	3
Xavier Valerio	1	0	0	2
Naiim Parrish	4	0	3	11
Evan Brown	7	2	1	21
Declan Wucherpfennig	6	0	0	12
Nehemiah Snell	2	0	1	5

JV REBOUNDS WITH BIG WIN OVER ROSELLE CATHOLIC

January 22 – Oradell, NJ – BC welcomed the Lions to Hoehl Gymnasium, but between the baselines, the Crusaders slayed their opponent 79-31.

FROSH WIN A TRIO OF BIG GAMES

January 18, 20 and 22 – Allendale, West Orange and Oradell, NJ – On Tuesday, the Freshman Basketball Team travelled to Northern Highlands and defeated the Highlanders 78-50. Jaquan Johnson knocked down five three-pointers and ended with a game high 20 points to lead the Crusaders.

On Thursday, BC travelled to Non-Public "A" rival, Seton Hall Prep. The Crusaders outlasted their host 58-56 in overtime behind 13 points from Peter Gallo.

The Crusaders finished off a perfect week dominating Roselle Catholic at Hoehl Gymnasium 94-19. BC is now a perfect12-0 on the season!

Crusader ICE HOCKEY

JV GOES 1-0-1 ON THE WEEK

January 18 and 21 – The JV Hockey Team opened the week with a 0-0 tie against St. Peter's Prep's Marauders on Tuesday in Secaucus. The team finished the week strong on Friday at the Ice Vault in Wayne against Ramapo, earning a 5-0 white-washing of the Green Raiders.

Crusader WRESTLING

BERGEN PINS BOSCO IN BNC UNITED DIVISION MATCH

January 21 – Ramsey, NJ – BC travelled to Ironman country and took care of business on Wednesday night, kicking off a big week of wrestl

WT	NAME	FINAL	TEAM
113	Christopher Nucifora	WD 7-1	**3-0**
120	Noah Kochman	LD 5-0	**3-3**
126	Ethan Washburn	LPF 2:45	**3-9**
132	Ryan Ford	WPF 2:40	**9-9**
138	Joe Cangro	WPF 1:45	**15-9**
144	Christopher Bacchioni	WPF 3:45	**21-9**
150	Eric Brodie	WD 7-1	**24-9**
157	Nicholas Fea	FORFEIT	**30-9**

165	Justin Onello	WPF 0:30	**36-9**
175	Leo Varga	WPF 3:15	**42-9**

190	Remy Brancato	WD 7-	**45-9**

THIS WEEK IN BERGEN CATHOLIC SPORTS

215	AJ Fricchione	WD 8-4	**48-9**
285	Dominick Brogna	FORFEIT	**54-9**
106	Brian Melamud	WTF 19-4 4:31	**59-9**

Crusader SWIMMING

CRUSADERS GO THE DISTANCE TO BEAT BOSCO 97-73

January 20 – Ridgewood, NJ – The Crusaders continued to swim strong and remain undefeated on the season after solidly defeating their toughest league opponent, Don Bosco Prep by a score of 97-73 at the Ridgewood Y on Thursday.

The biggest blow to the Ironmen came as the Crusader swept the 500 yard Freestyle. This is the toughest race, expecting swimmers to complete 20 laps and lasting over five minutes of straight swimming. Raymond Stelmark took first in the event with a 5:03.22, followed by Matthew Semelsberger and Jeremiah Tomioka who each swam sub 5:30.

Event: 200 Medley Relay		
Pl	**Time**	**Time**
2	Alex Rose, Andrew Mazzacano, Gavin Perez, Christian Skaff	1:46.41
3	Matthew Semelsberger, Ellias Garcia, Jeremiah Tomioka, Ricky Wright	1:51.81
5	Matthew Unanue, Parker Day, John Tregidgo, Michael Khym	2:31.77
Event: 200 Free		
2	Andrew Mazzacano	1:55.37
3	Matthew Semelsberger	1:57.05
4	Rhyse Ruffy	2:01.37
Event: 200 Individul Medley (IM)		
2	Raymond Stelmark	2:12.39
4	Jeremiah Tomioka	2:14.47
5	Ricky Wright	2:24.63
Event: 50 Free		
1	Doyee Kim	22.84
4	Benjamin Vester	25.47
6	Matthew Unanue	33.42
Event: 100 Fly		
1	Gavin Perez	0:55.15
3	Alex Rose	0:55.00
4	Benjamin Vester	1:04.82
Event: 100 Free		
2	Christian Skaff	0:52.97
4	Ellias Garcia	0:54.65
5	Harris Kinnear	0:55.38
Event: 500 Free		
1	Raymond Stelmark	5:03.22
2	Matthew Semelsberger	5:22.66
3	Jeremiah Tomioka	5:24.75
Event: 200 Free Relay		
1	Alex Rose, Jaden Lee, Christian Skaff, Doyee Kim	1:36.17
3	Ricky Wright, Harris Kinnear, Benjamin Vester, Jeremiah Tomioka	1:41.94
Event: 100 Back		
2	Alex Rose	0:58.21
3	Rhyse Ruffy	0:57.78
6	John Tregidgo	1:13.69
Event: 100 Breast		
1	Doyee Kim	1:02.03
3	Jaden Lee	1:08.09
6	Harris Kinnear	1:17.62
Event: 400 Free Relay		
1	Raymond Stelmark, Rhyse Ruffy, Gavin Perez, Andrew Mazzacano	3:37.26
3	Ricky Wright, Matthew Semelsberger, Ellias Garcia, Jaden Lee	3:44.83

Crusader SKIING

January 21 – Vernon, NJ – The Crusader Skiers had a strong day, led by Nathan Park whose 6th Place finish led the team to a 3rd Place overall finish. The Slalom, held at Winter4Kids.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Nathan Park	40.39	6	43.13	6	1:23.52	6
Christopher Kang	47.78	21	52.35	16	1:40.13	15
Bourke Reid	52.23	34	1:05.93	39	1:58.16	30
Carter Pontone	1:02.33	46	1:09.59	44	2:11.38	38
Aiden Hickey	DNF		DNS			
Nicholas Wheaton	DNF		DNF			
TEAM					7:13.73	3

Crusader WRESTLING

CRUSADERS FINISH OFF A COMPETITIVE CBA

January 21 – Oradell, NJ – The Colts from Christian Brothers Academy in Lincroft decided to test their 9-1 record and #12 state ranking against the state's #2-ranked Crusaders.

Despite the score being lopsided, the individual bouts were well-matched and showed some outstanding skill and grit.

It started very tight as Leo Varga was ahead of his opponent 5-3 in the waning seconds of the bout. He was able to pin him and BC picked up 6 team points, rather than just 3. The evening went that way with Remy Brancato following up with a pin, just 4 seconds before the end of the second period and AJ Fricchione following up with a pin.

The Crusaders were up 32-0 through 113 pounds before the Colts were able to get on the board. The bout many in the room were excited about was at 138 pounds as top-ranked Joe Cangro was taking on the state's #2 ranked wrestler. The bout lived up to expectations as the two fought tooth-and-nail, until Cangro earned a 5-3 decision in Overtime.

WT	NAME	FINAL	TEAM
175	Leo Varga	WPF 5:58	**6-0**
190	Remy Brancato	WPF 3:54	**12-0**
215	AJ Fricchione	WPF 3:36	**18-0**
285	Dominick Brogna	FORFEIT	**24-0**
106	Brian Melamud	WD 4-1	**27-0**
113	Christopher Nucifora	TF 3:30	**32-0**
120	Noah Kochman	LD 6-11	**32-3**
126	Ethan Washburn	LPF 2:11	**32-9**
132	Ryan Ford	WMD 13-4	**36-9**
138	Joe Cangro	WD 5-3 OT	**39-9**
144	Christopher Bacchioni	WPF 3:37	**45-9**
150	Eric Brodie	LD 4-3	**45-12**
157	Nicholas Fea	WD 7-3	**48-12**
165	Justin Onello	WD 12-5	**51-12**

BC is now 4-1 on the season and looks toward two tough matches with St. Joseph Regional and Paramus Catholic in the Big North Conference United Division.

Crusader BOWLING

CRUSADERS BOWL STRONG AT BERGEN COUNTY TOURNAMENT

1/22/2022 – Hackensack, NJ – The Crusader Bowling Team placed third overall in the 2022 BCCA Tournament.

GROUPS 3-4: 1. Bergen Tech 2,771-2,851–5,622; 2. St. Joseph 2,914-2,535–5,449; **3. Bergen Catholic 2,782-2,635–5,417;** 4. Old Tappan 2,745-2,578–5,323; 5. Hackensack 2,735-2,513–5,248; 6. Pascack Valley 2,711-2,500–5,211; 7. Fair Lawn 2,509-2,466–4,975; 8. Cliffside Park 2,553-2,245–4,798; 9. Fort Lee 2,435; 10. Northern Highlands 2,428; 11. River Dell 2,407; 12. Ridgewood 2,401; 13. Bergenfield 2,305; 14. Don Bosco 2,290; 15. Paramus Catholic 2,218; 16. Dwight Morrow 1,505.

Crusader BASKETBALL

CRUSADERS MAKE STRONG SHOWING AT IONA COLLEGE

JANUARY 22 – NEW ROCHELLE, NY – The Crusaders fell to one of New York City's top teams as Cardinal Hayes (NY) defeated BC 75-66 on Saturday at the NJ vs NYC Challenge.

TEAM	1	2	3	4	TOT
Bergen Catholic	18	18	19	11	**66**
Cardinal Hayes	12	21	17	25	**75**

Julian Brown led the Crusaders in scoring with a game-high 23 points. Will Richardson pitched in 21 and Elijah Flournoy scored 10 for BC while grabbing 7 rebounds.

PLAYER	2PT	3PT	FT	PTS	REB	AST	BLK	STL
Brandon Benjamin	3	0	2	8	4	1	0	2
Elias Espinosa	0	0	0	0	3	3	0	0
Will Richardson	7	2	1	**21**	4	1	1	4
Julian Brown	4	3	6	**23**	4	3	0	2
Elijah Flournoy	5	0	0	10	7	1	0	1
David Munro	1	0	0	2	1	0	1	0
Joe Scrivanich	1	0	0	2	0	0	0	0
Austin Spencer	0	0	0	0	0	0	0	0

Crusader WRESTLING

BC BACK TO THE COUNTIES

4 FINALISTS: 4 CHAMPS!

MELAMUD, WALLACE, FORD, BACCHIONI TAKE TOP HONORS ON DAY ONE

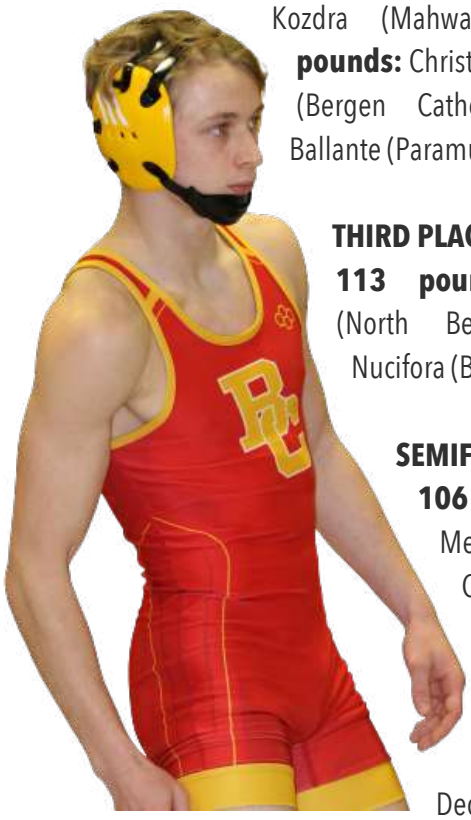
January 22 – Hackensack, NJ – As the Crusaders returned to the BCCA George Jockish Wrestling Tournament, they continue to experience great success on Day 1. This year, the tournament was divided by weight classes over the two days with seven weight classes (106-144 lbs) wrestling on Saturday and seven (150-285 lbs) wrestling on Sunday. Despite losing top-seeded Joe Cangro to a medical default, BC still earned four gold medals and a fourth place finish out of 7 weight classes. Here are the results:

TEAM SCORES AFTER DAY 1

Bergen Catholic 156 points. St. Joseph 146. Paramus Catholic 100. Don Bosco 85. New Milford 59.

FINALS RESULTS

106 pounds: Brian Melamud (Bergen Catholic) Maj-Dec Vincent Paino (St. Joseph), 16-6. **126 pounds:** Aidan Wallace (Bergen Catholic) Dec Joe Manno (St. Joseph), 3-1 (UTB). **132 pounds:** Ryan Ford (Bergen Catholic) Dec Ryan Kozdra (Mahwah), 5-1. **144 pounds:** Christopher Bacchioni (Bergen Catholic) Dec Zachary Ballante (Paramus Catholic), 3-2.



THIRD PLACE CONSOLATION

113 pounds: Evan Cabrera (North Bergen) Def Chris Nucifora (Bergen Catholic).

SEMIFINALS

106 pounds Brian Melamud (Bergen Catholic) Fall Devin Ryan (New Milford), 2:42.

113 pounds Malik Asfour (Lodi) Dec Chris Nucifora (Bergen Catholic), 12-7.. **126 pounds** Aidan Wallace (Bergen Catholic) Dec Daniel Hong (Paramus), 5-2. **132 pounds** Ryan Ford (Bergen Catholic) Fall George Hufnagel (Paramus Catholic), 0:29. **144 pounds** Christopher Bacchioni (Bergen Catholic) Fall Brendan Connolly (Northern Highlands), 4:53.

QUARTERFINALS

106 pounds Brian Melamud (Bergen Catholic) Tec-Fall Charles Shaddow (Ridgewood), 20-5, 2:08. **113 pounds** Chris Nucifora (Bergen Catholic) Fall Devin Longaker (Elmwood Park), 1:54. **120 pounds** Mason Ketcham (Don Bosco) Dec Noah Kochman (Bergen Catholic), 4-2. **126 pounds** Aidan Wallace (Bergen Catholic) Fall Greg Hadoulis (Leonia/Palisades Park), 1:51. **132 pounds** Ryan Ford (Bergen Catholic) Fall Noah Krakower (River Dell), 2:19. **138 pounds** Stefano Bruni (Ramapo) Medical Forfeit Joe Cangro (Bergen Catholic). **144 pounds** Christopher Bacchioni (Bergen Catholic) Fall Connor Scuilla (Hasbrouck Heights), 1:55.

ROUND OF 16

113 pounds Chris Nucifora (Bergen Catholic) Dec Anthony Cadicina (Ramsey), 7-0. **120 pounds** Noah Kochman (Bergen Catholic) Fall Ryan Armstrong (Leonia/Palisades Park), 0:47. **126 pounds** Aidan Wallace (Bergen Catholic) Tec-Fall Luis Salomon (Becton/Wood-Ridge), 16-0, 3:49. **132 pounds**
Ryan Ford (Bergen Catholic) Fall Jonathon Cherba (Paramus), 1:16. **138 pounds** Joe Cangro (Bergen Catholic) Fall Declan Jaeger (Old Tappan), 5:22. **144 pounds** Christopher Bacchioni (Bergen Catholic) Fall Michael Lombardo (Elmwood Park), 1:23.

OPENING ROUND

126 pounds Aidan Wallace (Bergen Catholic) Fall Ori Young (Ramapo), 2:41.

CRUSADERS WIN TWENTIETH COUNTY CHAMPIONSHIP

FEA, BRANCATO AND FRICCHIONE TAKE GOLD IN UPPER 7 WEIGHTS

January 23 – Hackensack, NJ – All told, the Crusaders won gold in seven of the fourteen weight classes to win the 2022 BCCA George Jockish Wrestling Tournament. Nick Fea, Remy Brancato and AJ Fricchione all won their finals bouts and Leo Varga placed second, Justin Onello took third and Dominick Brogna placed fourth to lead BC.

TEAM SCORES

1. Bergen Catholic, 325; 2. St. Joseph, 289.5; 3. Paramus Catholic, 236; 4. Paramus 144.5; 5. Don Bosco, 140.5; 6. Northern Highlands 101.5; 7. River Dell, 92; 8. Pascack Hills, 91; 9. Pascack Valley, 80; 10. New Milford, 77.

FINALS

157 pounds Nick Fea (Bergen Catholic) TF Gabe Case (River Dell), 26-11 **175 pounds** Michael Dellagatta (St. Joseph Regional) Dec. Leo Varga (Bergen Catholic), 6-0 **190 pounds** Remy Brancato (Bergen Catholic) Dec. Joshua Palacio (North Bergen), 3-2 **215 pounds** AJ Fricchione (Bergen Catholic) Dec. Zachery Dolack (Paramus), 7-4

THIRD PLACE MATCHES

165 pounds: Justin Onello (Bergen Catholic) Fall Kosta Mavrikidis (Paramus Catholic), 2:18. **285 pounds:** Justin Gradzki (Northern Highlands) Dec Dominick Brogna , NJ (Bergen Catholic), 6-1.

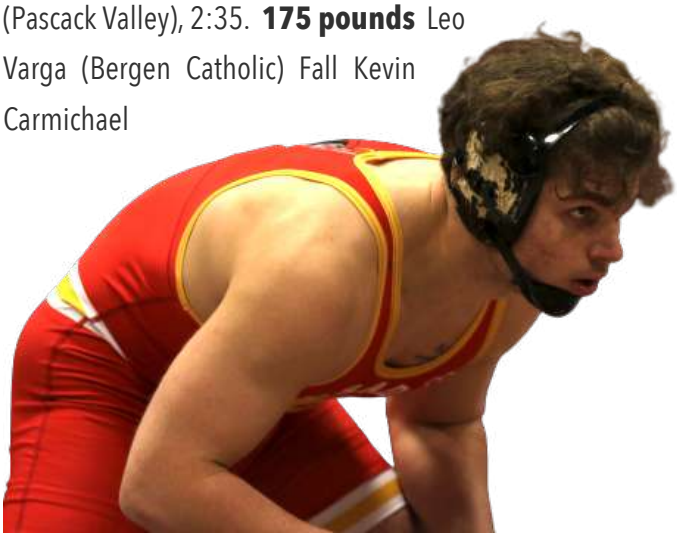
SEMIFINAL

150 pounds Daniel Rella (Paramus Catholic) Maj-Dec Gustavo Alarcon (Bergen Catholic), 11-0. **157 pounds** Nick Fea (Bergen Catholic) Tec-Fall Hunter Morton (Pascack Hills),

28-13, 1:46. **165 pounds** Roberto Padilla (St. Joseph) Dec Justin Onello (Bergen Catholic), 3-1. **175 pounds** Leo Varga (Bergen Catholic) Fall Drew Petaccia (Pascack Valley), 0:39. **190 pounds** Remy Brancato (Bergen Catholic) Maj-Dec Kai Argyros (Don Bosco Prep), 8-0. **215 pounds** AJ Fricchione (Bergen Catholic) Fall Ayden Giacomelli (Emerson/Park Ridge), 2:26. **285 pounds** Jim Mullen (St. Joseph) Dec Dominick Brogna (Bergen Catholic), 7-2.

QUARTERFINALS

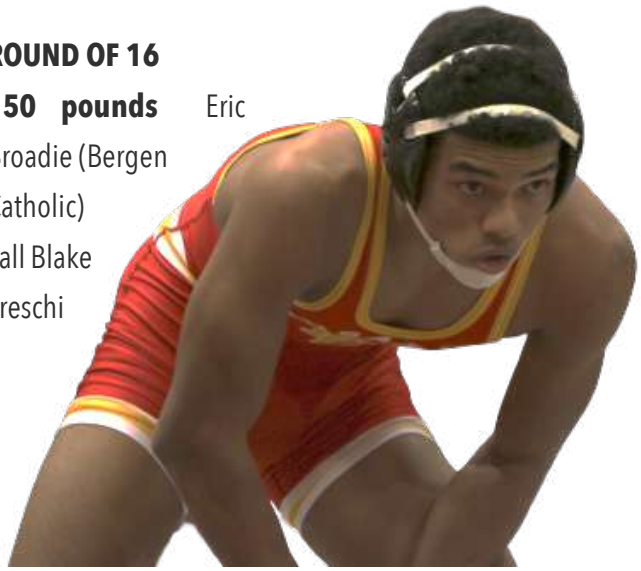
150 pounds Gustavo Alarcon (Don Bosco) Medical Forfeit Eric Broadie (Bergen Catholic). **157 pounds** Nick Fea (Bergen Catholic) Fall Rocco Dellagatta (St. Joseph), 3:41. **165 pounds** Justin Onello (Bergen Catholic) Fall Ray Kohan (Pascack Valley), 2:35. **175 pounds** Leo Varga (Bergen Catholic) Fall Kevin Carmichael



(Paramus), 4:37. **190 pounds** Remy Brancato (Bergen Catholic) Fall Tyler Duffy (Pascack Hills), 0:37. **215 pounds** AJ Fricchione (Bergen Catholic) Dec Aidan Schlett (St. Joseph Regional), 4-3. **285 pounds** Dominick Brogna (Bergen Catholic) Fall Danny Paulino (Teaneck), 0:32.

ROUND OF 16

150 pounds Eric Broadie (Bergen Catholic) Fall Blake Freschi



(Hasbrouck Heights), 1:12. **157 pounds** Nick Fea (Bergen Catholic) Fall Adam Liss (Fair Lawn), 1:52. **165 pounds** Justin Onello (Bergen Catholic) Fall John Stallone (Hackensack), 0:19. **175 pounds** Leo Varga (Bergen Catholic) Fall Holden Pecoraro (Don Bosco Prep), 0:44. **190 pounds** Remy Brancato (Bergen Catholic) Fall Chad Falcon (St. Joseph Regional), 1:52. **215 pounds** AJ Fricchione (Bergen Catholic) Fall Michal Kapolka (Garfield), 1:39. **285 pounds** Dominick Brogna (Bergen Catholic) Fall Xavier Delgado (Ramsey), 0:25.

ROUND OF 32

150 pounds Eric Broadie (Bergen Catholic) Fall Markel Stewart (Garfield), 2:32. **157 pounds** Nick Fea (Bergen Catholic) Fall Gent Huli (Saddle Brook), 2:27. **165 pounds** Justin Onello (Bergen Catholic) Fall Jake Torre (Rutherford), 0:32. **175 pounds** Leo Varga (Bergen Catholic) Dec Jake Shannon (Emerson/Park Ridge), 4-1.

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

The Jesus Prayer

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

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord, Amen.

Blessed Edmund Rice Prayer

Creator God, we thank you for the life and
work of this gifted man, Blessed Edmund Rice.
He opened his heart generously to Christ present and
appealing to him in the poor who were oppressed by
poverty and injustice. May we follow his example of
faith and generosity. O God, give us the courage and
compassion of Blessed Edmund as we seek to support one
another, protect the vulnerable and care for the earth, our
common home. We make this prayer
through Jesus Christ Our Lord, 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.

An Irish Blessing

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields,
And, until we meet again,
May God hold you in the palm of His hand.

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.

DEUS VULT – JOHN 6:39

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.

BIRD OF THE WEEK

SANDHILL CRANE

January 15 – Tampa, FL – As my sons and I were leaving a shopping mall in the sunshine state, we encountered two Sandhill Cranes (pictured above). These are some of the most graceful birds you will ever encounter, feathered in a soft gray downy coat with a burgundy forehead and blood-red eyes.

DID YOU KNOW?

- While some Sandhill Cranes begin breeding at two years old, some wait util they are as old as seven. Then, they mate for life, staying close with their mate for decades. Their offspring will remain with the parents for 9-10 months after being hatched, though they can leave the nest within 8 hours of being hatched and can even swim at that age.
- The earlies Sandhill Crane fossil was 2.5 million years old, found in Florida.
- The oldest Sandhill Crane was at least 36 years, 7 months old. It was banded in Wyoming in 1973 and found in New Mexico in 2010.

(www.allaboutbirds.org/guide/Sandhill_Crane/)

WEEKLY SCHEDULE – JANUARY 24-30

Monday, January 24, 2022				
Indoor Track	TBA	N	County Relays	168th St. Armory
Swimming	2:45pm	H	Northern Valley - Demarest	Ridgewood YMCA
Varsity Ice Hockey	3:30pm	A	Gloucester Catholic	Hollydell Ice Arena
Varsity Bowling	4:00pm	H	Paramus Catholic	Bowler City
JV Bowling	4:00pm	H	Paramus Catholic	Bowler City
Tuesday, January 25, 2022				
Var Basketball	7:00pm	A	Teaneck	Teaneck High School
JV Basketball	5:30pm	A	Teaneck	Teaneck High School
Fr Basketball	4:00pm	A	Teaneck	Teaneck
JV Ice Hockey	5:15pm	A	St. John Vianney	Jersey Shore Arena
Wednesday, January 26, 2022				
Varsity Bowling	4:00pm	H	Bergen Tech	Bowler City
JV Bowling	4:00pm	H	Bergen Tech	Bowler City
Swimming	4:30pm	A	Saint Peter's Prep	St. Peter's University
Var Wrestling	7:00pm	A	Fair Lawn	Fair Lawn High School
Thursday, January 27, 2022				
Var Basketball	7:00pm	A	Don Bosco Prep	Don Bosco Prep
JV Basketball	5:30pm	A	Don Bosco Prep	Don Bosco Prep
Fr Basketball	4:00pm	A	Don Bosco Prep	Don Bosco Prep
Varsity Bowling	4:00pm	A	Don Bosco Prep	T-Bowl
JV Bowling	4:00pm	A	Don Bosco Prep	T-Bowl
Varsity Ice Hockey	3:00pm	H	Christian Brothers Academy	Ice House
V&JV Skiing	5:00pm	N	Giant Slalom	Mt. Peter
Friday, January 28, 2022				
Varsity Ice Hockey	4:30pm	A	Saint Augustine Prep	Igloo Ice Arena
JV Ice Hockey	7:25pm	H	St. Peter's Prep	Ice House
Var Wrestling	7:00pm	A	Saint Joseph Regional	St. Joseph Regional
Saturday, January 29, 2022				
Indoor Track	TBA	N	Ocean Breeze Invitational	Ocean Breeze
Var Basketball	1:00pm	A	DePaul Catholic	DePaul Catholic
JV Basketball	11:30am	A	DePaul Catholic	DePaul Catholic
Fr Basketball	10:00am	A	DePaul Catholic	DePaul Catholic
JV Ice Hockey	8:00pm	A	Don Bosco Prep	Ice Vault
Sunday, January 30, 2022				
Swimming	10:00am	N	BCCA Championships	Felix Festa MS
Indoor Track	TBA	N	NJCCT Fr/So Meet	Bennet Center

BE SURE TO CHECK ALL TEAM PAGES IN CASE OF WINTER-RELATED CHANGES TO SCHEDULES

Grand Circle Adventure

Grand Classroom is a full-service educational travel provider offering teacher-led student trips to national parks, historic U.S. cities, and international destinations

Inclusions:

- All transportation
- 24/7 Guide
- Round Trip Airfare
- All meals
- All lodging
- Full accounting services with custom payment schedule
- All activity fees
- Tips and Gratuities
- 24/7 Emergency support
- Expert tour planning
- Medical, dental, and liability insurance
- Customized private tour group
- Personalized trip web page

Just the Facts

Who: Bergen Catholic High School

What: Grand Canyon, Bryce Canyon and Zion National Park Adventure

When: June 13-18, 2022

All-Inclusive Price: $2,529 per student

Based on a minimum of 25 travelers

****$259 deposit secures your registration****
*Best way to register is at www.grandclassroom.com.
Click "Find my Trip/Register" and search "Your School"
Deposit deadline is February 28th, 2022

Sample itinerary below

Day 1

- Flight to Las Vegas
- Meet your Grand Classroom guide a Baggage Claim
- Depart for Zion National Park
- Hike the Narrows (weather permitting)
- Emerald Pools
- Checkerboard Mesa
- Depart for Kanab UT
- Dinner and Hotel in Kanab

Day 2

- Depart for Bryce Canyon National Park
- Hike along the Rim to Sunset Point
- Hike among the Hoodoos in the Queens Garden
- Navajo Loop
- Depart for Kanab
- Climb the giant Sand dunes at Coral Pink Sand Dunes State Park
- Dinner and Hotel in Kanab

Day 3

- Depart for Page AZ
- Scenic Float Trip on the Colorado River
- Hike the Slot Canyons at Antelope Canyon
- Depart for Flagstaff AZ
- Wupatki and Sunset Volcanic Crater National Monument
- Dinner and Hotel in Flagstaff
- Indoor Rock Climbing

Day 4

- Depart for Grand Canyon National Park, South Rim
- Mather Point and visitor Center
- Hike below the rim on the Kaibob Trail
- Desert Watchtower
- Cameron Trading Post
- Return to Flagstaff
- Dinner
- Star viewing at Lowell Observatory
- Hotel in Flagstaff

Day 5

- Depart for Sedona AZ
- Slide Rock State Park natural water slides (weather permitting)
- Pink Jeep Tour at Red Rocks in Sedona
- Depart for Las Vegas
- Hoover Dam Stop
- Dinner at Planet Hollywood
- Bellagio Fountain Show
- Depart for Airport
- Red-eye Flight Home