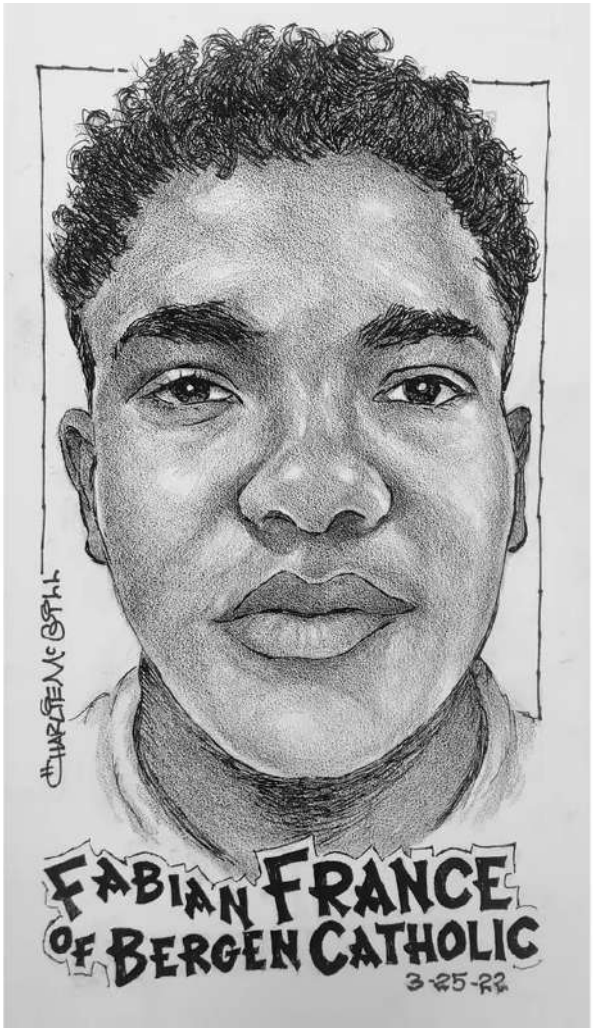
TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusader INDOOR TRACK

FABIAN FRANCE BECOMES BC'S FIRST NORTH JERSEY ATHLETE OF THE WEEK IN 2022!



For Charlie McGill's beautiful and historic artwork, please visit northjersey.com. Here is the link to his Fabian France sketch and the AOW article.
https://www.northjersey.com/story/sports/high-school/athlete-of-the-week/2022/03/24/bergen-record-male-athlete-week-fabian-france-bergen-catholic/7107143001/

March 11-13 – Staten Island, NY
Nike Indoor Nationals
55 meters – 6.35 seconds – 2nd Place
60 meters – 6.80 seconds -2nd place – All-American
https://ny.milesplit.com/meets/451216-nike-indoor-nationals-2022/results/790831#.YkJev27MI0d

March 11-13 – New York, NY
New Balance Indoor Nationals
55 meters – 6.32 seconds – 7th Place
60 meters – 6.77 seconds -6th place – Bergen County Record – All-American

Freshman Benjamin Shue threw 53 feet, 5 and one half inches to place 19th in overall in the Boys Shot Put.
https://ny.milesplit.com/meets/451197-new-balance-nationals-indoor-2022/results#.YkJgnG7MI0d

Crusader BASKETBALL

CRUSADERS FINISH #5 IN NJ

March 28 – Newark, NJ – The final NJ.COM state ranking has the Crusaders ranked as their #5 team. It was a tremendous season for BC as the team won the Bergen County, the Non-Public "A" North Sectional and State Championships. BC advanced to the

Tournament of Champions Semi-Final Round, falling to eventual champion Roselle Catholic.

The remaining Top 10 and the Top 20 opponents BC played were: #1 Roselle Catholic, #2, Camden, #3 Gill St. Bernard, #4 Trenton Catholic, #6 Rutgers Prep, #7 St Thomas Aquinas, #8 Don Bosco Prep, #9 St. Peter's Prep, #10 Hudson Catholic, #16 Red Bank Catholic, #19 Woodrow Wilson, #20 Ramapo.

This year marked another first for BC Basketball. ALL THREE TEAMS (FRESHMEN, JV, VARSITY) WON THEIR RESPECTIVE BERGEN COUNTY TOURNAMENT CHAMPIONSHIPS! Congratulations to Coach Armstrong and the entire BC Program for an exceptional year.

Ah, Doug!

March 27 – Philadelphia, PA – the glory of the SPU Cinderella Story ended as the men from Jersey City ran out of stones to throw at the massive Philistine.

At 6'2", BC's Doug Edert, played solidly, grabbing four rebounds and dropping in a pair of free-throws. He was guarded by UNC's 6'8 small forward.

From my vantage point, behind the basket on the SPU side of the Wells Fargo Arena, I was nervous when the Tarheels took the court and disappeared the Peacocks on the far end. It was like a total eclipse.

It is hard to draw comparisons between the two programs because there was just so much to contrast. I was moved to tears on Sunday. No, not after the game, but before it.

As I looked on the court, I was so grateful for my professors at SPC (we were just a college in those days) and the foundation provided so that I was able to return to BC and pursue my life's passion.

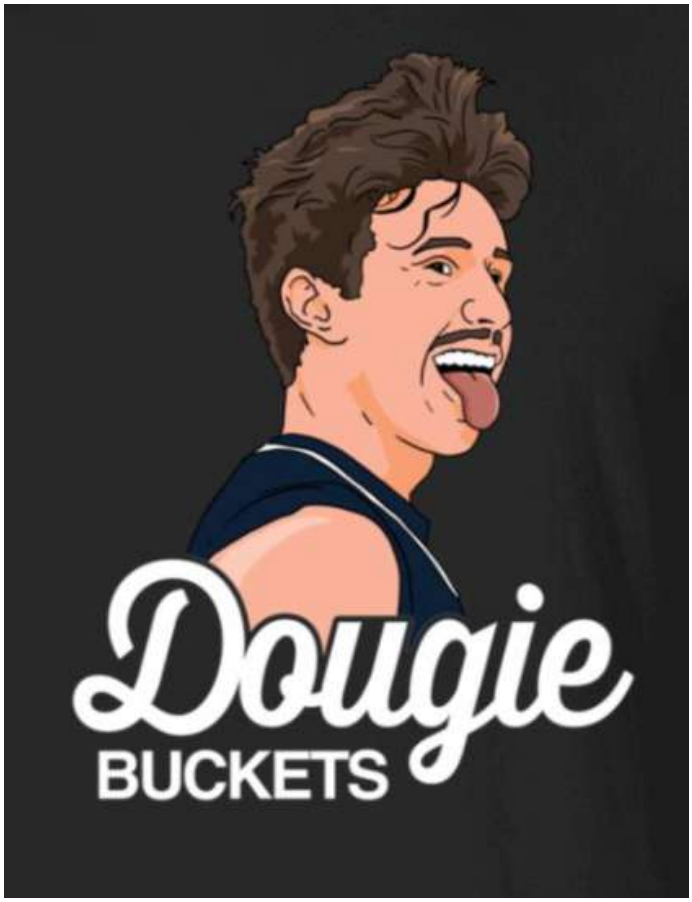
I thought of our little school, where many first generation Americans and first-generation college students get their starts in life. It is a place where so many go to work after classes, not knowing the luxury of living in dorms (though that is changing).

Despite a valiant effort for the entire 40 minutes, the game was decided in the first 5. There was no drama. This was the University of North Carolina Tarheels. They would not be denied. Their pep band and cheer teams appeared to have considerably larger budgets than St. Peter's Basketball Team as every Division I Athlete on those squads were the model of the perfect male or female.

This allowed me to share the story of this beautiful little school in Jersey City with the UNC faithful. They were so respectful throughout.

When the SPU Cheer Team and Dance Squad had their opportunities to perform, much of the base wearing Carolina Blue recognized the girls and cheered for their performances.

SPU had only four cheerleaders. The Dance Squad added about 8 more, making for a total of 12. We had our Peacock. The DJ played some dance music and the kids did their show. It was beautiful. No one goes to SPU expecting to have an opportunity to perform in front of 20,000 fans in a packed professional basketball arena.



No, this was special and thanks to Doug Edert, BC '19 and SPU Assistant Coach Morgan Williams, BC '14. Together with your coach and your team, you brought NJ together. You helped people dream all across the country. And, you enriched the lives of those 2,600 students in that little, hard-working university in Jersey City, named for the first pope, St. Peter.

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.

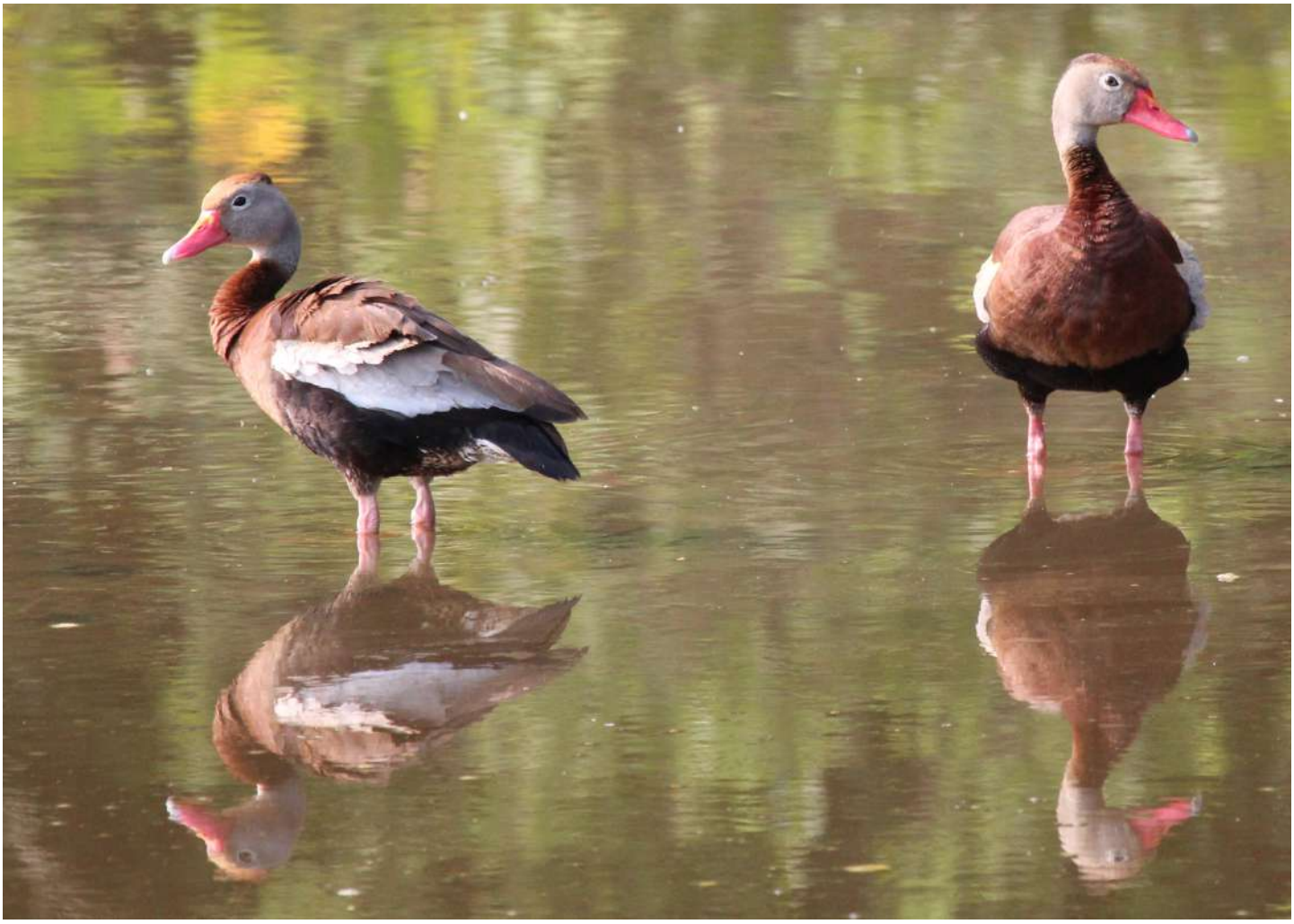
Addams Family Grace Before Meals

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.

BIRD OF THE WEEK

THE BLACK BELLIED WHISTLING DUCK

Dendrocygna autumnalis



July 27, 2015 - Quinton, NJ – Deep in the recesses of Salem County, NJ there is a muddy little creek in a town called Quinton. It was there, that I spotted my first Black-bellied Whistling Ducks. They're pretty aren't they. It was a long ride, but well-worth it. As I parked on a little gravelly parking lot at the side of the creek I remember seeing another distinct and impressive bird.

No, it wasn't a peacock! Is that all you people think about?

Actually it was a turkey vulture, somewhat, shall we say, homely. I mean with its bald red head and skulking shoulders and all. They are one of those birds only a mother could love, as they say. For whatever reason this TV (short for turkey vulture in some birder parlance) was moving toward me. Strange. They generally keep distance, but I guess he was hungry.

In any case, as he left me alone and I him, I was able to direct my sight to the creek where I saw these two handsome ducks. Infrequent visitors to the southern part of the state in summer time, they are really a southern duck who occur in south Texas and Louisianna, but mostly south of the US.

Oh, right. There was one other notable bird I saw on this trip. The Peacock. And while the Peacock's time as state bird (my personal designation) may now be officially concluded, it was glorious while it lasted!

OPENING WEEK FOR SPRING SPORTS – MAR 28-APR 3

TEAM/SPORT	TIME	H/A/N	OPPONENT	LOCATION/VENUE
Wednesday, March 30, 2022				
Varsity Lacrosse	4:00pm	A	CBA	CBA
JV Lacrosse	4:00pm	A	CBA	CBA
Varsity Tennis	4:00pm	A	Westwood	Westwood (scr)
Thursday, March 31, 2022				
JV Tennis	4:00pm	A	Bergen Tech	Van Saun Park (scr)
Varsity Tennis	4:00pm	A	Bergen Tech	Van Saun Park (scr)
Friday, April 1, 2022				
Varsity Volleyball	4:15pm	H	Bergen Tech	Hoehl Gymnasium
JV Volleyball	5:30pm	H	Bergen Tech	Hoehl Gymnasium
Varsity Baseball	4:15pm	H	Hun	Breslin Field
JV Baseball	4:15pm	A	Hun	Hun School of Princeton
JV Tennis	4:00pm	TBD	Mahwah	TBA
Varsity Tennis	4:00pm	A	Mahwah	Mahwah High School
Varsity Golf	9:00am	N	TBA	Heron Glen Golf Course
Saturday, April 2, 2022				
Fr Lacrosse	10:00am	A	Seton Hall Prep	Seton Hall Prep
JV Lacrosse	4:30pm	H	Archbishop Stepinac	The Jack
Varsity Lacrosse	3:00pm	H	Archbishop Stepinac	The Jack
JV Baseball	12:00pm	A	John F. Kennedy Catholic	John F. Kennedy Catholic
Varsity Baseball	12:00pm	H	John F. Kennedy Catholic	Breslin Field
Sunday, April 3, 2022				
Crew			Manny Flick #3	Philadelphia, PA