TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusader ICE HOCKEY

CRUSADERS LOCK HORNS WITH GLOUCESTER CATHOLIC RAMS

January 24, 2022 – Sewell, NJ – The Crusader Hockey Team traveled south to Camden County to take on another Gordon Conference squad. The outcome, a 6-6 tie.

	SCORING				SHOTS ON GOAL			
TEAM	**1**	**2**	**3**	**TOT**	**1**	**2**	**3**	**TOT**
BC	1	4	1	**6**	11	14	9	**34**
GC	3	2	1	**6**	13	10	13	**36**

John Mustard has a monster game, recoding a four goals and adding a pair of assists. Declan Quinn added a pair of goals of his own to help BC battle to the tie.

The game was a continual uphill battle for BC who found themselves in a 3-1 hole after Quinn led off the game with an unassisted shot to give BC a short-lived lead.

The Crusaders tied the score in the second at three, but not before the Rams opened up another two-goal lead. BC would finish the second strong and go into the final break 5-5.

Gloucester gave one more push, taking a 6-5 lead deep into the third and that gave time for Mustard to salvage the game with the final goal of the game.

PLAYER	GOALS	ASSISTS	POINTS
Declan Quinn	2	0	3
John Mustard	4	2	5
Matthew Hughes	0	2	2
Cory Robinson	0	1	1
Matt Maglio	0	1	1
Matt Desiderio	0	1	1
GOALIE	**SAV**	**GA**	**SAV %**
Daniel Dmitrievsky	30	6	.833
GC	28	6	.824

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

Crusader SWIMMING

BERGEN IMPROVES TO 9-0 ON SENIOR DAY

January 24 – Ridgewood, NJ – The Crusaders continued to dominate the Bergen County Swimming scene, by thrashing Northern Valley Demarest 104-65 on Monday. It was a celebration of the Seniors for certain.

Pl	Swimmer(s)	Time
Event: 200 Medley Relay		
1	Alex Rose, Christian Skaff, Andrew Mazzacano, Gavin Perez	1:45.90
3	Raymond Stelmark, Benjamin Vester, Matthew Semelsberger, Jeremiah Tomioka	1:51.13
5	Matthew Unanue, Harris Kinnear, John Tregidgo, Parker Day	2:22.34
Event: 200 Free		
2	Jaden Lee	1:52.81
4	Ricky Wright	1:57.06
5	Harris Kinnear	2:07.35
Event: 200 Individual Medley (IM)		
1	Rhyse Ruffy	2:07.22
2	Ellias Garcia	2:11.61
3	Matthew Semelsberger	2:11.87
Event: 50 Free		
2	Andrew Mazzacano	23:56
3	Christian Skaff	23.35
6	Matthew Unanue	34.21
Event: 100 Fly		
3	Matthew Semelsberger	1:04.34
2	Ricky Wright	1:02.97
4	Harris Kinnear	1:04.21
Event: 100 Free		
1	Andrew Mazzacano	0:51.20
2	Jeremiah Tomioka	0:55.03
6	Parker Day	1:11.26

Event: 500 Free		
1	Doyee Kim	4:47.52
3	Gavin Perez	5:15.59
5	Benjamin Vester	6:07.84
Event: 200 Free Relay		
1	Andrew Mazzacano, Jeremiah Tomioka, Jaden Lee, Christian Skaff	1:35.55
3	Ellias Garcia, Harris Kinnear, Benjamin Vester, Doyee Kim	1:42.08
4	John Tregidgo, Michael Khym, Parker Day, Matthew Unanue	2:00.09
Event: 100 Back		
1	Alex Rose	0:59.59
2	Raymond Stelmark	1:00.47
Event: 100 Breast		
2	Gavin Perez	1:06.29
3	Benjamin Vester	1:09.62
5	John Tregidgo	1:31.71
Event: 400 Free Relay		
1	Jaden Lee, Rhyse Ruffy, Raymond Stelmark, Alex Rose	3:29.10
3	Christian Skaff, Ricky Wright, Matthew Semelsberger, Ellias Garcia	3:41.44

Crusader BOWLING

BC STRIKES DOWN PC 7-0

January 24 – Hackensack, NJ The varsity bowling team defeated Paramus Catholic 7-0, winning all three games and total pins 2235-2012.

John DelJuidice had the high series with a 605, edging Liam Chin and his 604 series. Chin did record the high game, however, with a 225.

Bowler	G1	G2	G3	Total
Paul Birgnola	136	-	-	136
Liam Chin	212	216	176	604
Justin Martin	189	180	**225**	594
John DelJuidice	203	190	223	**605**
James Salazar	-	154	-	154
Ethan Gayam	-	-	192	192
Bergen Catholic	**740**	**740**	**815**	**2235**
Paramus Catholic	648	700	674	2012

BC is now 10-3 (73-25) on the season and improves to 5-2 (33-16) in the BNC United.

JV BOWLERS BLANK PARAMUS CATH.

January 24 – Hackensack, NJ – James Salazar rolled a High Game 170 and Calvin Villanueva rolled a High Series 426 to lead BC to a 600 pin victory over Paramus Catholic on Monday at Bowler City in Hackensack.

The JV is 11-2 overall winning 53 points and losing just 12.

Bowler	G1	G2	G3	Total
John Brignola	135	104	-	239
Calvin Villanueva	124	134	168	**426**
James Salazar	**170**	-	118	288
Ethan Gayam	162	166	-	328
Paul Brignola	-	164	134	298
Anthony Liggio	-	-	90	90
Bergen Catholic	**591**	**568**	**510**	**1669**
Paramus Catholic	313	351	375	1039

Crusader SKIING

SKIERS CUT TEAM AND INDIVIDUAL BEST TIMES

January 24 – Vernon, NJ – The Crusader Ski Team showed improvement in times, on a clear day in Vernon in Monday's Slalom. This race was made up from the original opener which was cancelled due to weather.

Nathan Park had the run of the day with a blistering 32.86, placing fourth in the second run, but his DQ in the first run

impacted his ability to score. Christopher Kang was solid, leading BC with Top-15 runs all day and placing 11th overall with a combined time of 1:11.81.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Christopher Kang	34;57	14	37.24	11	1:11.81	11
Bourke Reid	38.89	25	42.27	40	1:26.16	29
Nicholas Wheaton	43.32	36	45.67	33	1:28.99	35
Carter Pontone	44.46	39	48.50	44	1:32.96	37
Aiden Hickey	48.65	49	52.49	51	1:41.14	46
Nathan Park	DSQ		32.86	4		
TEAM					5:39.92	8

Crusader INDOOR TRACK

CRUSADERS FINISH EIGHTH OVERALL IN BCCA RELAYS

January 24, 2022 – New York, NY – The Crusaders competed at the BCCA County Relays on Monday at the NY Armory in Manhattan on Monday. The Crusaders placed 8th overall, scoring a total of 30 team points.

Event: 4x55m Shuttle Hurdle Relay		
Pl	**Time**	**Time**
7	Bergen Catholic "A"	37.63.2
Event: 4x1600m Relay		
5	Bergen Catholic "A"	20:19.68
Event: 4x200m Relay		
5	Bergen Catholic "A"	1:36.29
Event: 4x800m Relay		
5	Bergen Catholic "A"	8:53.97
Event: 1600m Sprint Medley Relay		
2	Bergen Catholic "A"	3:46.64
Event: Distance Medley Relay		
7	Bergen Catholic "A"	12:03.69
Event: High Jump		
3	Allan Hilton Clarke	5-04
8	Gabriel Beidleman	5-02
Event: Pole Vault		
---	Nikholas Torres	
Event: Long Jump		
14	Jason Lessieu	17-10.50
15	Gabriel Beidleman	17-10.50
Event: Triple Jump		
6	Jason Lessieu	37-09.00
13	Gabriel Beidleman	34-07.50
Event: Shot Put		
3	Johnny Aghjayan	38-09.75
12	Justin King	33-10.00

Team Rankings - 12 Events Scored

1) Pascack Hills HS 85 2) NV - Demarest HS 82 3) Ridgewood HS 79 4) Hackensack HS 49 5) Paramus Catholic HS 40 6) Ramsey HS 32 7) Fort Lee HS 31 **8) Bergen Catholic HS 30** 8) Northern Highlands Reg. HS 30 10) Emerson HS 26 10) Glen Rock HS 26 12) River Dell HS 25 13) NV - Old Tappan HS 23 14) Bergen County Tech 22 14) Hasbrouck Heights HS 22 16) Saddle Brook HS 20 17) Ramapo HS 16 18) Don Bosco Prep 14 18) Mahwah HS 14 20) New Milford HS 10 20) Lodi HS 10 22) Tenafly HS 8 22) Park Ridge HS 8 22) Dwight - Englewood School 8 25) Ridgefield Park HS 4 26) Fair Lawn HS 1

Crusader BASKETBALL

WUCHERPFENNIG'S 22 LEADS BC

January 24 – Edison, NJ – The JV Basketball Team journeyed to Middlesex County on Monday to face a school formerly known as Bishop Ahr. The visiting Crusaders defeated their St. Thomas's HS hosts, 71-54.

TEAM	1	2	3	4	TOT
Bergen Catholic	15	25	14	17	**71**
St. Thomas					**54**

Declan Wucherpfennig led all scorers, hitting 9 field goals and four from the free throw line to toal 22 points. Tristan Oliver (17 pts), Naiim Parrish and Evan Brown (12 each) all contributed double-digit points in the victory as well.

PLAYER	2PT	3PT	FT	PTS
Nehemiah Snell	0	0	0	0
Shawn Spencer	0	2	0	6
Brendan O'Rourke	0	0	0	0
Xavier Valerio	0	0	0	0
Naiim Parrish	6	0	0	12
Eric DiPiano	1	0	0	2
Tristan Oliver	3	3	2	17
Gabriel Delarosa	0	0	0	0
Gio Moscatello	0	0	0	0
Evan Brown	6	0	0	12
Declan Wucherpfennig	9	0	4	22
Rocco Gratale	1	0	0	2

Crusader WRESTLING

INDIVIDUAL STATE RANKINGS

January 25, 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	3
132	Ryan Ford	4
138	Joe Cangro	1
144	Christopher Bacchioni	3
157	Nick Fea	1
190	Remy Brancato	2
215	AJ Fricchione	3

Crusader BASKETBALL

RICHARDSON DRIVES BC TO 108 ON HIGHWAYMEN

JANUARY 25 – TEANECK, NJ – The Crusaders scored the highest amount of points in the Billy Armstrong era as the coach inched closer to 200 career victories with win #197 at Teaneck HS on Tuesday. The Crusaders delivered a 108-73 victory over the Highwaymen as they prepare for Don Bosco Prep on Thursday night.

TEAM	1	2	3	4	TOT
Bergen Catholic	25	25	29	29	**108**
Teaneck	23	17	13	20	**73**

Will Richardson's 34 points set his new high, eclipsing a 31-point effort which helped to lead the Crusaders over St. Raymond's on New Year's Day in 2020, during his sophomore year.

PLAYER	2PT	3PT	FT	PTS
Brandon Benjamin	9	0	0	18
Elias Espinosa	-	-	-	3
Will Richardson	-	-	-	**34**
Jalen Robinson	0	2	0	6
Julian Brown	6	-	-	20
Elijah Flournoy	-	-	-	6
David Munro	-	-	3	11
Austin Spencer	1	0	0	2
Joe Scrivanich	3	0	0	6
Gianluca Phelan	-	-	-	2

Julian Brown's 20 points and Brandon Benjamin's 18 also helped to propel BC.

The 108 points scored by BC ties for 6th overall on the Crusader scoring list. BC last scored 108 points against Robinson School in Puerto Rico during its 1984 Christmas week trip to the Caribbean. The Top 10 all-time scores include:

1.	1979	Nanuet HS (NY)	H	116-65
2.	1964	Lodi HS	A	113-87
3.	1974	Paterson Catholic	A	112-56
	1989	St. John's School (PR)	A	112-46
5.	1980	Belleville HS	A	109-78
6.	1984	Robinson School (PR)	A	108-42
	2022	**Teaneck HS**	**A**	**108-73**
8.	1964	Lodi HS	H	105-55
	1972	St. Joseph (Metuchen)	H	105-28
10.	1988	St. Anthony (Maui, HI)	A	104-39

The Crusaders are now 9-4 overall and 3-0 in the Big North Conference, United Division with a key match-up in Ramsey on Thursday night.

Crusader BASKETBALL

JV HOOPS - TOO MUCH FOR TEANECK

January 25 – Teaneck, NJ – The JV Basketball Team took Route 4 East to stop by the home of the Highwaymen, Teaneck HS. The visiting Crusaders defeated their hosts 60-42.

TEAM	1	2	3	4	TOT
Bergen Catholic	20	11	18	11	**60**
Teaneck					**42**

Tristan Oliver was the man with the hot hand, dropping in 22 points, all from the field, including 14 points in the first half alone. Declan Wucherpfennig had another strong game as well scoring 14 points after coming out strong in the second half with 8 third quarter points.

PLAYER	2PT	3PT	FT	PTS
Nehemiah Snell	0	0	0	0
Shawn Spencer	0	0	0	0
Brendan O'Rourke	0	0	0	0
Xavier Valerio	1	0	0	2
Eric DiPiano	2	0	0	4
Tristan Oliver	8	2	0	22
Gabriel Delarosa	0	1	2	5
Gio Moscatello	0	0	0	0
Evan Brown	2	1	0	7
Declan Wucherpfennig	7	0	0	14
Rocco Gratale	1	0	0	2

FROSH PASS HIGHWAYMEN

January 25 – Teaneck, NJ – The Freshman Basketball Team remained undefeated at 13-0 with a 61-43 victory over the Highwaymen at Teaneck HS on Tuesday afternoon.

Crusader SKIING

PARK LEADS CRUSADERS TO BEST FINISH YET

January 25 – Vernon, NJ – The Crusader Ski Team showed improvement in times, on a clear day at Mount Peter in Tuesday's Giant Slalom.

Nathan Park had the run of the day with a blistering 29.01, placing sixth in his first run. Coupled with a 29.07 and fourth place finish in his second run, he finished 5th overall.

Christopher Kang was solid, leading BC with Top-15 runs all day and placing 11th overall with a combined time of 1:01.39 and Will Dodds (16th) and Bourke Reid (17th) finished with combined times, just eight one-hundredths apart..

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Nathan Park	29.01	6	29.07	4	58.08	5
Christopher Kang	30.88	13	30.51	10	1:01.39	11
William Dodds	33.27	20	33.27	19	1:06.54	16
Bourke Reid	33.59	24	33.03	17	1:06.62	17
Nicholas Wheaton	33.47	23	34.30	25	1:07.77	23
Carter Pontone	35.64	28	40.15	38	1:15.79	31
TEAM					**4:12.63**	**4**

Crusader SWIMMING

BERGEN PASSES ST. PETER'S PREP TO IMPROVE TO 10-0

January 26 – Jersey City, NJ – In their most competitive meet of the season, BC defeated the Marauders 89-81.

Doyee Kim took first place individually in the 200 Free and 100 Breast to lead the Crusaders. Andrew Mazzacano (200 IM) and Alex Rose (100 Fly) each earned first place points in their individual events as well.

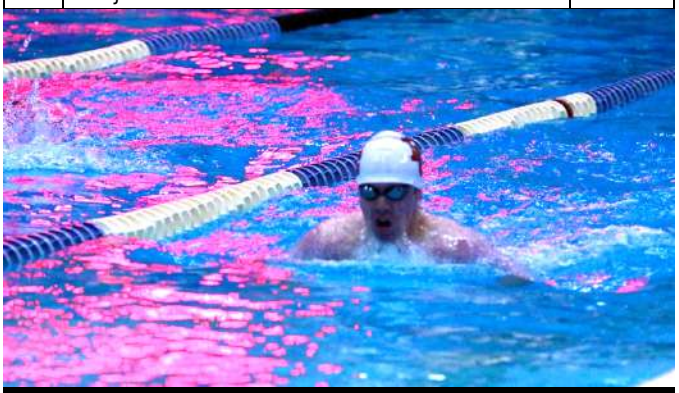
Some of the most important points of the meet came from the depth of the Crusader team. Parker Day, Matt Unanue, Michael Khym, Harris Kinnear, Raymond Stelmark, Ellias Garcia, Ricky Wright, Rhyse Ruffy, Jeremiah Tomioka, Matt Semelsberger and Benjamin Vester all contributed essential points in the meet. Every point scored at Yanitelli Center at St. Peter's University was critical to the victory.

Pl	Swimmer(s)	Time
Event: 200 Medley Relay		
2	Andrew Mazzacano, Doyee Kim, Alex Rose, Gavin Perez	1:39.00
3	Matthew Semelsberger, Jaden Lee, Ellias Garcia, Christian Skaff	1:43.43
5	Matthew Unanue, Parker Day, Harris Kinnear, Michael Khym	2:18.19
Event: 200 Free		
1	Doyee Kim	1:44.09
3	Gavin Perez	1:48.28
4	Raymond Stelmark	1:48.96
Event: 200 Individual Medley (IM)		
1	Andrew Mazzacano	1:59.61
2	Alex Rose	2:01.66
5	Ellias Garcia	2:10.97
Event: 50 Free		
2	Jaden Lee	23.07
3	Christian Skaff	23.12
6	Ricky Wright	24.81
Event: 100 Fly		
1	Alex Rose	0:53.94
3	Jeremiah Tomioka	0:56.33
5	Ellias Garcia	0:58.22

Event: 100 Free		
2	Gavin Perez	0:49.48
5	Rhyse Ruffy	0:51.28
6	Jeremiah Tomioka	0:52.32
Event: 500 Free		
2	Raymond Stelmark	4:58.87
4	Matthew Stelmark	5:01.77
6	Jeremiah Tomioka	5:09.50
Event: 200 Free Relay		
1	Rhyse Ruffy, Jaden Lee, Christian Skaff, Doyee Kim	1:31.86
3	Ellias Garcia, Benjamin Vester, Jeremiah Tomioka, Raymond Stelmark	1:37.78

5	Parker Day, Matthew Unanue, Michael Khym, Harris Kinnear	1:53.58
Event: 100 Back		
2	Andrew Mazzacano	0:54.79
4	Rhyse Ruffy	0:58.26
6	Matthew Semelsberger	0:59.14

Event: 100 Breast		
1	Doyee Kim	1:00.38
2	Jaden Lee	1:01.76
4	Benjamin Vester	1:04.92



Event: 400 Free Relay		
2	Rhyse Ruffy, Gavin Perez, Andrew Mazzacano, Alex Rose	3:17.06
4	Ricky Wright, Matthew Semelsberger, Jeremiah Tomioka, Raymond Stelmark	3:30.78

NJSIAA POWER POINTS

January 28 – Robbinsville, NJ – The NJSIAA released up-to-date Power Points for the state swimming tournament. Currently, this is how it stacks up in Non-Public "A."

RANK	SCHOOL	POWER POINTS
1	St. Augustine	4548.5
2	Christian Brothers	4293.5
3	Seton Hall Prep	4219.5
4	St. Joseph (Met.)	4082.5
5	St. Peter's Prep	4074.5
6	**Bergen Catholic**	**4042.5**
7	Delbarton	3707.5
8	Pingry	3257.5
9	Pope John	3231
10	Don Bosco Prep	2791
11	Donovan Catholic	1645
12	Union Catholic	1588.5
13	Paramus Catholic	1177
14	Paul VI	1104.5
15	Camden Catholic	1078
16	Hudson Catholic	1035.5

Crusader BASKETBALL

BRANDON BENJAMIN'S DOUBLE-DOUBLE

JANUARY 27 – RAMSEY, NJ – Brandon Benjamin played one of his strongest games of the season, scoring 16 points and grabbing 11 rebounds on Thursday night. Unfortunately for him and his teammates, they could not solve the puzzle of a defensive-minded Don Bosco Prep who defeated the Crusaders 61-51.

TEAM	1	2	3	4	TOT
Bergen Catholic	25	25	29	29	**108**
Don Bosco Prep	23	17	13	20	**73**

The halftime show was really the biggest part of the night as junior golfer, turned ping-pong master, defeated his Iron counterpart at the midcourt.

It was clear Forrest Gump has nothing on the "Adamnator" as he delivered the final slam for the victory in front of a standing-room-only crowd at Ironland.

PLAYER	2PT	3PT	FT	PTS
Brandon Benjamin	7	0	2	16
Elias Espinosa	0	0	0	0
Will Richardson	3	2	1	13
Jalen Robinson	2	1	1	8
Julian Brown	1	0	4	6
Elijah Flournoy	1	0	2	4
David Munro	0	0	2	2
Austin Spencer	1	0	0	2
Joe Scrivanich	0	0	0	0

JV HOOPS BATTLES BOSCO

January 25 – Teaneck, NJ – The JV Basketball Team was stymied against a defensive-minded Don Bosco Prep on Thursday night.

TEAM	1	2	3	4	TOT
Bergen Catholic	4	12	4	11	**31**
Don Bosco Prep	12	11	11	12	**46**

Declan Wucherpfennig accounted for over 33% of the Crusader offense with 11 points.

PLAYER	2PT	3PT	FT	PTS
Shawn Spencer	2	0	1	5
Brendan O'Rourke	0	0	0	0
Xavier Valerio	0	0	0	0
Eric DiPiano	0	0	0	0
Tristan Oliver	2	0	0	4
Gabriel Delarosa	0	0	0	0
Gio Moscatello	1	0	0	2
Evan Brown	1	0	0	2
Declan Wucherpfennig	4	0	3	11
Rocco Gratale	1	0	0	2
Naiim Parrish	2	0	3	7

FROSH BEAT BOSCO AND REMAIN UNDEFEATED AT 14-0

January 27 – Ramsey, NJ – The Freshman Basketball Team continues to roll, winning its fourteenth consecutive game.

TEAM	1	2	3	4	TOT
Bergen Catholic	21	14	21	7	**63**
Don Bosco Prep	10	14	12	13	**49**

Point guard Nick Matos led the Crusaders' offensive attack with 18 points, showing the ability to score in close and from downtown. Peter Gallo added 14 points on seven field goals and Jayquan Johnson finished with 10 points before an injured ankle forced him to leave the game.

PLAYER	2PT	3PT	FT	PTS
Nick Matos	4	3	1	18
Jayquan Johnson	4	0	2	10
Lockton Walker	1	0	0	2
Guy Vickers	3	1	0	9
John Morris	3	1	0	9
Aasod Adams	0	0	0	0
Peter Gallo	7	0	0	14
Ray Facinelli	0	0	0	0
Jayden Garcia	1	0	0	2
Jerry Armstrong	1	0	0	2

Crusader BOWLING

CRUSADERS WIN 1, LOSE 1

January 26 – Hackensack, NJ The varsity bowling team fell to 10-4 after losing to Bergen Tech 7-0 on Wednesday at Bowlers City, but in the tri-match, BC defeated the Ghosts from Paterson Eastside 7-0.

Liam Chin rolled a high game of 209 and Justin Martin led the Crusaders with a 582 series.

Bowler	G1	G2	G3	Total
Ethan Gayam	138	**146**	174	458
Liam Chin	209	186	158	553
Justin Martin	202	**194**	186	**582**
John DelJuidice	165	186	178	529
Paul Brignola	-	225	-	225
Ethan Gayam	-	-	167	167
Bergen Catholic	714	712	696	2122
Bergen Tech	746	753	832	2329
Paterson Eastside	370	394	346	1110

BOWLERS FINISH REGULAR SEASON WITH THEIR BEST STUFF

January 27 – Hackensack, NJ The varsity bowling team defeated Don Bosco Prep 7-0, winning all three games and total pins 2393-2018.

Justin Martin led the way with a high game of 248 and high series of 720. The Crusaders recorded a season-long high game in Game 2 with an 888 off scores of Liam Chin (212), Martin (248), John DelJuidice (203) and Paul Brignola (225).

Bowler	G1	G2	G3	Total
John Brignola	149	-	-	149
Liam Chin	173	212	184	569
Justin Martin	225	**248**	247	**720**
John DelJuidice	178	203	182	563
Paul Brignola	-	225	-	225
Ethan Gayam	-	-	167	167
Bergen Catholic	**725**	**888**	**780**	**2393**
Don Bosco Prep	629	742	647	2018

JV TAKES DOWN BOSCO IN FINALE

January 27 – Hackensack, NJ – Sean McKechnie rolled a high-game of 220, but his 531 series was edged by James Salazar's 532 as BC defeated DBP 5-0 on Thursday.

Bowler	G1	G2	G3	Total
John Brignola	--	-	145	145
Calvin Villanueva	123	-	172	295
James Salazar	156	192	184	**532**
Ethan Gayam	152	148	-	300
Paul Brignola	131	-	140	271
Keegan Galligher	-	123	-	123
Stephen Paul	-	173	-	173
Sean McKechnie	**220**	179	132	531
Bergen Catholic	**626**	**623**	**589**	**1838**
Don Bosco Prep	397	537	414	1348

Crusader WRESTLING

BRANCATO BRINGS IT HOME AS #1 BC DEFEATS #2 SJR

January 28, 2022 – Montvale, NJ – It was an outstanding match that saw the Crusaders take seven bouts and St. Joseph take seven. Starting at the 285-pound weight class, four straight matches went the distance and all in favor of SJR. The Green Knights led 13-0 as junior Aiden Wallace took the mat.

BC's Rafi Bailey and Benji Shue started off the night with a 285-lb double header on the JV level.

champions got the BC crowd on its feet with a 5-3, hard-fought victory at 126 pounds. He was followed up by a major decision by Ryan Ford and another win by decision from August Hibbler, wrestling in place of an injured Joe Cangro at 138 pounds. That put BC within striking range at 10-13.

BC's Giacamo Dente, a true pro, representing the Crusaders well at the scorer's table.

Chris Bacchione became the first of two Crusaders who would earn six points for the team, winning by pinfall a 2:13. After Eric Broadie wrestled an outstanding match and got edged in sudden victory overtime, Nick Fea's exclamation point pin just 31 seconds into his bout generated some real momentum.

Justin Onello's victory at 165 helped BC to 25-16, ultimately just enough points to win the bout. But it would not become clear until the end as Leo Varga and AJ Fricchione both dropped tight bouts setting up Remy Brancato at 215 pounds to decide a match that was within the value of one decision at 25-23.

Fea was on a mission Friday night. He wasted no time giving BC a 22-16 lead, pinning his opponent in 0:31.

Brancato wrestled with terrific athleticism and speed and proved too much for his opponent who did move as quickly or cleanly as Remy. His 5-1 victory answered the question, at least for Friday night.

In the end, BC's bonus points outscored the hosting Green Knights by a final score of 28-23.

WT	NAME	FINAL	BC-SJR
285	Dominick Brogna	LMD 14-6	**0-4**
106	Brian Melamud	LD 6-5	**0-7**
113	Chris Nucifora	LD 6-5	**0-10**
120	Noah Kochman	LD 0-4	**0-13**
126	Aiden Wallace	WD 5-3	**3-13**
132	Ryan Ford	WMD 10-2	**7-13**
138	August Hibler	WD 9-4	**10-13**
144	Christopher Bacchioni	WPF 2:13	**16-13**
150	Eric Broadie	LD 3-1 OT	**16-16**
157	Nick Fea	WPF 0:31	**22-16**
165	Justin Onello	WD 6-5	**25-16**
175	Leo Varga	LMD 12-4	**25-20**
190	AJ Fricchione	LD 6-3	**25-23**
215	Remy Brancato	WD 5-1	**28-23**

Crusader ICE HOCKEY

ARCAROLI'S TWO GIVE BC A CHANCE VS. NJ'S #1 TEAM

January 27 – Hackensack, NJ – The Crusaders hosted the state's top-ranked and undefeated Colts from Christian Brothers Academy of Lincroft. BC showed some grit, holding their opponents scoreless in the first period and then digging out of a 2-0 hole to tie the score in the third. It was not to be, however as CBA found the back of the net later in the final period to take the game 3-2.

	SCORING			
TEAM	1	2	3	TOT
BC	0	0	2	**2**
CBA	0	2	1	**3**

The Colts scored a pair of second period goals to put BC in a deep hole, but the Crusaders fought hard throughout the game.

Two and a half minutes into the third period, Antonio Arcaroli fired home his first goal off assists from his linemates, Matt Hughes and Bryceon Lago. The trio repeated the feat just 26 seconds later as BC tied the score.

Despite a number of good runs at the goal, the Crusaders were never able to penetrate the goal line again and with 7:22 remaining, CBA was able to score.

PLAYER	GOALS	ASSISTS	POINTS
Antonio Arcaroli	2	0	2
Matt Hughes	0	2	2
Bryceon Lago	0	2	2

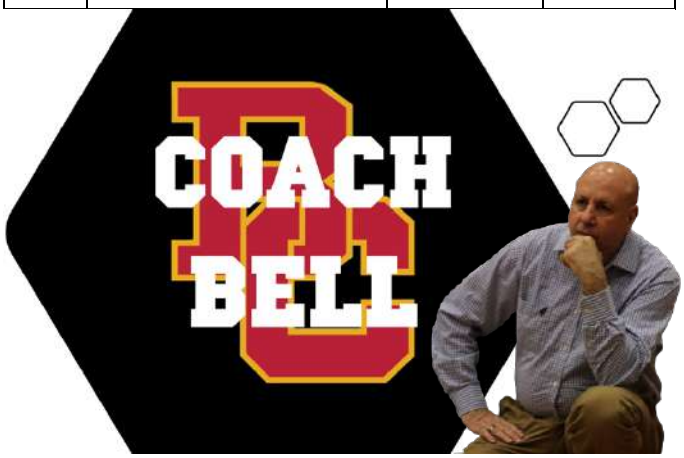
The Crusaders now stand at 4-5-2 on the season and ranked #7 in NJ.

Crusader WRESTLING

CRUSADERS MOW DOWN CUTTERS IN FAIR LAWN 46-24

January 26 – Fair Lawn, NJ – The Crusader Wrestling Team wrestled Fair Lawn in a competitive match.

WT	NAME	FINAL	BC-FL
106		FORFEIT	**0-6**
113		FORFEIT	**0-12**
120	Noah Kochman	WPF 0:41	**6-12**
126	Ethan Washburn	WPF 4:19	**12-12**
132	Michael Borelli	FORFEIT	**18-12**
138	Riley Halal	LD 6-2	**18-15**
144		FORFEIT	**18-21**
150	Michael Biskup	LD 5-3	**18-24**
157	Jayden Iznaga	WMD 9-0	**22-24**
165	Justin Onello	FORFEIT	**28-24**
175	Leo Varga	FORFEIT	**34-24**
215	Mason Brancato	FORFEIT	**40-24**
285	Dominick Brogna	FORFEIT	**46-24**



Crusader INDOOR TRACK

NOT JUST FAST, FABIAN FRANCE FAST

January 30 – Paterson, NJ – NorthJersey.com reports the top track times in Bergen County this year according to Paul Schwartz. Sprinter Fabian France turned in some of the fastest times in the county as well as the state:

55: 1. Fabian France, 6.49 (#3 NJ)

200: 2. Fabian France, 22.81

Crusader SWIMMING

BEST TIMES OF 2021-2022

January 30 – Oradell, NJ – A list of BC's best times to date.

Date	Opponent	Swimmer(s)	Time
Event: 200 Medley Relay			
1/26/22	St. Peter's Pr	Andrew Mazzacano, Doyee Kim, Alex Rose, Gavin Perez	1:39.00
Event: 200 Free			
1/26/22	St. Peter's Pr	Doyee Kim	1:44.09
Event: 200 Individual Medley (IM)			
1/26/22	St. Peter's Pr	Andrew Mazzacano	1:59.61
Event: 50 Free			
1/26/22	St. Peter's Pr	Jaden Lee	23.07
Event: 100 Fly			
1/26/22	St. Peter's Pr	Alex Rose	0:53.94
Event: 100 Free			
1/26/22	St. Peter's Pr	Gavin Perez	0:49.48
Event: 500 Free			
1/26/22	St. Peter's Pr	Raymond Stelmark	4:58.87
Event: 200 Free Relay			
1/26/22	St. Peter's Pr	Rhyse Ruffy, Jaden Lee, Christian Skaff, Doyee Kim	1:31.86
Event: 100 Back			
1/26/22	St. Peter's Pr	Andrew Mazzacano	0:54.79
Event: 100 Breast			
1/26/22	St. Peter's Pr	Doyee Kim	1:00.38
Event: 400 Free Relay			
1/26/22	St. Peter's Pr	Rhyse Ruffy, Gavin Perez, Andrew Mazzacano, Alex Rose	3:17.06

Crusader ICE HOCKEY

MUSTARD'S 7 POINTS LEAD BC PAST ST. AUGUSTINE PREP

January 28– Mt. Laurel, NJ – Sophomore John Mustard racked up the points with four goals and three assists against the state's #12 team.

Declan Quinn scored two goals and an assist and Bryceon Lago assisted on three goals. Mark Pych had an assist as did Dean Gasser. Matt Maglio also scored a goal for the Crusaders who are now 5-5-3 on the season. Gavin Schornstein earned the shutout victory in the goal.

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

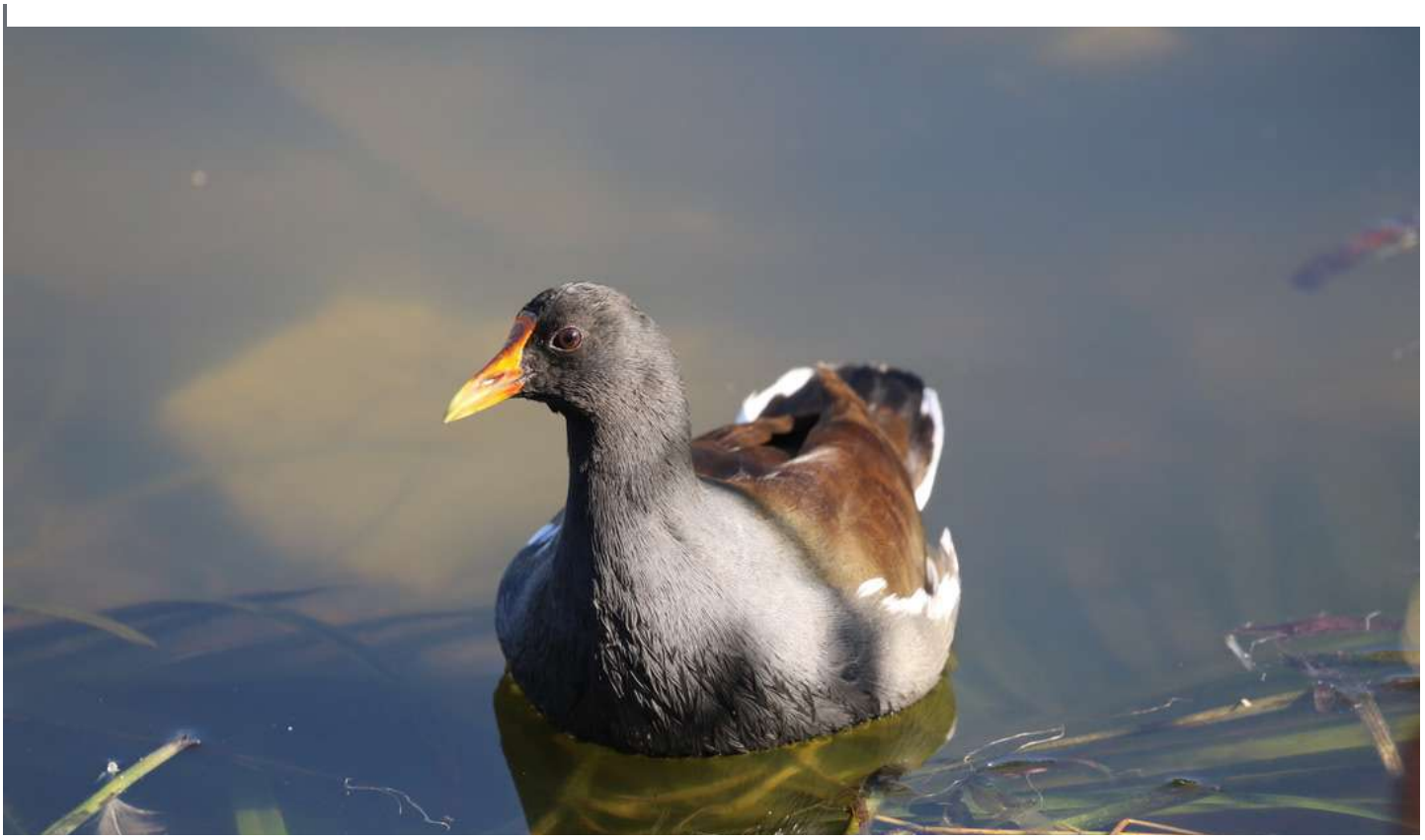
Lord, make me an instrument of Your peace
Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to 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

COMMON GALLINULE



January 15 – Tampa, FL – The Common Gallinule swims like a duck and walks atop floating vegetation like a rail with its long and slender toes. This boldly marked rail has a brilliant red shield over the bill and a white racing stripe down its side. It squawks and whinnies from thick cover in marshes and ponds from Canada to Chile, peeking in and out of vegetation. This species was formerly called the Common Moorhen and is closely related to moorhen species in the Old World.

DID YOU KNOW?

- The Common Gallinule has long toes that make it possible to walk on soft mud and floating vegetation. The toes have no lobes or webbing to help with swimming, but the gallinule is a good swimmer anyway.
- Newly hatched Common Gallinule chicks have spurs on their wings that help them climb into the nest or grab onto vegetation.
- The oldest Common Gallinule was at least 10 years, 9 months old

https://www.allaboutbirds.org/guide/Common_Gallinule/overview

WEEKLY SCHEDULE – JANUARY 31-FEBRUARY 6

Monday, January 31, 2022				
Varsity Wrestling	7:00pm	H	Paramus Catholic	Hoehl Gymnasium
Varsity Ice Hockey	4:00pm	A	Seton Hall Preparatory	Codey Arena
Varsity Swimming	2:30pm	A	Westfield	Westfield YYMCA

Tuesday, February 1, 2022				
Varsity Basketball	7:00pm	H	Paterson-Kennedy	Hoehl Gymnasium
JV Basketball	5:30pm	H	Paterson-Kennedy	Hoehl Gymnasium
Fr Basketball	4:00pm	H	Paterson-Kennedy	Hoehl Gymnasium

Wednesday, February 2, 2022				
Varsity Wrestling	7:00pm	H	Ridgewood	Hoehl Gymnasium
Varsity Ice Hockey	3:00pm	H	Pope John XXIII	Ice House

Thursday, February 3, 2022				
Varsity Basketball	TBD	N	Montverde Academy	RWJ Barnabas Health Arena
Swimming	4:00pm	N	BNC Championships	PCTI
Varsity Ice Hockey	3:00pm	H	Don Bosco Prep	Ice House

Friday, February 4, 2022				
JV Ice Hockey	5:15pm	A	Don Bosco Prep	Ice Vault
Varsity Skiing	3:00pm	N	Giant Slalom	Winter4Kids

Saturday, February 5, 2022				
Varsity Basketball	TBD	N	Jamboree	TBA
JV Ice Hockey	7:15pm	N	St. Joseph Regional	Ice Vault
Indoor Track	TBA	N	NJCTC Championships	Ocean Breeze (NY)

Sunday, February 6, 2022				
Fr Basketball	TBD	TBA	BCCA Frosh Tournament	TBA