TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

STATE CHAMPS

BASKEBALL BRINGS HOME BC'S THIRD STATE TITLE THIS YEAR!

Crusader BASKETBALL

March 12 – Piscataway, NJ – BC avenged a regular season defeat to the Argonauts of Rutgers Prep to win the fifth basketball state championship in school history 66-54. The victory was the third team state championship, joining Football and Wrestling, this academic year.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	BLK	STL
Brandon Benjamin	7	0	1	**15**	14	1	5	3
Elias Espinosa	1	2	0	**8**	8	4	1	2
Will Richardson	2	3	1	**14**	3	4	0	1
Julian Brown	2	2	1	**11**	3	3	2	1
Terry Copeland	5	0	3	**13**	10	2	2	0
Elijah Flournoy	1	0	0	**2**	0	1	0	0
Austin Spencer	1	0	1	**3**	1	0	1	0
Jalen Robinson	0	0	0	**0**	0	0	0	0
Gianluca Phelan	0	0	0	**0**	1	0	0	0
Alex Wohlrab	0	0	0	**0**	0	0	0	0
Anthony Brown	0	0	0	**0**	0	0	0	0

Sophomore forward, Brandon Benjamin led the way for the Crusaders, playing a dominant game. He hit seven shots from the field, scoring 15 points total, grabbed fourteen rebounds, blocked five shots and stole three.

TEAM	1	2	3	4	F
Rutgers Prep	11	14	13	16	**54**
Bergen Catholic	14	18	15	19	**66**

Will Richardson (14 points), Julian Brown (11 points) and Elias Espinosa (8 points) all had outstanding games from the guard position. Sophomore Terry Copeland added a double-double with 13 points and 10 rebounds for the Crusaders.

TOURNAMENT OF CHAMPIONS

SEEDING

1-Camden (30-2)
2-Roselle Catholic (27-2)
3-Bergen Catholic (22-8)
4-Elizabeth (19-6)
5-Paterson Charter (31-1)
6-Woodrow Wilson (22-6)

TOC SCHEDULE

TUESDAY, MARCH 15

Quarterfinal round at RWJ Barnabas Health Arena

5-Paterson Charter vs. 4-Elizabeth, 5 p.m.
6-Woodrow Wilson vs. 3-Bergen Catholic, 7 p.m.

THURSDAY, MARCH 18

Semifinal round at Jersey Mike's Arena, 5 & 7 p.m.

SUNDAY, MARCH 20

Final round at Jersey Mike's Arena, 2 p.m.

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Crusader BASKETBALL

CRUSADERS WIN NON-PUBLIC "A" NORTH SECTIONAL TITLE

March 9 – Franklin Twp., NJ – Simply better. Every step of the way. Minute-by-minute, quarter-by-quarter, the Crusaders were simply better than anything the Ironmen could throw at them en-route to the school's eleventh NPA North Sectional Title in Franklin Township on Wednesday night. The Crusaders took a 69-57 victory over the Ironmen, that was not without its struggles.

TEAM	1	2	3	4	F
Don Bosco Prep	9	9	15	24	**57**
Bergen Catholic	11	15	18	25	**69**

The first quarter was between two prize fighters testing one another out, with BC holding a 2 point lead. Bosco would be a little more spirited throughout the second period

gaining a lead of 12-11 and 14-11, but the Crusaders responded and grabbed a lead at 16-14 which they would never relinquish.

Elias Espinosa dropped two three pointers throughout the course of the evening. His timely shooting (once in the first half and again in the second) always seems to be especially clutch and more often than not, forces opponents to call time out to regroup as it did in this game.

Julian Brown led the Crusaders in scoring, taking opportunities to drive to the hoop, but more importantly, knocking down 10 free throws when the Ironmen's hopes

were only pinned on fouling BC in the fourth quarter.

The play of BC's twin tower sophomores, Terry Copeland and Brandon Benjamin has been the one thing the Ironmen simply cannot contend with. Since Copeland's return, BC has been nearly unstoppable. The two combined for 24 points, 17 rebounds, 2 assists and Benjamin added four blocked shots for good measure.

The individual stat of the night was accomplished by Will Richardson however, who eclipsed Sean Banks '02 twenty-year old scoring record of 1,519 points. It was his thirteenth point (of 19), which came with 3:56 remaining in the third quarter, giving BC a 30-25 lead.

The Crusaders will look to make amends on a January 15th 70-64 defeat at the hands of Rutgers Prep. The two will tip it off in the NJSIAA Non-Public A State Final at Jersey Mike's Arena (The RAC) on Saturday, March 12th at 4:00pm following the Argonauts 63-60 victory over Red Bank Catholic.

PLAYER	2PT	3PT	FT	PTS	REB	ASST	BLK	STL
Brandon Benjamin	5	0	3	**13**	8	1	4	0
Elias Espinosa	0	2	0	**6**	1	0	0	0
Will Richardson	4	2	4	**19**	3	4	0	3
Julian Brown	5	0	10	**20**	6	3	0	2
Terry Copeland	4	0	3	**11**	9	1	0	1
Elijah Flournoy	0	0	0	**0**	0	0	0	0
Austin Spencer	0	0	0	**0**	0	0	0	0
Jalen Robinson	0	0	0	**0**	0	0	0	0

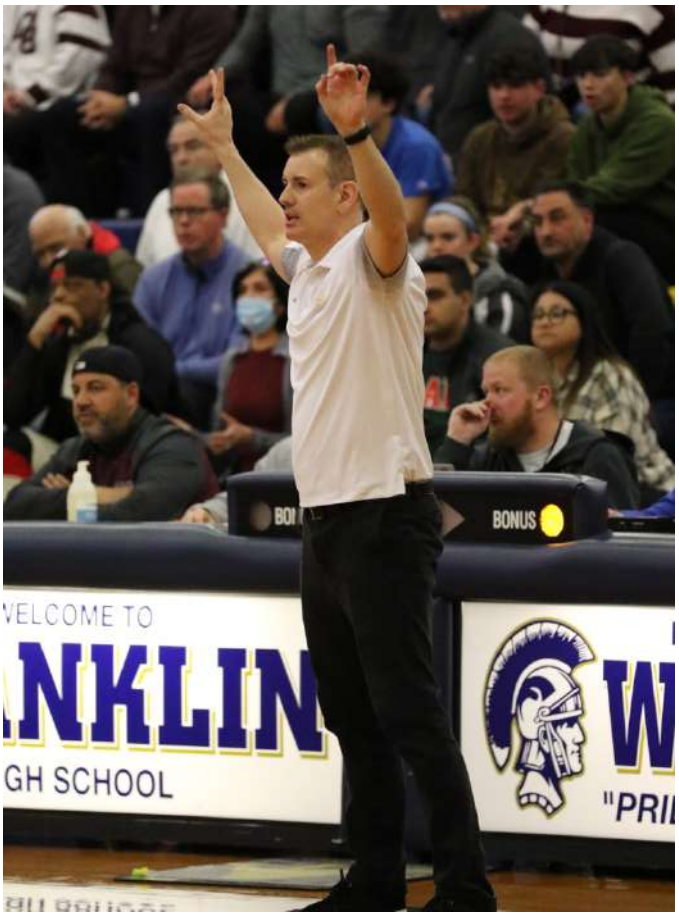
Crusader BASKETBALL

CRUSADERS TAKE DOWN PREP; ADVANCE TO SECTIONAL FINAL

March 7 - Oradell, NJ – Will Richardson and Julian Brown once again played like the top backcourt in the state, leading BC with 19 and 18 points respectively as the Crusaders defeated St. Peter's Prep of Jersey City.

TEAM	1	2	3	4	F
St. Peter's Prep	9	7	13	16	**45**
Bergen Catholic	15	11	19	17	**66**

Bergen opened a 6 point lead at the end of the quarter which grew to ten (26-16) at the half. The Crusaders were in control the whole way despite big men Terry Copeland (6 points, 4 rebounds) and Brandon Benjamin (14 points, 10 rebounds) dealing with foul trouble for much of the game.



Elias Espinosa contributed his normal three-pointer at a critical time in the game and Richardson had at least three dunks, two of which forced Marauder time outs as the Crazies celebrated.

PLAYER	2PT	3PT	FT	PTS	REB
Brandon Benjamin	6	0	2	**14**	10
Elias Espinosa	0	1	0	**3**	3
Will Richardson	9	0	1	**19**	2
Julian Brown	3	2	6	**18**	1
Terry Copeland	3	0	0	**6**	4
Elijah Flournoy	0	1	0	**3**	3
Joe Scrivanich	0	0	0	**0**	2
Austin Sargenti	0	0	0	**0**	1
Anthony Brown	1	0	0	**2**	0

For the fourth time this year, the Crusaders will face Don Bosco Prep. This time, the game will be in the NPA North Final at 7:00 pm at Franklin HS on Wednesday, March 9th at 7:00pm.

Crusader BOWLING

MARTIN, DELJUIDICE EARN ALL-COUNTY HONORS

March 7 – Oradell, NJ – Junior Justin Martin made his splash on the bowling scene this year, earning First-Team All-County Honors. The multisport athlete consistently bowled in the 200s, leading BC to a strong season. Senior John DelJuidice followed up a strong junior year campaign earning All-County Honors once again. This time, John was named to the Honorable Mention Team.

FIVE CRUSADERS EARN ALL-BNC UNITED HONORS

March 7 – Oradell, NJ – Five bowlers earned All-League Honors for the 2021-2022 Crusaders who finished second overall in the BNC United. Justin Martin, John DelJuidice and Liam Chin all earned First Team All-League. Paul Brignola was named Second–Team All-League and Ethan Gayam earned Honorable Mention. Congratulations to our bowlers on a terrific season!

Crusader INDOOR TRACK

FIVE CRUSADERS ACHIEVE ALL-BERGEN HONORS

March 8 – Oradell, NJ – Bergen Catholic is proud to announce members of the Indoor Track Team who earned All-County recognition. Fabian France and his sub 6.4 second 55 meter time earned first team all-county. France and his teammates, Mile Suitt, Joe Griffith and Alex Shaia earned first team honors in the 4x400 relay. Allan Hilton Clarke, BC's next great speedster, earned second-team All-Bergen in the 55 meters.

Congratulations to all of the team members and Coach Begen and his staff. Your daily commitment in practice helped to make these individual goals a reality.

Crusader SWIMMING

400 FREE RELAY SETS SCHOOL RECORD, PLACES IN STATE MEET OF CHAMPS

March 6 – 7 – Neptune, NJ – The Crusaders competed in the Individual State Meet of Champions and performed very well with one of its entries setting a school record.

The 400 Freestyle Relay of Gavin Perez, Doyee Kim, Alex Rose, and Andrew Mazzacano placed 6th with a time of 3:11.14 (which is a **new school record**!)

In addition to that, the Crusaders swam well in the 200 Medley Relay with Andrew Mazzacano, Doyee Kim, Alex Rose, and Gavin Perez, who placed 9th with a time of 1:37.00.

Perez also too 17th in the 200 Free (1:45.40) and 32nd in the 100 Free (49.38). Andrew Mazzacano placed 15th in the 200 IM (1:57.20) and 30th in the 100 back (54.53) . Alex Rose: 19th in the 200 Free (1:45.86), and 31st in the 100 Fly (53.59).

For All Results from the Preliminaries go to:
http://besmarttinc.com/NJSIAAChamps/202X/2022/Results/01-BoysP.pdf

For All Results from the Finals go to:
http://besmarttinc.com/NJSIAAChamps/202X/2022/Results/03-BoysF.pdf

Crusader HOCKEY

CRUSADERS EARN ALL-COUNTY HONORS

March 13 – Oradell, NJ – Bergen Catholic is proud to announce the following players named to the BCCA All-County Teams: **First Team:** Antonio Arcaroli (F), John Mustard (F), Byceon Lago (D), Matthew Desiderio (D); **Second Team:** Matt Huhges (F), Daniel Dmitrievsky (G); **Third Team:** Declan Quinn (F), **Honorable Mention:** Gavin Schornstein (G)

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 GREAT EGRET