TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

RUGBY SCRIMMAGES TO VICTORY

May 3 – Katonah, NY – Aidan O'Malley scored on 2 tries (5 points each) and an conversion (2 points) and Rocco Sebastiani added a try as BC defeated Harvey School of Westchester County (17-15) in Rugby on Tuesday.

VARSITY TENNIS SLAMS SJR 4-1

May 5 – Montvale, NJ – The Crusaders defeated the Green Knights 4-1 on Thursday.

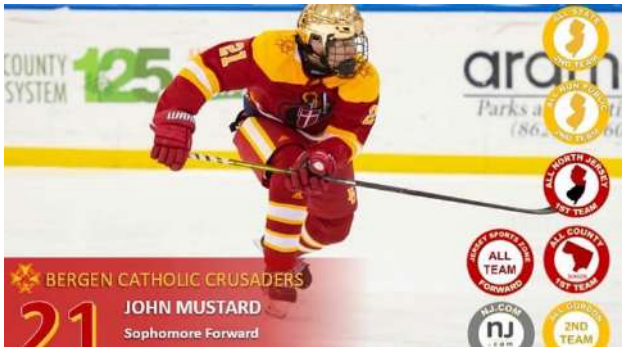
1st singles Andrew Song lost 3-6 2-6
2nd singles Phillip Saint Cyrus won 6-1 6-0
3rd singles Christian Choi won 6-1 6-4
1st doubles Daniel Song/John Nalbandian won 6-0 6-0
2nd doubles Daniel Calianese/Jordi Visser won 6-0 6-1

JV TENNIS OVER JOES 3-0

May 5 – Lyndhurst, NJ – The JV Tennis Team shut out SJR on Thursday 5-0.

MUSTARD GOES IN 1st ROUND

May 12 – Wayne, NJ – The New Jersey Hitman of the US Premier Hockey League selected BC sophomore John Mustard in the first round of the 2022 NCDC Draft. Mustard was the twelfth selection overall in a draft which spans 39 rounds.



Crusader TRACK & FIELD

SHUE BREAKS 53 YEAR OLD BC SHOT PUT RECORD

May 15 – Old Tappan, NJ – Benji Shue set another Bergen Catholic mark, throwing the shot put 59' 7" on Saturday at the Bergen County Championships. The effort defeats the old record set by Carl Barisich '69, who threw 59' 6.5" in 1969. Barisich is a BC Hall of Famer and the first Crusader football player who was drafted and played in the NFL.

CRUSADERS WIN COUNTY TITLE

May 15 – Old Tappan, NJ – Seven Crusaders won individual or relay county championships, leading BC to a 3 point victory over Don Bosco Prep in the 2022 BCCA Championships.

Here is a list of the champions followed by all BC results:

100M – Fabian France
200M – Fabian France
400M – Alex Shaia

4x400M Relay
4x800M Relay
Shot Put – Benjamin Shue
Discus Throw – Benjamin Shue

Men - E - Team Rankings - 18 Events Scored

1) Bergen Catholic HS 175
2) Don Bosco Prep 172
3) Paramus Catholic HS 132
4) St. Joseph Reg. HS 31
5) Dwight - Englewood School 24

Boys 100 Meter Dash E Finals

1 France, Fabian 12 - 10.75 10
4 Samuels, DJ 11 - 11.56 4
5 Hilton Clarke, Allan 11 - 11.60 2

Boys 200 Meter Dash E

1 France, Fabian 12 - 21.61 3 10
3 Porter, Quincy 9 - 23.37 2 6
5 Shaia, Alex 12 - 23.68 2 2

Boys 400 Meter Dash E

1 Shaia, Alex 12 - 51.22 2 10
4 Suitt, Miles 12 - 53.16 2 4
7 Dalgetty, Joshua 10 - 53.56 2

Boys 800 Meter Run E

6 Suitt, Miles 12 - 2:08.11 1
8 O'Rourke, Brendan 10 - 2:09.26
9 Pesanello, Nick 12 - 2:13.87

Boys 1600 Meter Run E

4 Rogers, Thomas 11 - 4:41.44 4
7 Pesanello, Nick 12 - 4:51.30
9 Garcia, Elias 10 - 4:57.03

Boys 3200 Meter Run E

4 Rogers, Thomas 11 - 10:13.66 4
6 Garcia, Elias 10 - 10:37.43 1
7 Marques, Matthew 12 - 10:40.19

Boys 110 Meter Hurdles E

3 Oliver, Tristan 10 - 16.08 6

Boys 400 Meter Hurdles E

5 Oliver, Tristan 10 - 1:00.72 1 2
10 Matthews, Steele 11 - 1:04.45 1
11 Phelan, Ryan 11 - 1:07.80 1

Boys 4x100 Meter Relay E

2 Bergen Catholic HS 'A' 43.41 8 (just 6 hundredths of a second behind Paramus Catholic)

Boys 4x400 Meter Relay E

1 Bergen Catholic HS 'A' 3:30.67 10

Boys 4x800 Meter Relay E

1 Bergen Catholic HS 'A' 8:34.05 10

Boys High Jump E

3 Oliver, Tristan 10 - J5-06.00 6

4 Hilton Clarke, Allan 11 - J5-06.00 4

6 Beidleman, Gabriel 11 - J5-04.00 1

Boys Pole Vault E

2 Bernik, Nick 11 - 9-06.00 8

3 Lopez, Oliver 11 - J9-06.00 6

Boys Long Jump E

7 Lessieu, Jason 10 - 19-02.50

8 Beidleman, Gabriel 11 - 19-00.50

Boys Triple Jump E

6 Lessieu, Jason 10 - 38-04.00 1

8 Beidleman, Gabriel 11 - 37-05.50

10 Pappas, Jimmy 11 - 34-07.50

Boys Shot Put E

1 Shue, Benjamin 9 - 59-07.00 10

2 King, Justin 11 - 44-07.50 8

4 Samuels, DJ 11 - 43-04.00 4

Boys Discus Throw E

1 Shue, Benjamin 9 - 184-06 10

2 King, Justin 11 - 126-07 8

8 Gallagher, Keegan 9 - 104-06

Boys Javelin Throw E

2 Coll, Sean 11 - 160-00 8

3 Barra, Nick 11 - 143-00 6

6 Aracena, Dantez 12 - 134-04 1

Crusader VOLLEYBALL

WALLS AND JUNG LEAD BC TO FIRST WIN OF SEASON

May 2 – Oradell, NJ – During a long season, it can be very difficult to keep focus and hope and as it goes on, there is a need for leaders to step up. BC had a whole team of leaders step up for Coach O'mar Minaya's Volleyball Team on Monday as the Crusaders earned their first victory of the season.

Ian Walls recorded 15 assists and Joshua Jung recorded a team-high 9 kills and added 7 digs. Jeongsoo Park earned 8 service points, leading BC in that category. Brian Mendoza recorded a team-high 9 digs and added 3 service points and 2 aces for the Crusaders.

Crusader TENNIS

CRUSADERS WIN 4 OF 5 FIRST ROUND SETS IN BCCA TOURNEY

May 11-14 – Old Tappan, NJ – The Crusaders got off to a good start in the 2022 BCCA Tournament. Here is who played:

1st Singles – Andrew Song – eliminated in first round

2nd Singles – St. Cyrus - won first round, eliminated in second round

3rd Singles – Christian Choi - won first round, eliminated in second round

1st Doubles – Brian Song and Dan Song - won first round, eliminated in second round

2nd Doubles – DelJuidice and Nalbandian – won first round, eliminated in second round

Crusader BASEBALL

CRUSADERS SPLIT SERIES WITH ST. JOSEPH REGIONAL

May 3 – Lyndhurst, NJ – (by David Polli) Bergen Catholic's 4 game win streak came to an end at the hands of rivals St. Joseph Regional 3-2.

This pitcher's duel came down to the wire as St. Joe's scored in the top of the 7th when the game was tied. Jack Duffy pitched brilliantly through much of the game.

Dellentash came in relief for 3.1 innings and only allowed one run. But that one came on a fielder's choice to second where the double play was unable to be made as the ball got stuck in the glove.

BC was unable to do anything in the bottom of the seventh, concluding the game. The Crusaders will take on Paramus Catholic, Monday.

REYES STARS AS CRUSADERS PUT UP A DOZEN ON PC

May 9 – Paramus, NJ – The Crusaders exploded with 8 runds in the third inning, to quickly dismiss Paramus Catholic on Monday. Luca Reyes had three hits and three RBIs including a homer and Zach Wasserlauf scored a pair of runs, pacing BC.

BC is now 13-6 overall and 8-4 in the Big North Conference.

CRUSADERS ADVANCE ON DUFFY'S SHUTOUT

May 11 – Lyndhurst, NJ – Juan DelaCruz had a triple and he and Mike Biskup crossed home plate as Jack Duffy shutout the Tenafly Tigers in the first round of the BCCA Tournament.

Duffy threw 93 pitches in his 2-hit, complete game shutout. The junior slinger is now 4-3 on the season with a 3.14 ERA.

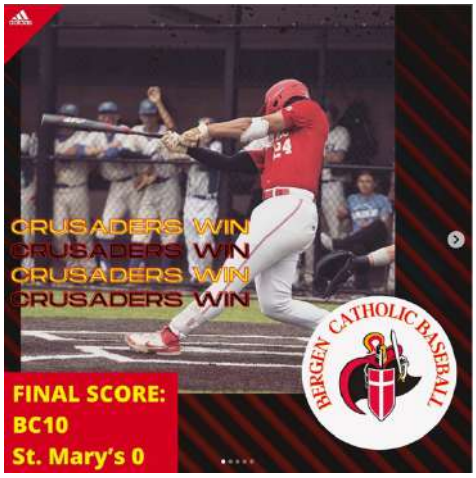
MERRILL AND BATTS HOMER AS CRUSADERS PUMMEL PC

May 12 – Lyndhurst, NJ – BC defeated Paramus Catholic 16-1 on Thursday. The Crusaders pounded out 15 hits, four doubles and the two homers as they scored four in the 1st, six in the second, two in the 3rd and four in the 4th.

Alex Cavegn earned the win for BC as he and starting pitcher Dhruv Vengurlekar each struck out a pair of Paladins.

CRUSADERS UPEND ST. MARY IN BCCA SWEET 16

May 14 – Rutherford, NJ – So much for having a higher seed. BC and St. Mary's battled for four scoreless innings until Crusader bats exploded for five in the fifth and five more in the sixth, invoking the mercy rule so the 7th need not be played. The 10-0 victory not only improves BC to 13-6 overall, but they advance to the Quarterfinal Round of the BCCA Tournament.



The Crusaders pounded out 10 hits and picked up 8 walks on their way to victory. Juan DeLaCruz had three hits, just missing the HR on his way to hitting for the cycle. Luca Reyes and Zach Wasserlauf each knocked in three runs apiece.

Luke Delantash opened the game for BC, throwing one inning of shutout ball, but Mike Gillen earned the win, going five innings and striking out 8.

Crusader GOLF

CRUSADERS IMPROVE TO 16-0

May 2 – Oradell, NJ – Tom O'Neill shot 37, leading BC to a 159-178 victory over Glen Rock HS. Liam White and Ryann Applin each shot 40, followed by John Keyes (42), Andrew Lama (43) and Jeremy Cammayo (46).

OOCH! 104 STROKE WIN

May 3 – Tenafly, NJ – The Crusaders defeated Bergenfield's Bears 160-264 at Knickerbocker. Ryan Applin's 37 led BC, followed by Nick Schwake (40) and John Keyes (41). Adam Sincavage, Nikhil Sahu and Jeremy Cammayo each shot 42. BC is now 17-0 on the season.

CRUSADERS DEFEAT NORTHERN HIGHLANDS

May 4 – Haworth, NJ – Tommy O'Neil's 34 led BC to a 150-165 victory over Northern Highlands Regional High School on Wednesday. The Crusaders played Haworth GC well as Ryan Applin (35) Liam White (39), Andrew Lama (42) Adam Sincavage (43) and Nick Schwake (44) all scored.

CRUSADERS RIDE BRONCOS TO 19th VICTORY

May 5 – Haworth, NJ – Tom O'Neill and Ryan Applin each shot 38 to lead BC to a 158-162 victory over Pascack Hills. Nick Schwake and Adam Sincavage each shot 41 as Liam White (43) and Andrew Lama (47) rounded out BC's field.

CRUSADERS WIN BNC DIVISION AND OVERALL TITLES

May 6 – Rockleigh, NJ – Tom O'Neill shot 71 to lead BC to the BNC United and Conference titles on Friday. Liam White shot 75, Nick Schwake tabbed 77 and Ryan Applin and Adam Sincavage each shot 79 to lead BC to a 302 overall score.

DIVISION DAY LIFTS BC TO 25-0

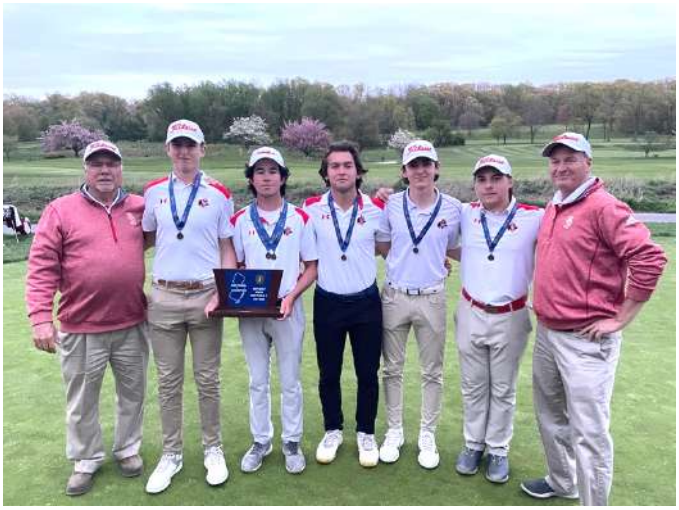
May 9 - Rockleigh, NJ – "What is a Division Day?" you may ask. Well, simply put, it is a simultaneous head-to-head match versus each of the teams in your division. For BC, that meant Don Bosco Prep, St. Joseph Regional Paramus Catholic and BC.

Tom O'Neill (38), Liam White (38) and Ryan Applin (39) all broke 40 to lead BC. Nick Schwake, Adam Sinicavage and John Keyes all shot 46 for the Crusaders. Final Team Scores were:

Bergen Catholic	**161**
Don Bosco Prep	165
St. Joseph Regional	176
Paramus Catholic	194
DePaul Catholic	203

CRUSADERS GOLFERS TAKE NON-PUBLIC A NORTH TITLE

May 10 - West Orange, NJ – The Crusaders won the 2022 NPA North Championship at Francis Byrne Golf Club on Tuesday with a team score of 312. BC edged Delbarton and Pingry (315 each), Don Bosco Prep (325), Oratory Prep (326), Dwight Englewood, St. Peter's Prep, Seton Hall Prep, DePaul Catholic and Pope John.



Tom O'Neil's 75 led the Crusaders. Liam White and Ryan Applin each shot 77. Nick Schwake registered an 83 and Adam Sincavage shot 86.

BC FINISHES WEEK WITH THIRD PLACE FINISH IN COUNTIES

May 12 – Oradell, NJ – Liam White shot 73 and Ryan Applin, 77 to lead BC. The team's 316 was good enough for third place in the 2022 Nassar Team County Championships.

Nick Schwake shot 81 and Adam Sincavage (85) and Tom O'Neil (86) rounded out BC's team.

Crusader LACROSSE

MULLER TAKES MATTERS INTO HIS OWN HANDS TO LIFT BC IN FIRST-ROUND COUNTY GAME

May 3 – Mahwah, NJ – The Crusaders found themselves in a 2-0 first quarter hole, but senior attacker, Nick Muller answered with two goals of his own to ignite a 5 goal second quarter against Mahwah's Thunderbirds.

Sophomores Jake Taromina, Anderson Chang and Crispin Kaye each found the back of the net in the second as well.

Muller would finish with 4 goals as he would score twice more in the fourth, while Taromina and Kaye would each pitch in a fourth period goal. Christian Gonzalez scored BC's lone third period goal.

Dom Pira made 3 saves and both Dan Sheppard and Pat Cece won 9 face offs.

MACEJKA'S THREE POINTS NOT ENOUGH FOR BC VS NH

May 5 – Allendale, NJ – The Crusaders found themselves in a 5-1 hole after the first quarter and things did not improve much in the second as they faced a 9-2 deficit at half. Luke Macejka recorded a pair of goals and an assist, but it was not enough as the Crusaders were eliminated 12-6 by Northern Highlands from the County Tournament on Tuesday.

RETURNING THE FAVOR

May 10 – Allendale, NJ – Luke Macejka, Nick Muller and each had two goals and Jack Taromina added a hat trick against Northern Highlanders as BC defeated the Highlanders on the road 10-6 in a NJILL Gibbs Division contest.

Pat Cece, Jack Tenaglia and John Mustard each pitched in a goal as well to pace BC.

Dom Pira earned the win for BC with 5 saves and Dan Sheppard and Cece each won 9 faceoffs.

TENAGLIA SCORES A PAIR

May 12 – Fairfield, CT – The Crusaders travelled to Connecticut to play at Sacred Heart University against one of the east's top programs, Staples HS.

Jack Tenaglia recorded a pair of goals, as did Nick Muller and Jake Taromina scored one for the Crusaders who dropped a 17-5 decision.

Muller now has 72 points on the season (26 goals and 46 assists). He currently has 114 points in his career.

TAROMINA'S HAT TRICK A HIGHLIGHT FOR BC VS. ST. A

May 14 – Oradell, NJ – St. Augustine Prep travelled from Richland, NJ to the Jack to take on the Crusaders. Sophomore lefty attackman Jake Taromina had a quite a day for himself racking up a hat trick for the game, his second in two games.

Luke Macejka scored a pair of goals and added an assist and Nick Muller scored for BC in the 14-6 defeat. Dom Pira gave a respectable effort, turning away 7 shots.

CLASS OF 2026 WELCOMED FOR PICNIC AND INTRO AT THE JACK

May 14 – Oradell, NJ – During halftime of the Bergen Catholic – St. Augustin Prep Lacrosse Game, a contingency of members of the incoming freshman class of 2026 took center stage.

Introduced by Vice President of Admissions, Mr. Matthew Rosa '08, the group took the field, waived to the crowd and then joined for a fantastic BBQ under the party tent in the main parking lot.

Summer Baseball Camp

REGISTER HERE: https://tinyurl.com/33pcnbeh

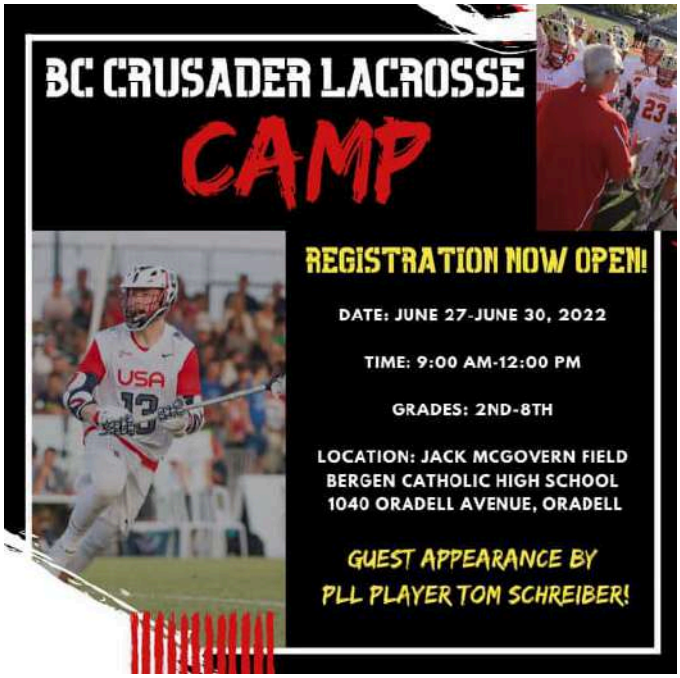
Summer Hockey Camp

CONTACT: tkeough@bergencatholic.org

Summer Soccer Camp

REGISTER HERE: https://tinyurl.com/5fbjjt3u

Summer Lacrosse Camp



REGISTER HERE: https://tinyurl.com/2hmr8nvx

Summer Football Camp

REGISTER HERE: https://tinyurl.com/nhhn62u3

Summer Tennis Camp

CONTACT: spark@bergencatholic.org

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

BIRDS OF THE MET

May 13 – New York City, NY – I was graciously inivited to escort Mr. Tedeschi's AP European History students to the Metropolitan Museum of Art.

While there, I enjoyed enriching myself, viewing ancient pottery, works of art and coats of armor from the Roman Empire in the centuries BC and early AD.

A number of renaissance painting told biblical stories and provided a perspective on early Christian life that our culture does not often consider.

We often may forget how difficult life was for people in those days as we belly-ache about how difficult our lives in the most privileged time period in man's history.

But that's for another time and place. This is about the birds. Toward the end of my self-guided tour (I put in about 6,500 steps) I came across some 18th century German art…birds!

I think my favorite is the magpie (located just between the mallards).