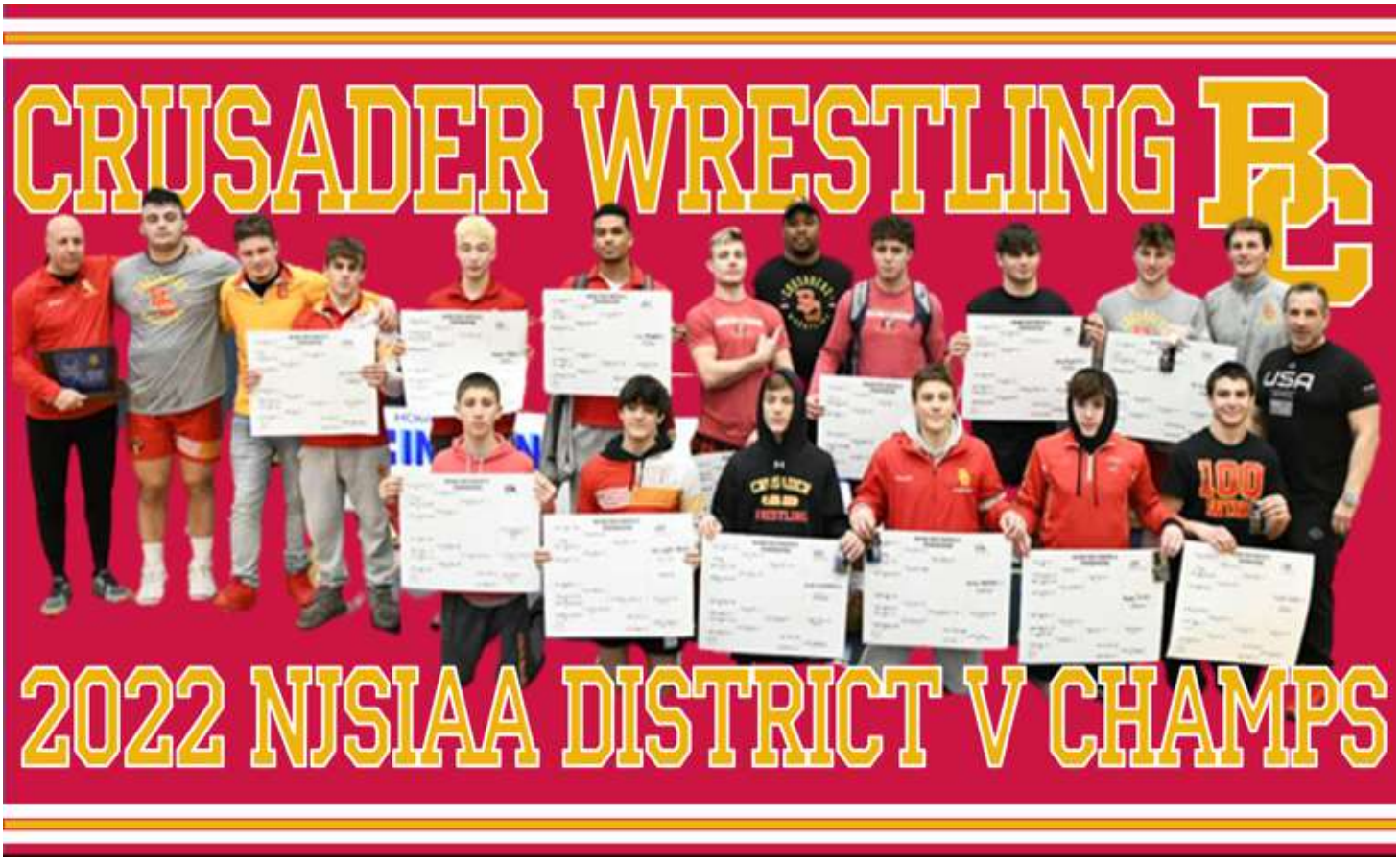
TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

CANGRO WINS 100TH

WRESTLERS TAKE 13 GOLDS

TEAM TAKES 32ND CONSECUTIVE DISTRICT TITLE



Crusader WRESTLING

February 19 – Wayne, NJ – The Varsity Wrestling Team added another chapter to its legendary volume by setting a state record: 13 Individual District Champions in one tournament. The last bout of the night, BC fell just short of perfection (a 2-1 defeat) to the wrestler who would become the evening's Most Outstanding Wrestler.

Needless to say, BC won the team title, their 33rd District Title and 32nd in a row dating back to 1990 (2021 there was no tournament due to the pandemic).

WT	NAME	FINAL
106	Brian Melamud	CHAMPION
113	Christopher Nucifora	CHAMPION
120	Noah Kochman	CHAMPION
126	Aidan Wallace	CHAMPION
132	Ryan Ford	CHAMPION
138	Joe Cangro	CHAMPION
144	Christopher Bacchioni	CHAMPION
150	August Hibbler	CHAMPION
157	Eric Broadie	CHAMPION
165	Nick Fea	CHAMPION
175	Justin Onello	CHAMPION
190	Remy Brancato	CHAMPION
215	AJ Fricchione	CHAMPION
285	Dominick Brogna	SILVER

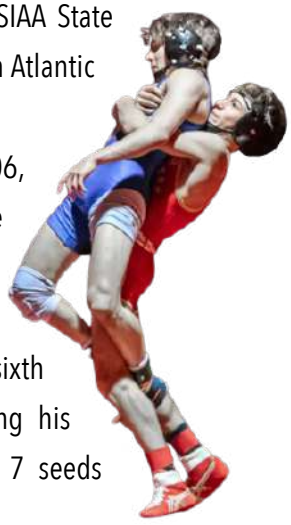
The Crusaders more than doubled the team points of second-place Clifton. Here are the final results:

BERGEN CATHOLIC	**348**
Clifton	168
Bogota	123.5
Garfield	97
Wayne Valley	95
Elmwood Park	55
Passaic	38
Fort Lee	20
Dwight-Morrow	0

REGIONAL WRESTLING

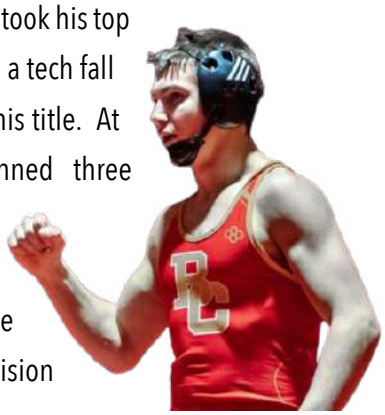
SEVEN CHAMPS AND 5 SILVERS ADVANCE TO ATLANTIC CITY

February 26 – Mount Olive, NJ – Twelve of BC's fourteen wrestlers have advanced to the NJSIAA State Tournament this coming weekend in Atlantic City.

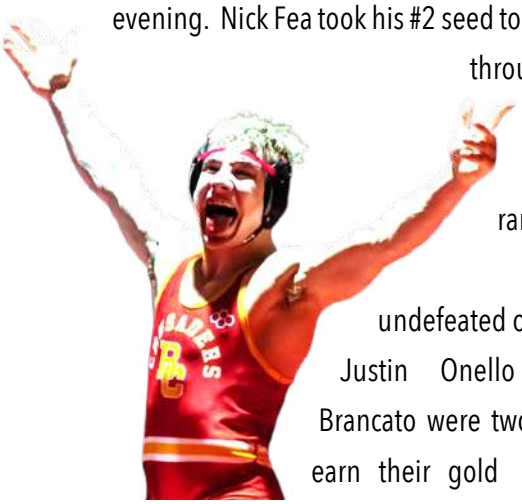


Brian Melamud led the way at 106, knocking off the top-seed in the finals in a battle of outstanding sophomores. Christopher Nucifora (113 pounds) made the most of his sixth seed, placing second and punching his ticket to AC, defeating the 3 and 7 seeds before losing in the final.

Aiden Wallace (126 pounds) took his top seed and ran the table, earning a tech fall and two decisions en-route to his title. At 132 pounds, Ryan Ford pinned three opponents to snag his championship and Joe Cangro won the Region II Title with a pin, a tech fall and a decision at 138 pounds.



Chris Bacchioni and Eric Broadie each earned silver at 144 and 157 respectively which led to the headline match of the evening. Nick Fea took his #2 seed to pin all the way through at 165, knocking off his top-ranked and previously undefeated opponent.



Justin Onello and Remy Brancato were two top seeds to earn their gold medals and upper weights AJ Fricchione (215) and Dominick Brogna (285) earned silver. Brogna's advance to the region finals was especially satisfying as he avenged his District V Final defeat in the semifinals with a 9-4 victory over his opponent.

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132	Ryan Ford	CHAMPION
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157	Eric Broadie	SILVER
165	Nick Fea	CHAMPION
175	Justin Onello	CHAMPION
190	Remy Brancato	CHAMPION
215	AJ Fricchione	SILVER
285	Dominick Brogna	SILVER

2022 STATE WRESTLING TOURNAMENT LIVE STREAM

Atlantic City – March 3-5 – If you can't make it to AC to see the state championships next weekend, NJ.COM will be streaming all the action on-line at this link: https://www.nj.com/highschoolsports/2022/02/watch-the-entire-2022-njsiaa-wrestling-championships-on-njcom.html

Crusader ICE HOCKEY

CRUSADERS FALL TO TOP-RANKED CBA IN GORDON CUP

February 15 – 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.

Crusader INDOOR TRACK

FABIAN FRANCE SETS NPA RECORD IN THE 55!

February 25 – Toms River, NJ – Fabian France ran the second fastest 55m time by a Bergen County runner accelerating to a 6.39 second dash in the 2022 Non-Public A State Championship at the Bennett Center this past Friday.

Fabian's time sets the Bergen Catholic High School record for the 55 meters as well.

BERGEN COUNTY INDOOR TRACK CHAMPIONSHIPS

New York, NY - February 16 – The following are the results from the Bergen County Indoor Track Championships.

Varsity - Top 6 Finishers

1st Place

Allan Hilton-Clarke -**High Jump** - 6-0 PR (tied) **16th in NJ**

Joe Griffith (52.1), Fabian France (53.2), Miles Suitt (52.4), Alex Shaia (51.4) **4X400** -All PR's **8th in NJ, 58th in US**

2nd Place

Fabian France - 200 Meter Dash - 22.7 PR **13th in NJ**

5th Place

Allan Hilton-Clarke - 55 Meter Dash - 6.65
Alex Shaia - 600 Meter Dash - 28.9

Other Varsity Results

55 Meter Dash

Steele Matthews - 7.1 29th
Nick Shortridge - 7.17 37th

200 Meter Dash

Steele Matthews - 24.7 32nd PR

400 Meter Dash

Miles Suitt - 53.18 10th PR
Joe Griffith - 53.29 11th PR

800 Meter Run

James Hughes - 2:14.85 21st
Nick Pesanello - 2:20.64 31st
Matt Marques - 2:21.52 34th

1600 Meter Run

Nick Pesanello - 4:49.40 8th PR
James Hughes - 4:49.43 9th PR
Matt Marques - 4:58.68 22nd PR

3200 Meter Run

Jacob Rodman 11:31.74 20th PR
Daniel Calianese 11:42.77 21st PR

55 Meter Hurdles

Josh Jung 9.64 38th

High Jump

Gabriel Beidleman - 5-4 8th

Long Jump

Gabriel Beidleman - 18-5 17th
Allan- Hilton Clarke - 16-6 26th

Triple Jump

Gabriel Beidleman 34-10.25 18th
Sean Coll 33-4 23rd

Shot Put

Justin King 42-11 12th
Sean Coll 36-10 26th
Jorge Pogue 35-7.5 27th

Pentathlon

Jason Lessieu
55 Hurdles 10.18 7th
High Jump 5-1.75 6th
Long Jump 18-02 5th

Shot Put 27-04.75 8th
1000 Meter Run 3:11.27 7th

Freshman

200 Meter Dash

Christian Choi 25.73 7th PR
Zion Suitt 28.98 37th
Alejandro Castro 29.06 40th
Thomas Santos 31.08 51st
Matthew Moya 31.79 53rd
Jay Zatrenne 37.23 60th

800 Meter Run

Thomas Santos 2:35.12 22nd
Daniel Calianese 2:38.73 27th

Freshman 4 X 400 - 425.15

Novice

200 Meter Run

Ryan Phelan 25.97 10th PR
William Self 26.67 17th
Grailin Simmons 27.05 26th
Jeremy Cammayo 29.41 59th
Mitchel Boateng 29.97 65th

Crusader BOWLING

BRIGNOLA, CRUSADERS SPARE NOTHING IN STATES

February 16 – Edison, NJ – The Bowling Team finished 29th out 421 teams that bowled in the NJSIAA Tournament earlier this week. Paul Brignola led the Crusaders and was 56th in states that qualified the top 100 kids of 1205 entered for states.

Crusader SWIMMING

BC SEASON ENDS AS 200 MEDLEY RELAY SETS SEASON BEST

February 21 – Neptune, NJ – The final score was not the desired result (BC 62 – CBA 108), but the day started on a positive note. Alex Rose, Christian Skaff, Andrew Mazzacano ad Gavin Perez set a new season-best for the 200 Medley Relay with a time of 1:45.90.

Doyee Kim took 1st in the 200 Free and 100 Back, Andrew Mazzacano won the 200 IM and Raymond Stelmark made a splash in the 500 Free.

Pl	Swimmer(s)	Time
Event: 200 Medley Relay		
2	Andrew Mazzacano, Doyee Kim, Alex Rose, Gavin Perez	01:37.7
6	Eric Kwon, Benjamin Vester, Harris Kinnear, Ricky Wright	01:49.4
4	Matthew Semelsberger, Jaden Lee, Ellias Garcia, Christian Skaff	01:44.4
Event: 200 Free		
4	Raymond Stelmark	01:48.7
1	Doyee Kim	01:45.3
6	Gavin Perez	01:53.1
Event: 200 Individual Medley (IM)		
1	Andrew Mazzacano	01:57.4
3	Alex Rose	02:02.5
6	Ellias Garcia	02:14.9

Event: 50 Free		
4	Jaden Lee	23.21
5	Christian Skaff	23.61
6	Ricky Wright	24.67
Event: 100 Fly		
2	Alex Rose	00:54.6
4	Jeremiah Tomioka	00:56.2
6	Ellias Garcia	01:01.1
Event: 100 Free		
4	Gavin Perez	00:49.8
5	Rhyse Ruffy	00:50.7
6	Christian Skaff	00:53.8
Event: 500 Free		
1	Raymond Stelmark	04:52.5
4	Matthew Semelsberger	05:04.8
6	Jeremiah Tomioka	05:13.1
Event: 200 Free Relay		
3	Rhyse Ruffy, Christian Skaff, Jaden Lee, Gavin Perez	01:34.4
4	Ellias Garcia, Benjamin Vester, Jeremiah Tomioka, Raymond Stelmark	01:38.3
6	Parker Day, John Tregidgo, Matthew Unanue, Enzo Yuen	01:55.2
Event: 100 Back		
2	Andrew Mazzacano	00:55.8
4	Eric Kwon	00:58.8
6	Rhyse Ruffy	01:04.4
Event: 100 Breast		
1	Doyee Kim	01:01.0
3	Jaden Lee	01:04.9
6	Benjamin Vester	01:09.2
Event: 400 Free Relay		
2	Alex Rose, Rhyse Ruffy, Andrew Mazzacano, Doyee Kim	03:16.9
4	Jeremiah Tomioka, Eric Kwon, Matthew Semelsberger, Raymond Stelmark	03:28.6

BEST TIMES OF 2021-2022

February 21 – Oradell, NJ – A list of BC's best times to date.

Date	Opponent	Swimmer(s)	Time
Event: 200 Medley Relay			
2/21/22	NJSIAA Tourney - CBA	Andrew Mazzacano, Doyee Kim, Alex Rose, Gavin Perez	1:37.70
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

ROBINSON'S 5 POINTS LEAD BC OVER PALADINS

February 23 – Hackensack, NJ – Cory Robinson scored four goals and added an assist to lead BC over Paramus Catholic in the opening round of the NJISAA Non-Public Championships. John Mustard added a hat trick and five points of his own.

	SCORING			
TEAM	**1**	**2**	**3**	**TOT**
PC	1	0	0	**1**
BC	1	5	5	**11**

Daniel Dmitrievsky (11 saves 1 GA) and Gavin Schornstein (2 SAV) combined for the victory

PLAYER	GOALS	ASSISTS	POINTS
Cory Robinson	4	1	5
John Mustard	3	2	5
Matt Desiderio	2	1	3
Declan Quinn	1	2	3
Matt Hughes	1	1	2
Matt Maglio	0	2	2
Antonio Arcaroli	0	1	1
Gavin Shoernstein	0	1	1
JT Verdino	0	1	1

The Crusaders now stand at 6-5-5 on the season and ranked #4 in NJ.

CRUSADERS TAKE ELEVENTH BCCA COUNTY TITLE

February 26 - Hackensack, NJ – It seems like only 36 years ago, I was a senior in high school, at Hackensack HS Gymnasium, watching my classmates win the 1986 Oscar F. Thompson Jamboree over Mahwah. Coach Chris "CJ" Donfield led the squad. I'm sure he would be so delighted to see his former student-athlete leading the Crusaders to their eleventh Jamboree title on that same court.

But this is 2022 and this Crusader squad avenged a pair of regular-season defeats to earn their biggest title to this point this year.

The return of Terry Copeland and the leadership of Julian Brown and Will Richardson ignited the Crusaders who blew past the Ironmen with a 22-8 second quarter. Brown and Richardson each led BC with 21 points and Copeland and Brandon Benjamin each contributed a dozen to help BC.

TEAM	1	2	3	4	TOT
Bergen Catholic	14	22	14	21	**71**
Don Bosco Prep	21	8	15	16	**64**

Elias Espinosa provided 5 points with his cool hand from the outside and sparked the second quarter run with an outstanding defensive play, forcing a 5-count turnover against the Ironmen.

PLAYER	2PT	3PT	FT	PTS
Brandon Benjamin	6	0	0	12
Elias Espinosa	0	1	2	5
Will Richardson	4	3	4	21
Julian Brown	8	0	5	21
Terry Copeland	6	0	0	12

BC ill open its NJSIAA Playoff run on Friday, Night, February 4, 2022 at Hoehl Gymnasium at 7pm.

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

IT'S ALL ABOUT THE JOURNEY

February 22 – Five Islands, ME – With time away from classes this week, I decided to pursue a bird. This is a RARE BIRD. The rarest I would chase. I drove to Poughkeepsie, NY where I watched my sons and two alumni who attend Vassar College (Dan Negron and Kyle Loughlin) competing in a collegiate lacrosse game. Afterwards, I chose a road less travelled. I drove six hours in the rain north to Bath, ME to look for a Steller's Sea Eagle. This is the bird, you may have heard about, that is the first ever recorded in the lower 48. It is an Asian bird, weighing twice as much as a Bald Eagle.

As I woke up early the next day, I took the 13 minute ride over to the bridge where it had been spotted on 2/19/2022 to wait and see. We had the Bird Alerts going. We had the GroupMe App loaded. Our binoculars were scanning tree tops as we shared stories. One gentleman taught high school aged young men, though it was in a prison environment. Convicted rapists, burglars, drug dealers and a couple of murderers were among his students.

They did not win a county basketball championship. They did not win a district wrestling championship. They did not set a record as the fastest kid in the history of their school. They were in jail.

We never saw the bird, but I share this picture of a boat I happened upon. It gave me pause to think: How truly blessed are we to have our freedom, to be able to gather at BC every day? How truly blessed was I to have the energy and will to pursue this bird and make it home safely?

I think of our Crusaders. Make the most of your days while you're at BC. You are in a truly blessed school. Relish in the pursuit of your dreams while you're here. When these short years are over, you will not get them back. Don't let them get away with dreams of tomorrow, for those dreams are made upon the memories you create today!

I'm so glad I went to Maine. I did not see my bird, but I can dream of seeing it another time, and I'll always have the experience and memories I made with those who stood on that bridge with me.

Read about this Steller's Sea Eagle here: https://www.nytimes.com/2021/11/05/science/stellers-sea-eagle.html