TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusader BASKETBALL

CRUSADERS ADVANCE TO TOC SEMI VS ROSELLE CATHOLIC

March 15 – Toms River, NJ – The 2022 Basketball Season continued on Tuesday night with the Crusaders earning a 17 point win over Woodrow Wilson High School of Camden. BC has now won 7 games in a row dating back to February 19th when the streak started on a 77-69 victory over Ramapo in the BCCA Jamboree Semifinals at Hackensack High School.

As is the case at this part of the season, all teams are ready to play. The Tigers were able to give BC a solid run in the first quarter, but the guard play of Will Richardson (27 points, 4 rebounds, 5 assists, 3 steals) and Julian Brown (19 points, 3 rebounds, 3 assists, 1 block and 1 steal) were the difference in the Crusaders separating to a 30-17 lead at the half.

Bergen extended the lead to 21 after three quarters and cruised to the finish line with eyes set on a rematch with Roselle Catholic.

TEAM	1	2	3	4	F
Woodrow Wilson	11	6	19	16	**52**
Bergen Catholic	13	17	23	16	**69**

BC held a tremendous height advantage in the game with Terry Copeland (8 points, 7 rebounds) and Brandon Benjamin (4 points and 8 rebounds), but BC did not depend on the scoring from the twin tower sophomores as much as they normally do.

Elias Espinosa continued with his deadly outside shooting and consistent defensive play. Throughout the streak, and the season for that matter, his points seem to be many of the most timely and necessary in terms of maintaining and gaining momentum for BC.

Jalen Robinson had a big night for the Crusaders knocking down 6 points and grabbing three boards. Along with Elijah Flournoy, David Munro and Austin Spencer, the Crusaders continue to show the depth of their roster as they contribute key minutes throughout the games.

BC is fortunate to have a solid group of senior leaders to come off the bench in Gianluca Phelan, Austin Sargenti and Alex Wohlrab. All three have made this team a strong one and provided a glimpse into leadership required for players like Tyler McQuaid who saw some minutes on Tuesday as well.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	BLK	STL
Brandon Benjamin	2	0	0	**4**	8	0	1	0
Elias Espinosa	0	1	0	**3**	4	0	0	0
Will Richardson	7	3	4	**27**	4	5	0	3
Julian Brown	7	1	2	**19**	3	3	1	1
Terry Copeland	3	0	2	**8**	7	1	3	0
Elijah Flournoy	1	0	0	**2**	1	0	1	0
Austin Spencer	0	0	0	**0**	0	0	0	0
Jalen Robinson	2	0	2	**6**	5	0	0	0
David Munro	0	0	0	**0**	0	0	0	0
Gianluca Phelan	0	0	0	**0**	0	0	0	0
Austin Sargenti	0	0	0	**0**	0	0	0	0
Alex Wohlrab	0	0	0	**0**	0	0	0	0
Tyler McQuaid	0	0	0	**0**	1	0	0	0
TOTALS	22	5	10	**69**	33	9	6	4
OPPONENT	12	5	13	**47**	23	10	3	13

Crusader BASKETBALL

THANKS FOR A GREAT SEASON!

March 17 - Piscataway, NJ – For half a game, the Crusaders were the Crusaders, earning a three point lead at halftime (31-28) over the Lions from Roselle Catholic. Then the third quarter hit. All of a sudden, BC's shots did not fall and the Lions made everything go their way. And though valiant, a 29-point fourth quarter was not enough to close the gap and BC fell 76-64 in the TOC Semi-final.

TEAM	1	2	3	4	F
Bergen Catholic	17	14	4	29	**64**
Roselle Catholic	16	12	26	22	**76**

Julian Brown scored a game-high 28 points and Will Richardson added a dozen for BC. Bergen's bigs, Brandon Benjamin and Terry Copeland combined for 15 points and 15 rebounds, but St. Patrick's Day was not to be for the Crusaders.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	BLK	STL
Elijah Flournoy	2	0	0	**4**	2	0	1	1
Will Richardson	3	1	3	**12**	2	3	0	1
Jalen Robinson	0	0	0	**0**	1	0	0	0
David Munro	0	0	0	**0**	0	0	0	0
Julian Brown	9	1	7	**28**	2	3	0	4
Brandon Benjamin	3	0	3	**9**	8	1	0	3
Elias Espinosa	1	1	0	**5**	1	0	1	0
Terry Copeland	3	0	0	**6**	7	2	2	0
TOTALS	21	3	13	**64**	23	9	4	9
OPPONENT	27	0	22	**76**	43	9	2	6

The Crusaders completed an epic season. Congratulations to Head Coach Billy Armstrong and especially the seniors who made this such a tremendous success.

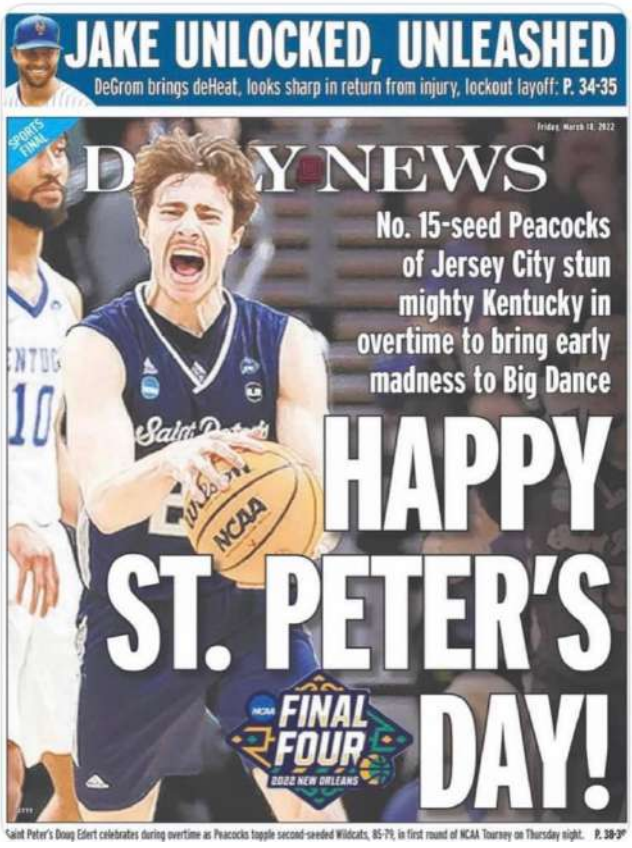
Crusader ALUMNI

THE COLLEGE BASKETBALL SCENE

March 17 – Indianapolis, IN – Doug Edert played a major role in lifting the Peacocks of St. Peter's University (Jersey City) to its first ever NCAA Tournament victory, 85-79 over #2 seeded Kentucky in the first round of the 2022 NCAA Basketball Tournament.

Edert scored 20 points which included 2 for 2 shooting from three-point range and 8 for 8 shooting from the free-throw line. He and his current teammates tip it off against Murray State at 7:45 pm on Saturday, March 19, 2022 on CBS. Don't just look for Edert if you're watching, though.

You might just see the Peacock's Director of Player Development/Recruiting Coordinator, Morgan Williams, a BC Alum, urging on the team from the bench!



Doug was a 1,000 point scorer while at Bergen Catholic teaming-up with future 1,000 point scorers Zach Freemantle '19, Matt Zona '20 and Will Richardson '22 to the 2019 Non-Public "A" State

Championship and a run to reach the finals in the 2019 Tournament of Champions.

Zona is currently playing with Notre Dame. The Irish defeated Rutgers at the buzzer in the play-in round and then upset Alabama on Saturday night. ND faces Texas Tech at 7:10 pm on TBS on Sunday, March 20.

Freemantle is currently contributing at Xavier. Xaview knocked off Cleveland State in their first round game on Tuesday and will play Florida on Sunday on ESPN at 1:00pm.

Let's not forget Gabe Stefanini. After completing his studies at Columbia (and losing basketball seasons to Covid-19), Gabe helped San Francisco earn a bid to the NCAA Tournament as well.

EDERT, PEACOCKS ADVANCE TO SWEET 16

March 19 – Indianapolis, IN – The dance continues for SPU who became the first New Jersey University to reach the Sweet 16 since 2000 when Seton Hall University advanced.

If you're in Philadelphia next weekend, tickets at the Wells-Fargo Arena start at $350+ to see the Eastern Regional Games.

Crusader ALUMNI

THE COLLEGE WRESTLING SCENE

SURIANO WINS 2ND NCAA TITLE, GRIFFITH TAKES SILVER AS 6 CRUSADERS COMPETE

March 17-19 – Detroit, MI – March 17-19, Detroit Michigan – Of all the schools in the country, only Blair Academy (NJ) has more wrestlers (7) than BC's six qualifying for the NCAA Division I Wrestling Tournament this year. Two of Bergen's best, Shane Griffith and Nick Suriano look to add their second NCAA Championship to their resumes and have won to reach the finals.

125 POUNDS: NICK SURIANO (20-0) – #1 SEED – Suriano dismissed all five of his opponents in order to win his second NCAA Title in three years. Nick became the first wrestler to win NCAA Titles for two different Big10 Schools (Rutgers and now University of Michigan). Nick was the first wrestler in Rutgers University history to win a National Championship, which he did in 2020. In his high school days, Nick was simply awesome going an unprecedented 159-0 in his four year career for the Crusaders. Individually, Nick won four Beasts of the East, four County's, four Districts, Regionals and State Championships, but in addition his teams won four state championship and one national championship. Congratulations to BC's All-Time Winningest Wrestler.

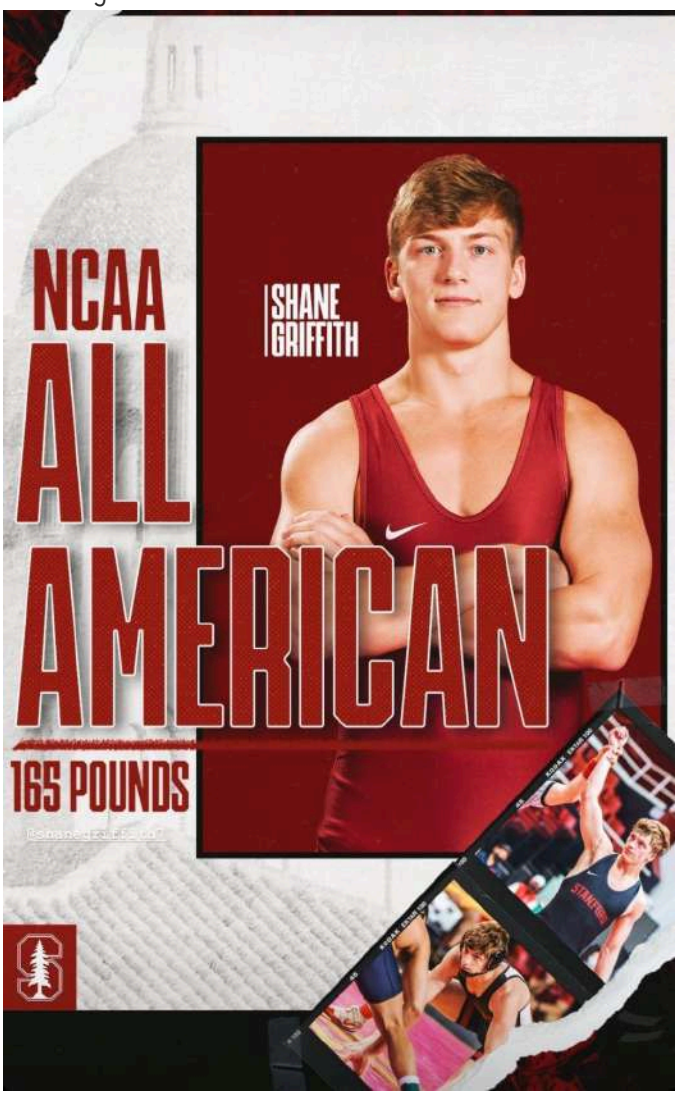
165 POUNDS: SHANE GRIFFITH (20-4) – #4 SEED – Griffith won his opening bout by Technical Fall and continued to defeat his three subsequent opponents en-route to the final. Leading most of the way, Shane lost by decision in the finals, earning a silver medal for the Cardinal. In over 100 years of Cardinal Wrestling, Shane became Stanford University's First-Ever-National Champion. The school was on the verge of cancelling the program, but Griffith's victory was so inspiring to Stanford Alumni, they raised in the 10's of millions of dollars to endow the program which is giving Shane this opportunity this year.

141 POUNDS: JOE ZARGO and DYLAN CEDENO – Zargo (Wisconsin) earned his first tournament win after losing his opening bout. He was eliminate in the second round of the

Consolation Bracket. Cedeno (Virginia) was unable to win a bout in Detroit.

174 POUNDS: CHRIS FOCA – Foca (Cornell) lost by decision in his opening bout, but earned his first tournament PIN in the consolations. He lost a decision in the subsequent bout.

197 POUNDS: JACOB CARDENAS – Cardenas (Cornell) lost his opening bout, but earned a MAJOR DECISION in his first wrestle-back. He was eliminate via sudden victory in the following round.



Congratulations to Coach Armstrong and Coach Bell on the current successes of your student-athletes. Your patience, commitment and care given to all of those you teach and coach is manifesting itself in outstanding ways not only on the hardwood and mat, but in family, church and society!

Crusader BASEBALL

March 17 – Tampa, FL – The baseball team arrived safely in Tampa on its way to IMG Academy where the Crusaders will scrimmage some of the top teams in the country while visiting the south.

The Regular season starts on April 1, 2022 as BC hosts Hun School of Princeton.

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.

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.

The Golden Rule

Love one another as I have loved you.

Traditional 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

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.

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.

PRAYER FOR PEACE (IN UKRAINE AND RUSSIA)

Lord Jesus Christ, who are called the Prince of Peace, who are yourself our peace and reconciliation, who so often said, "Peace to you," grant us peace. Make all men and women witnesses of truth, justice, and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace. May all peoples on the earth become as brothers and sisters. May longed for peace blossom forth and reign always over us all.
Amen

- Pope Saint John Paul II

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.

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.

Superman Grace Before Meals

We thank you Lord, for giving us food.
We thank you Lord, for giving us food.

And for our daily bread
When we need to be fed
We thank you Lord, for giving us food
Bum, bum, bum, bum, bum.

Addams Family Grace Before Meals

We thank you for this food, Lord.
For Mom and Dad and you, Lord.
We thank you for this food, Lord.
And for our family.
Duh, duh, duh duh. SNAP SNAP.
Duh, duh, duh duh. SNAP SNAP.
Duh, duh, duh duh. .
Duh, duh, duh duh. .
Duh, duh, duh duh. SNAP SNAP.

WEEKLY SCHEDULE – MARCH 21-26

Monday, March 21, 2022				
JV Baseball	4:00pm	A	Tenafly	Tenafly

Wednesday, March 23, 2022				
Fr Baseball	4:15pm	A	Montclair	Nishuane Field
JV Baseball	4:15pm	A	Montclair	Woodman Field
Varsity Baseball	4:15pm	H	Montclair	Breslin Field
Varsity Volleyball	4:15pm	H	PCTI	Hoehl Gymnasium
Fr Lacrosse	4:15pm	H	Summit	The Jack
JV Lacrosse	4:00pm	A	Summit	Upper Tatlock Field
Varsity Lacrosse	4:00pm	A	Summit	Investors Bank Field

Thursday, March 24, 2022				
JV Baseball	4:15pm	H	Fordham Preparatory	Breslin Field
Varsity Baseball	4:15pm	H	Fordham Preparatory	Breslin Field
Varsity Lacrosse	4:30pm	H	John F. Kennedy Catholic	The Jack

Friday, March 25, 2022				
Fr Baseball	4:15pm	A	Ramsey	Ramsey
JV Baseball	4:15pm	A	Ramsey	Ramsey
Varsity Baseball	4:15pm	H	Ramsey	Breslin Field
Varsity Volleyball	4:15pm	A	West Essex	West Essex

Saturday, March 26, 2022				
Fr Baseball	12:00pm	A	Indian Hills	Indian Hills
JV Baseball	12:00pm	A	Indian Hills	Indian Hills
Varsity Baseball	12:00pm	H	Indian Hills	Breslin Field

BIRD OF THE WEEK

THE INDIAN PEAFOWL

Pavo cristatus

March 20 – Hillsdale, NJ – Considering the drab, winter coloration of Jersey's state bird, the Eastern Goldfinch for this week's BOTW, I paused. Nope. THIS WEEK, that is not NJ's state bird. The state bird according to me is officially the PEACOCK (at least for just this week). I bet I could get a certain doctor, lawyer, a couple of classmates, a politician, a couple of "Run-Baby-Run" Teammates and now famous college basketball player to sign the petition. (They're all BC guys.)

But I can't really do it if I don't have a photo, can I?

NO.

Think.

Think.

I know I have one. I think it was when I was chasing those Black-bellied whistling ducks in Salem County, NJ. When was that? Thank God for E-bird! Ah… life bird #294, July 27, 2015. There they are. OK, now to my iPhoto Account. Only 88,000 photos to peruse…that job just got much easier. VOILA!

There is A LOT of pasture in that southwestern part of the state. Actually A LOT of NOTHING in that southwestern part of the state. This was going to be a bad trip (6 hours driving round trip) if these ducks weren't there. Thankfully, I saw this peacock in the middle of a field.

I know what you're wondering. No, I did not count it. This was clearly someone's bird, kept as a farm pet. So I took the picture and I'm glad I could share it.

As an alumnus of St. Peter's, watching Doug Edert and Morgan Williams and the team succeed has been a joy. It reminds me how lucky I am that my mom encouraged me (actually she drove me down to Glenwood Ave and Kennedy Boulevard in Jersey City) to register for classes. Had she not done that, my life would never have been as full as it has been. Thanks Mom.

By the way, I did see the black-bellied whistling ducks. I guess I have an idea for next week's bird now.

In 1758, Carl Linneaus assigned to the Indian peafowl the technical name of *Pavo cristatus* (means "crested peafowl" in classical Latin) in his work ***Systema Naturae***.

The earliest usage of the word in written English is from around 1300 and spelling variants include pecok, pekok, peacocke and peocock among others. The current spelling was established in the late 17th century. Geoffrey Chaucer (1343–1400) used the word to refer to a proud and ostentatious person in his simile "*proud a pekok*" in Troilus and Criseyde (Book I, line 210).

The Greek word for peacock was *taos* and was related to the Persian "tavus" (as in *Takht-i-Tâvus* for the famed Peacock Throne). The Ancient Hebrew word *tuki* (plural *tukkiyim*) has been said to have been derived from the Tamil *tokei* but sometimes traced to the Egyptian *tekh*. In modern Hebrew the word for peacock is "tavas". In Sanskrit, the peacock is known as Mayura and is associated with the killing of snakes. (https://en.wikipedia.org/wiki/Indian_peafowl)