TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

STATE CHAMPS!

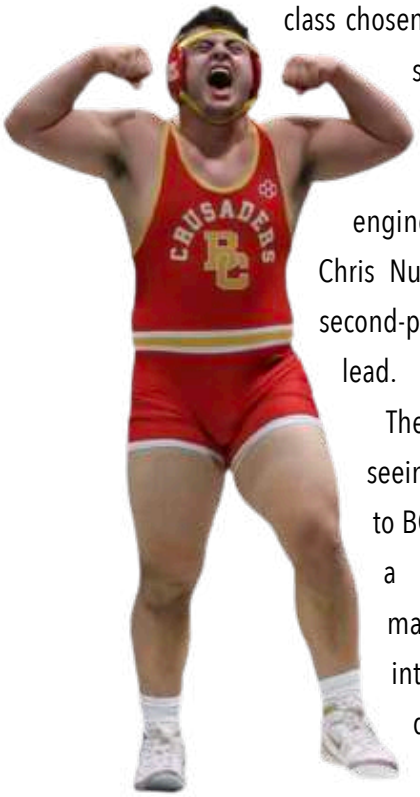
WRESTLERS BRING HOME 14TH CROWN

Crusader WRESTLING

February 13 – Franklin, NJ – The 9th in 10 seasons and 14th overall, the Crusaders are Non-Public "A" State Champions in Wrestling. This year, BC defeated the Colts from Christian Brothers Academy to earn the honor. The Colts won their first ever South Sectional Title on Friday night and brought their state #6 ranking into Sunday morning's title match.

WT	NAME	FINAL	BC-CBA
106	Brian Melamud	WMD 16-7	**4-0**
113	Christopher Nucifora	WPF 2:50	**10-0**
120	Noah Kochman	LMD 15-5	**10-4**
126	Ethan Washburn	LPF 1:25	**10-10**
132	Ryan Ford	WPF 1:05	**16-10**
138	Joe Cangro	LD 5-4	**16-13**
150	Christopher Bacchioni	WMD 9-0	**20-13**
150	August Hibbler	WD 2-1	**23-13**
157	Jake Zargo	LMD	**23-17**
165	Justin Onello	WD 4-2	**26-17**
175	Leo Varga	LD 4-0	**26-20**
190	Remy Brancato	WD 8-3	**29-20**
215	AJ Fricchione	WD 4-2	**32-20**
285	Dominick Brogna	WPF 0:15	**38-20**

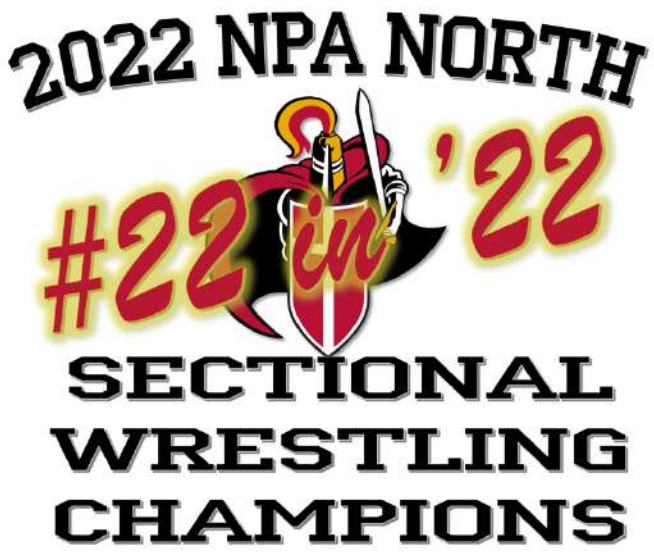
In case you were wondering, each match starts at a weight class chosen randomly. Sunday's final started at the 106 pound weight class where BC started the Crusaders engine with a major decision. Chris Nucifora followed up with a second-period pin, giving BC a 10-0 lead.



The Colts had no intention of seeing a repeat their 51-12 loss to BC in the regular season and a number of adjustments made the championship a very interesting match. After duplicating BC's major decision and pin in the 120 and 126 pound weight classes, the Colts were hoping to

keep the momentum rolling. Ryan Ford disagreed. He earned a pin at the 1:05 mark for BC giving BC a lead they would not relinquish.

Despite a loss at 138 pounds between #1 ranked Joe Cangro and his #2 ranked opponent, Christopher Bacchioni, August Hibbler grew BC's lead to 10. Justin Onello won a 4-2 bout at 165 pounds and Remy Brancato and AJ Fricchione earned decisions before Dom Brogna slammed the barn door closed on the Colts with a pin at just 0:15 into the match.



February 11 – Morristown, NJ – The Crusaders won in dramatic fashion on Friday night as fans watched from as SRO Delbarton Gym and on the live stream on Local Live. The final score officially was 24-23, but the final point required about 15 minutes to determine.

This match lived up to what you would expect from the #1 and #2 teams in New Jersey. Every point was well earned. No bout ended by pin or technical fall and the only four bonus points of the match came by way of four major decisions (two on either team).

BC opened with three wins, including two major decisions by Remy Brancato and Dominick Brogna. Those bonus points would prove to be incredible significant as the match unfolded. Brian Melamud gave BC an 11-0 lead, but the win streak was snapped at 113 pounds.

Noah Kochman and Aidan Wallace each earned victories and BC led 17-3. Ryan Ford lost an incredibly hard-fought battle 1-0, but Joe Cangro was there at 138-pounds to prevent the Green Wave from gaining any momentum. BC led 20-6.

At this point, things began to look bleak for BC as Delbarton went on a 5 bout run, including a pair of major decisions. The Green Wave ultimately took the lead 23-20 heading into the final bout of the evening.

Enter AJ Fricchione. In his most significant bout as a Crusader, the 190-pounder came through in the clutch, winning by decision 11-5. It actually appeared as if he had his opponent pinned, but alas, the only people on the mat who needed to see it did not.

(photos used may be purchased from the Star Ledger: **HERE**)

So now, the final score of the bout is 23-23 and the referees need to go to criteria to determine who earns the final point for the win. Here it is…

TIE BREAKER PROCEDURE

~~a. The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner~~

~~b. The team whose opposing head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner~~

~~c. The team whose opposing wrestlers has been penalized the greater number of match points for coach misconduct during a match shall be declared the winner.~~

~~d. The team who won the greater number of bouts (including forfeits) shall be declared the winner~~

~~e. The team who accumulated the greater number of falls, defaults, forfeits and disqualifications shall be declared the winner.~~

~~f. The team giving up the least number of forfeits.~~

~~g. The team having the greater number of technical falls shall be declared the winner.~~

~~h. The team having the greater number of major decisions shall be declared the winner.~~

~~i. The team having the greater number (total match points) of first point(s) scored shall be declared the winner.~~

j. The team having the greater number of points for near falls shall be declared the winner.

k. The team having the greater number of takedowns shall be declared the winner.

l. The team having the greater number of reversals shall be declared the winner.

m. The team having the greater number of escapes shall be declared the winner.

n. The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.

o. The team whose opponent has been warned the more often for stalling shall be declared the winner.

p. The team whose opponent has the greater number of penalized for all other infractions (i.e. false starts) shall be declared the winner.

q. If none of the above resolves the tie, a flip of a disk will determine the winner.

Upon determining the winning team by the criteria system, a single team point shall be added to the prevailing team.

Congratulations to Coach Dave Bell and the Crusader Wrestlers on a terrific accomplishment…22 sectional titles in 32 years and 9 of the last 10 tournaments!

WT	NAME	FINAL	BC-D
215	Remy Brancato	WMD 12-3	**4-0**
285	Dominick Brogna	WMD 14-4	**8-0**
106	Brian Melamud	WD 8-5	**11-0**
113	Christopher Nucifora	LD 7-3	**11-3**
120	Noah Kochman	WD 6-3	**14-3**
126	Aidan Wallace	W 3-0	**17-3**
132	Ryan Ford	LD 1-0	**17-6**
138	Joe Cangro	WD 7-2	**20-6**
144	Christopher Bacchioni	LDOT 3-1	**20-9**
150	Eric Broadie	LMD 11-3	**20-13**
157	Nicholas Fea	LD 4-0	**20-16**
165	Justin Onello	LMD 14-4	**20-20**
175	Leo Varga	LD 4-1	**20-23**
190	AJ Fricchione	WD 11-5	**23-23**
CRIT	"J" Most Pts by PF	+1	**24-23**

CRUSADERS SET UP REMATCH IN FINAL AFTER BIG WIN

February 9 – Oradell, NJ – The Crusaders now have the opportunity they wanted after defeating state-ranked and tournament seeded #3 St. Joseph Regional 33-18 in the NPA North Semifinals on Wednesday. It has been 730 days since the Crusaders have had an opportunity to earn back the #1 rank and state sectional title since the Green Wave defeated BC 45-12 on February 12, 2020.

WT	NAME	FINAL	BC-SJR
144	Christopher Bacchioni	P 1:12	**6-0**
150	Eric Broadie	LD 1-0	**6-3**
157	Nicholas Fea	FORFEIT	**12-3**
165	Justin Onello	WD 2-0	**15-3**
175	Leo Varga	LD 4-2	**15-6**
190	AJ Fricchione	WD 10-8OT	**15-9**
215	Remy Brancato	WD 7-3	**18-9**

285	Dominick Brogna	LPF 2:46	**18-15**
106	Brian Melamud	WD 3-1 OT	**21-15**
113	Christopher Nucifora	WD 7-3	**24-15**
120	Noah Kochman	LD 8-3	**24-18**
126	Aidan Wallace	WOTSV 5-4	**27-18**
132	Ryan Ford	WD 6-1	**30-18**
138	August Hibbler	WD 4-3	**33-18**

BERGEN ADVANCES IN STATES BC DEFEATS IRONMEN 59-14

February 7 – Oradell, NJ – The Crusaders took the first step toward the school's fourteenth state championship with a 59-14 victory over Don Bosco Prep on Monday.

WT	NAME	FINAL	BC-DBP
150	Michael Biskup	LD 1-0	**0-3**
157	Jake Zargo	WMD 12-5	**4-3**
165	Justin Onello	WPF 0:21	**10-3**
175	Leo Varga	WPF 0:19	**16-3**
190	FORFEIT		**16-9**
215	John Fiore	FORFEIT	**22-9**
285	Dominick Brogna	FORFEIT	**28-9**
106	Brian Melamud	WPF 2:27	**34-9**
113	Christopher Nucifora	WD 5-4	**37-9**
120	Noah Kochman	FORFEIT	**43-9**
126	Ethan Washburn	LTF 3:41	**43-14**
132	Ryan Ford	FORFEIT	**49-14**
138	August Hibbler	WPF 4:36	**55-14**
144	Christopher Bacchioni	WMD 9-1	**59-14**

Crusader ICE HOCKEY

ROBINSON'S PAIR HELP BC TO ADVANCE IN GORDON CUP

February 9 – Hackensack, NJ – Cory Robinson scored the opener and BC's third goal, ensuring the home team never fell behind in their quarterfinal matchup with Gloucester Catholic. The Crusaders defeated GC 5-4 on Wednesday at the Ice House.

	SCORING			
TEAM	**1**	**2**	**3**	**TOT**
GC	0	1	3	**4**
BC	1	2	3	**5**

Matt Maglio, Antonio Arcaroli and Matt Hughes all scored for BC to ensure the victory.

PLAYER	GOALS	ASSISTS	POINTS
Antonio Arcaroli	1	2	3
Matt Hughes	1	1	2
John Mustard	0	1	1
Matt Desiderio	0	2	2
Declan Quinn	0	1	1
Cory Robinson	2	1	3
Matt Maglio	1	0	1

The Crusaders now stand at 6-5-5 on the season and ranked #7 in NJ.

ALL GORDON CUP 2022

FIRST TEAM	MATT DESIDERIO	DEFENSE
SECOND TEAM	ANTONIO ARCAROLI	FORWARD
	JOHN MUSTARD	FORWARD

HONORABLE MENTION

BRYCEON LAGO AND MATT HUGHES

Crusader BOWLING

CRUSADERS PLACE THIRD, QUALIFY FOR STATE CHAMPIONSHIPS

February 12 – Hackensack, NJ – Paul Brignola led the Crusaders with a 619 series as BC placed third in the NJSIAA North Section I Bowling Championships.

Bowler	G1	G2	G3	Total
Paul Brignola	223	202	194	**619**
John DelJuidice	148	200	214	562
Ethan Gayam	169	135	154	458
Liam Chin	203	126	**236**	565
Justin Martin	203	135	192	530
Bergen Catholic	946	798	990	2734

Crusader BASKETBALL

DOWNTOWN

JULIAN BROWN BOMBS 9 THREES AS CRUSADERS SET JAMBOREE SCORING MARK AND ADVANCE TO SEMIFINALS

February 12 – Hackensack, NJ – Julian Brown went downtown, connecting on nine three-point field goals on Saturday in Hackensack. He and the Crusaders broke the one-week old record of 106 set by the Comets, scoring one more point as BC defeated Dwight Englewood School 107-66.

TEAM	1	2	3	4	TOT
Dwight Englewood	17	15	24	10	**66**
Bergen Catholic	30	23	20	34	**107**

Brown dropped in career high 9 three-pointers, though his 29 points fell short of his sophomore year career high of 32 (Jan 6, 2020 vs. SJR). It was the most three point baskets since Doug Edert dropped in eight vs. Dutchtown, GA (12/28/18).

Teammate, Brandon Benjamin (SO, FWD) added his own career high of 26 in the effort. Will Richardson (15 points) and Jalen Robinson (13 points) each broke double digits as well.

PLAYER	2PT	3PT	FT	PTS
Brandon Benjamin	12	0	2	26
Elias Espinosa	0	0	1	1
Will Richardson	3	2	3	15
Jalen Robinson	3	2	1	13
Julian Brown	1	9	0	29
Elijah Flournoy	3	1	0	9
David Munro	2	0	0	4
Austin Spencer	4	0	0	8
Tyler McQuaid	1	0	0	2

The Crusaders will take on Ramapo High School's Raiders in the semi-final round of the Jamboree. The Raiders won their semi-final game over Saddle River Day School 39-32. On the other side of the bracket, top-seeded Don Bosco Prep will take on Ridgewood High School. The Maroons upset St. Joseph Regional to advance. Both games will be played at Hackensack High School.

Crusader SKIING

THIS WEEK IN BC SKIING

PETRO MEMORIAL QUALIFIER

February 12 – Vernon, NJ – The Crusaders placed fifth overall at the Petro Qualifier Giant Slalom at Mountain Creek on Saturday.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Nathan Park	49.13	12	50.53	8	1:39.66	10
Christopher Kang	53.49	47	53.41	30	1:46.90	35
Nicholas Wheaton	55.46	70	56.36	56	1:51.82	57
Bourke Reid	54.65	62	57.35	66	1:52.00	57
William Dodds	56.95	84	58.16	73	1:55.11	72
Aiden Hickey	1:02		1:05		2:08.14	
TEAM					**7:10.38**	**5**

CRUSADERS PLACE THIRD IN GIANT SLALOM

February 11 – Vernon, NJ – The Crusaders placed fifth overall at the Petro Qualifier Giant Slalom at Mountain Creek on Saturday.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Nathan Park	30.94	5	31.66	6	1:02.60	5
Christopher Kang	32.96	16	34.52	20	1:07.48	15
Bourke Reid	36.09	30	38.31	39	1:14.40	31
Nicholas Napolitan	36.53	36	38.24	38	1:14.77	34
Nicholas Wheaton	38.07	42	38.89	43	1:16.96	39
William Dodds	DNF		39.78	49		
TEAM					**4:39.25**	**3**

CRUSADERS PLACE SIXTH IN GIANT SLALOM

February 10 – Vernon, NJ – The Crusaders placed fifth overall at the Petro Qualifier Giant Slalom at Mountain Creek on Saturday.

Name	Run 2		Run 2		Total	
	Time	Pl	Time	Pl	Time	Pl
Christopher Kang	34.38	23	34.89	12	1:09.27	12
Bourke Reid	38.25	39	40.68	43	1:18.93	35
William Dodds	39.49	44	41.05	45	1:20.54	40
Nicholas Wheaton	39.96	47	40.82	44	1:20.78	41
Nicholas Napolitan	DNF		41.18	44		
Nathan Park	32.13	5	DNF			
TEAM					**5:09.52**	**6**

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.

BIRDS OF THE WEEK

SHORE BIRDS AND SEA DUCKS

February 12 – Barnegat Light, NJ – So I'm talking to my mom, Kathy, about the "regular backyard birds" that my father wanted to see in our BOTW and she, of course, said, "Well I really like the more exotic birds." Hey Mom, so do I. But I like them all, but I definitely like the ones you don't see all the time, so this week is for Mom.

Brother Fagan and I travelled to Barnegat Light State Park on Long Beach Island on Saturday and had a terrific day. While we were hoping to see two "Lifers" (a Life Bird is a bird you identify/encounter for the first time in your life), we were happy with what we saw. (Oh, the birds we missed were a Thick-billed Murre and a female King Eider). There was a Razorbill that was spotted, but we missed as well So, what did we see???

Well, Mom, I'm not sure they are all the most exotic of species, but there are probably a number that you (and our friends who read this column). And they are not the kind of birds you go to the rain forest for, most are a northern birds that settle down on the Jersey Shore for more reasonable weather and conditions to find food…it's always about food. So clockwise, starting at 11:00, we have a flock of Brant. These are like smaller versions of the Canada Goose and they can motor. I bet you'll never guess where the 12:00 duck got its name. Actually, the duck was known as an "Oldsquaw" back in the day. The name was changed for obvious reasons.0

Herring Gulls are large, pale-eyed gulls. They are not afraid to compete for food with others. We were happy to see this White-winged Scoter, one of three scoters (Black Scoter, Surf Scoter) that frequent the Jersey Shores in winter. Among the rocks were three different sandpiper type birds, the Ruddy Turnstone, Purple Sandpiper and Sanderling. Northern Gannet is one of my favorite birds. These extremely LARGE birds flash a bright white when you see them off at a distance above the horizon. When you catch a glimpse of them in groups, they are often diving to the sea like missiles, fishing and diving as deep as 60′ below the surface. Harlequin Ducks are often a reason to go down to LBI. You are guaranteed to see them on the jetty, the trick is walking out far enough. Lastly pictured in the center is this Common Loon in winter plumage. This one had a nice crab meal as we watched him.

WEEKLY SCHEDULE – FEBRUARY 14-20, 2022

Tuesday, February 15, 2022				
Varsity Skiing	10:00am	N	States – Giant Slalom	Winter4Kids
Varsity Basketball	7:00pm	A	Paramus Catholic	Paramus Catholic
JV Basketball	5:30pm	A	Paramus Catholic	Paramus Catholic
Fr Basketball	4:00pm	A	Paramus Catholic	Paramus Catholic
Wednesday, February 16, 2022				
Varsity Bowling	9:00am	N	Team State Championships	Bowlero
Thursday, February 17, 2022				
Varsity Basketball	7:00pm	H	Don Bosco Prep	Hoehl Gymnasium
JV Basketball	5:30pm	H	Don Bosco Prep	Hoehl Gymnasium
Fr Basketball	4:00pm	H	Don Bosco Prep	Hoehl Gymnasium
Varsity Ice Hockey	3:00pm	A	CBA	Jersey Shore Arena
Friday, February 18, 2022				
Varsity Bowling	9:00am	N	Indiv State Championships	Bowlero
Saturday, February 19, 2022				
Varsity Wrestling	TBA	N	District Championships	Wayne Valley
Varsity Basketball	TBA	N	Jamboree vs. Ramapo	Hackensack HS
Sunday, February 20, 2022				
Varsity Wrestling	TBD	N	NJSIAA STATE CHAMPIONSHIP	Toms River
Indoor Track	TBA	N	New Balance Nationals	168th St. Armory-NYC
Fr Basketball	TBD	TBA	BCCA Frosh Tournament	TBA

Bergen Catholic High School

presents

LOUDER THAN WORDS

A Broadway Rock Review

FRIDAY, MARCH 11 – 7:30 PM
SATURDAY, MARCH 12 - 7:30 PM
SUNDAY, MARCH 13 – 3:00 PM

GENERAL ADMISSION $15
STUDENTS & SENIORS $12

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- Tips and Gratuities
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- Expert tour planning
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Who: Bergen Catholic High School

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

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All-Inclusive Price: $2,529 per student

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****$259 deposit secures your registration****
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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