TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

RUGBY COMES TO BERGEN!

May 1 – Oradell, NJ – First-year Coach made the dream come to life as BC's Rugby Football Club took on St. Anthony's from Long Island in what could only be described as a feast for the eyes. This is in large part because this reporter hasn't the faintest idea what was happening except for guys chasing after a ball, tackling each other, lateralling to one another, kicking the ball and doing scrums.

THE ORIGINAL KICKER IN BC RUGBY HISTORY

THE FIRST TACKLE IN CRUSADER RUGBY HISTORY

BC's FIRST SIDE-JUDGE

BC ALUM TIM DOWNEY – THE REF!

COACH HOGAN

J-NILES!

BEST FACULTY EVER!

WE DIDN'T HAVE ANY HOMEWORK THIS WEEKEND, DID WE?

SPORTSMANSHIP: A HALLMARK OF BC ATHLETICS

BY GEORGE, I THINK HE'S GOT IT!

READY OR NOT, HERE I COME!

Crusader TRACK & FIELD

SHUE PLACES THIRD AS BC SHOWS WELL AT PENN RELAYS

April 29 - Philadelphia, PA – Freshman Ben Shue broke his previous Freshman National Record of 192'3" with a throw of 193' at the Penn Relays. That throw was good enough for a third-place overall finish at the event.

The 4x100 meter relay team ran a time of 44.18, which was 106th best among teams, but the 4x400 ran extremely well, placing 40th overall with a time of 3:22.84.

Congratulations to all of the competitors at this weekend's event!

Crusader VOLLEYBALL

JUNG – BC'S KILLER VS. FL

April 27 – Oradell, NJ – Joshua Jung recorded a team-high 3 kills as BC fell to Fair Lawn's Cutters 0-2 on Wednesday. Jeongsoo Park set up with two assists on the day.

WALLS ASSISTS BC'S STRONG PERFORMANCE

April 29 – Bergenfield – Ian Walls created 5 scoring opportunities for his teammates with 5 assists on Friday against while BC fell to Bergenfield's Bears 0-2.

Crusader TENNIS

SONG WINS IN FIRST SINGLES

April 25 – Ridgewood, NJ – BC fell 2-3 to Ridgewood High School's Maroons on Monday in Ridgewood.
1st Singles Andrew Song won 6-3, 7-5
2nd Singles Phillip Saint Cyrus lost 1-6, 0-6
3rd Singles Christian Choi lost 3-6, 3-6
1st Doubles Brian song/Daniel Song won 6-2, 5-7, 6-4
2nd Doubles John DelJuidice /John Nalbadian lost 6–2, 2-6, 4-6

CRUSADERS CROSS BRIDGEMEN

April 27 – Fort Lee, NJ – BC defeated Fort Lee High School 4-1 on Wednesday.
1st Singles Andrew Song lost 3-4 retired
2nd Singles Phillip Saint Cyrus won 7-5 6-1
3rd Singles John DelJuidice won 3-6 6-3 10-6
1st Doubles Brian song/Daniel Song win 6-0 6-1
2nd Doubles Ryan Kim / Daniel Calianese won 6-1 6-3

SONG IS BRIGHT SPOT FOR BC

April 29 – Tenafly, NJ – BC defeated Fort Lee High School 4-1 on Wednesday.
1st Singles Andrew Song won 6-0, 6-2
2nd Singles Phillip Saint Cyrus lost 6-4, 0-6, 0-6.
1st Doubles Brian song/Daniel Song lost 4-6, 0-6.
2nd Doubles John DelJuidice /John Nalbadian lost 4-6, 1-6.

Crusader BASEBALL

CRUSADERS COMPILE 20 RUNS

April 25 – Wayne, NJ – (by David Polli '23) The Crusaders beat the Spartans in the first of a two game set with a football score, beating DePaul 20-5 in 5 innings.

Michael Gillen continued his great season with arguably his best looking performance so far. Gillen only allowed 2 hits through 4 innings and blanked the opposing bats. BC's bats did the opposite of getting blanked, belting 3 homers, 2 courtesy of Juan DeLaCruz and the other a Carsten Sabathia special.

The defense committing 0 errors and the hitters walking 14 times was a recipe for success as Bergen Catholic starts off a huge week on a great note.

BC DEFEATS DEPAUL BY 10

April 27 – Lyndhurst, NJ – (by David Polli '23) Bergen Catholic completes the sweep of school in Wayne, beating DePaul 14-4 in 5 innings. In their second bout.

The Crusaders continued to pile on runs with huge multiple hit days for Carsten Sabathia, Justin Batts, Jamie Zee, and Harrison Certo.

Jack Duffy threw the whole game for the Crusaders, setting a high school career high with 9 strikeouts. He hung

on late to complete the game moving his squad to 7-5 on the year.

The Scarlet and Gold look to extend their win streak to 3 against Pope John on a very short rest.

CRUSADERS TAME LIONS 5-4

April 28 – Lyndhurst, NJ – (by David Polli '23) An incredibly exciting heavyweight fight of baseball in the garden state ends with the Crusaders completing the hunt of the Lions with Bergen Catholic fighting away a rally from Pope John to win 5-4.

BC grabbed a 4-0 lead in the bottom of the first in a performance that lead Pope John to pull their starting pitcher, Marist commit Nicholas Buchman, after he failed to record an out through the first 6 batters of the Bergen lineup.

That gave BC's Alex Cavegn a head start to shove, blanking Pope John's quality bats through 3 innings. But the Lions hung on in the 4th inning, tying the game up at 4 even with only one run being earned off of Cavegn.

The errors for BC and timely hits for PJ had put the game at a stalemate until Carsten Sabathia hit a solo home run that still hasn't landed into right center.

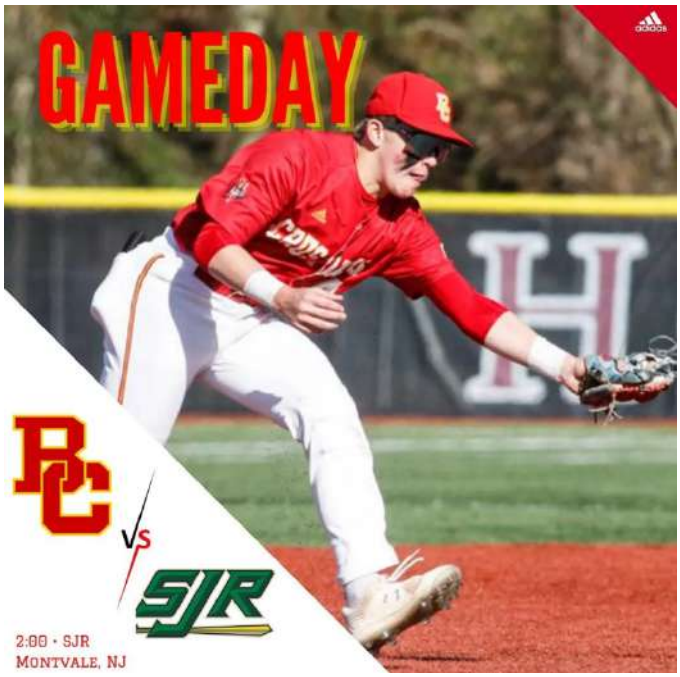
Couple that with 3.2 relief innings for sophomore Luke Dellentash earning the win and the Crusaders walked out of Overpeck Field in Ridgefield park victorious.

In addition to Sabathia, freshman Jamie Zee stayed hot with 3 more hits, a double being one of them.

Bergen moves to Saturday winners of their last 3, taking on rival St. Joe's regional in a true league test.

CRUSADERS SCORE 20 ON JOES

April 30 – Montvale, NJ – (by David Polli '23) The Jamie Zee show was live Saturday in Montvale, as the freshman phenom went 5 for 6 as the Crusaders pummeled the Green Knights through 7 innings 20-7.



Zee capped off a week to remember with a single game showing that included 6 RBI's, three doubles, and a dinger. The blazing hot 9th grader (with a sweet Spider-Man inspired double celebration) is 10 for his last 16 with 5 extra base hits and 7 runs scored in that span.

He wasn't the only Crusader who showed out though as Luca Reyes went 3-for-3 hitting and got hit by 3 more pitches on the day.

The Crusaders had a 6 run 3rd inning and a whopping 11 run 7th inning to propel them out in front for good.

Nick Martinez took the loss for Joe's, throwing 75 pitches in 2.1 innings walking 7 hitting another and allowing 9 runs, all earned, to cross the plate.

The Crusaders plate discipline was unreal as they were hit by 7 pitches and walked 12 times. The defense was fantastic as well with no errors being a simple recipe for success. Although the Green Knights lost, second baseman Angel

Colon gave them a 2 home run day as a silver lining showing heart and keeping his team in it until the end.

Nevertheless, the Crusaders won in dominant fashion for the 4th game in a row moving them to 9-5 and bringing the Green Knights to their home turf for their next game on Tuesday, May 3rd.

Crusader LACROSSE

MULLER'S HAT TRICK AND 3 ASSISTS LEAD BC OVER 'PO

April 26 – Oradell, NJ – The Varsity Lacrosse Team jumped out to a 6-2 halftime lead, and then hung on to a feisty Ramapo group for an 8-6 victory at the Jack.

Senior attackman, Nick Muller gave BC its first lead of the game with 1:07 remaining in the first quarter 2-1. It followed a Crispin Kaye (2-0) from Luke Macejka (0-1) score. Muller set up Jake Taromina for a pair of second quarter goals. Peter Pitrelli and Ryan McLoughlin each added assists on the day.

The Crusaders enjoyed strong goalie play from Dominick Pira who turned away 10 of 16 shots on goal.

IP TAKES BROTHER'S CUP

April 28 – Oradell, NJ – Brady Twomey, Crispin Kaye and Jake Taromina each scored two goals, but it was not enough to lift New York power, Iona Prep on Thursday.

Dan Sheppard won 5 of 10 faceoffs and Dominic Pira made 14 saves in the 9-7 decision. Nick Muller assisted on two goals, Richie Reid and Christian Gonzalez added assists and Brian Winters scored a goal for BC.

SCORING EFFORTS S PREAD AROUND ON SENIOR DAY

April 30 – Oradell, NJ – Nick Muller put up a goal and four assists as seven Crusaders scored goals on Senior Day vs. Calwdell. The Chiefs took a 14-7 decision on Saturday morning.

Richie Reid, Brady Twomey, John Mustard, Anderson Chang, Crispin Kaye and Brian Winters each scored a goal and Sean Irving added an assist.

Dan Sheppard won 10 of 15 face offs and Pat Cece won 5 face-offs while Dominic Pira made 9 saves.

Crusader GOLF

CRUSADERS PLACE SECOND AT ARCOLA INVITATIONAL

April 25 – Paramus, NJ – Liam White shot 74, good enough to tie for first in the Arcola Invitational on Monday. Ryann Applin shot 83, followed by Tommy O'Neil's 86, Nick Schwake's 89 and Adam Sincavage's 92 to score 332 overall, just two strkes behind champion Northern Valley Old Tappan.

BC TAKES IRON OUT OF MEN

April 26 – Emerson, NJ – The Crusaders defeated Don Bosco Prep 143-160 on Tuesday at Hackensack Country Club. Ryan Applin's 33 led the way. Tommy O'Neil shot 35, followed by Liam White 37, Adam Sincavage 38 and Nick Schwake (44) and Andrew Lama (48).

CRUSADERS EDGE RAMAPO

April 27 – Ridgewood, NJ – Tommy O'Neil's 37 led BC to a 169-170 victory over Ramapo Regional High School. The Crusaders played Ridgewood CC well as Ryan Applin (40) Nick Schwake (45), Liam White (47), Nikhil Sahu (49) and Adam Sincavage (50) all scored.

CRUSADERS CLIP CARDINAL WINGS

April 28 – Haworth, NJ – Ryan Applin shot 39, and Liam White, 40, leading BC to victory over Ridgewood 166-176 at Haworth Country Club. Adam Sincavage shot 43, Nick Schwake shot 44 and John Keyes shot 45 to lift BC. Nikhil Sahu recorded a 50 on the afternoon as BC improved to 15-0.

JV KNOCKS OFF HIGHLANDS

April 27 – Haworth, NJ – The JV Golf Team defeated Northern Highlands on Wednesday behind strong efforts from Jeremy Cammayo (42), John Keyes (46) and Andrew Lama (47). William Saracino (50), Mike Decastro (56) and Dylna Moondra (60) played well also as the team shot 185 overall to the Highlanders' 190.

HIGHLANDS RETURNS FAVOR

April 28 – Ramsey, NJ – The Highlanders returned the favor on Thursday, defeating BC's JV Golf Team by a score of 195-197.

Calvin Jung shot 46 to lead BC, followed by Andrew Byrne's 48 and William Calocino 49. Christian Ruocco, Erich Surovetz and Kevin Sweeney each shot 54 for BC.

Crusader CREW

BC ENTERS TWO BOATS AT GARDEN STATE CHAMPIONSHIPS

May 1 – Camden, NJ – Owen Ryan and Giacomo Dente placed third in their head in the Men's 1500 Meter Jr 2x with a time of 5:53.770. Their time was good enough for 6th overall in the 13 boat race.

In Race 34, Ed Stoker, Luis Sanatos, Alexander Georgiou and Ronan Howell combined in the Freshman 1500 meter 4x to place 6th in their heat with a time of 7:03.050.

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

A LIFER: THE LIMPKIN

Aramus guarauna

April 27 – Fort Myers – So glad I reviewed my pictures and took special note of this south Florida species. It became my 421st Life Bird and first for 2022.

The gangly, brown-and-white Limpkin looks a bit like a giant rail or perhaps a young night-heron. Its long bill is bent and twisted at the tip, an adaptation for removing snails from the shell. Limpkins are tropical wetland birds whose range reaches into Florida. They specialize in eating apple snails, which they hunt both day and night, and they often leave telltale piles of snail shells at the edges of freshwater wetlands where hunting is good. This bird's haunting cries, heard mostly at night, are otherworldly and unforgettable.

The name Limpkin purportedly comes from the bird's gait, which appeared to early European settlers as a limp, perhaps when pursued by hunters with dogs. At such times, the usually stolid bird gallops away at unexpectedly high speeds.

The outermost flight feather (primary) in Limpkins is sickle-shaped but broad at the tip, and is especially pronounced in males. This feather can be used to make a loud buzzing sound called winnowing when the bird flies, and this sound is apparently used to mark territory, even at night.

The Limpkin is the only member of its taxonomic family, Aramidae. Although it resembles herons and ibises in general form, the Limpkin is generally considered to be more closely related to rails and crane

(from https://www.allaboutbirds.org/guide/Limpkin)

TEAM	TIME	H/A/N	OPPONENT	LOCATION
MONDAY, MAY 2, 2022				
JV Golf	3:30pm		Old Tappan	Old Tappan GC
Varsity Golf	3:30pm		Glen Rock	Soldier Hill Golf Course
JV Tennis	4:00pm	A	Northern Highlands	Northern Highlands
Varsity Tennis	4:00pm	A	Northern Highlands	Northern Highlands
Fr Baseball	4:15pm	A	St. Joseph Regional	St. Joseph Regional
Varsity Volleyball	4:15pm	H	Indian Hills	Hoehl Gymnasium
JV Volleyball	5:30pm	H	Indian Hills	Hoehl Gymnasium
TUESDAY, MAY 3, 2022			-	-
Varsity Baseball	4:15pm	H	St. Joseph Regional	Breslin Field
Varsity Golf	3:45pm		Bergenfield	Knickerbocker Country Club
JV Golf	3:30pm		Ramapo	Hackensack Golf Club
Varsity Tennis	4:00pm	A	Don Bosco Prep	Ramapo College
JV Tennis	4:00pm	TBD	Don Bosco Prep	Ramapo College
Fr Lacrosse	4:15pm	A	Don Bosco Prep	Don Bosco Prep
Track and Field	3:30pm		BNC Championship	Paramus Catholic
Varsity Lacrosse	4:30pm	H	BCCA Tourney – Mahwah HS`	The Jack
JV Lacrosse	6:00pm	A	BCCA JV Tourney – Northern Highlands	Northern Highlands
WEDNESDAY, MAY 4, 2022			-	-
JV Golf	3:30pm		Don Bosco Prep	Spook Rock Golf Course
Varsity Golf	3:45pm		Northern Highlands	Haworth Country Club
Varsity Track	4:00pm	N	Big North Conference Championship	TBA
Fr Baseball	4:15pm	H	St. Joseph Regional	Haworth Memorial Field
JV Baseball	7:00pm	A	St. Joseph Regional	Breslin Field
Varsity Tennis	4:00pm	A	NV Old Tappan	NV Old Tappan
JV Tennis	4:00pm	A	NV Old Tappan	NV Old Tappan
Varsity Volleyball	4:15pm	A	Teaneck	Teaneck
JV Volleyball	5:30pm	A	Teaneck	Teaneck
THURSDAY, MAY 5, 2022			-	-
Varsity Golf	3:45pm		Pascack Hills	Haworth Country Club
Varsity Tennis	4:00pm	A	St. Joseph Regional	St. Joseph Regional
JV Tennis	4:00pm	H	St. Joseph Regional	Riverside County Park

TEAM	TIME	H/A/N	OPPONENT	LOCATION
THURSDAY, MAY 5, 2022			-	-
Varsity Lacrosse	6:30pm	A	BCCA	Northern Highlands
FRIDAY, MAY 6, 2022			-	-
Varsity Volleyball	4:15pm	H	Don Bosco Prep	Hoehl Gymnasium
JV Lacrosse	4:30pm	A	Delbarton	Delbarton High School
Fr Lacrosse	TBD	A	Connor Corish Tournament	Don Bosco Prep
Varsity Tennis	4:00pm	A	Clarkstown South (NY)	Clarkstown South
Varsity Volleyball	4:15pm	H	Don Bosco Prep	Hoehl Gymnasium
JV Volleyball	5:30pm	H	Don Bosco Prep	Hoehl Gymnasium
Varsity Golf	7:00am		Big North Tournament	Rockleigh Golf Course
Track and Field	TBD		BNC Championship	Clifton
SATURDAY, MAY 7, 2022			-	-
JV Lacrosse	10:00am	A	Summit	Tatlock Park Investors Bank Field
Varsity Lacrosse	TBA	A	BCCA	TBA
Fr Baseball	12:30pm	H	St. Peter's Prep	Breslin Field
JV Baseball	12:30pm	A	St. Peter's Prep	Lincoln Park Field #10
Varsity Baseball	12:00pm	A	St. Peter's Prep	Caven Point
Crew	All Day	N	City Championship	Philadelphia, PA
Fr Lacrosse	TBD	A	Connor Corish Tournament	Don Bosco Prep
Track and Field	TBD		Mercer Coaches Classic	West Windsor Plainsboro- North
SUNDAY, MAY 8, 2022			-	-
Fr Baseball	10:00am	A	Abington	University of Scranton
JV Baseball	12:30pm	A	Abington	University of Scranton
Varsity Baseball	3:00pm	A	Abington	University of Scranton