TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

NJSIAA TRACK & FIELD

SHUE WINS GOLD TWICE

SETS MEET RECORD

June 10-11 – Middletown, NJ – Freshman Benji Shue continued to dominate the field events in New Jersey, winning individual state championships in both the discus and shot put in the Non-Public A State Championships.

On Friday, Benji set a meet record with a throw of 198 feet 5 inches. That represents the longest throw in the state in 2022.

Saturday, he followed up by winning a second state championship, this time in the shot put, with an incredible throw of 60 feet, 9 inches. That is among the top 10 throws in the state for this spring season. Ben will continue toward the state Meet of Champions next week.

The Crusaders also won the 4x100 meter Relay at the State Championship. Fabian France is pictured above bringing home the title.

There were a number of outstanding efforts at the meet. Here are some of the highlights and qualifiers for the MOC:

100 Dash

Fabian France, 10.5 - 2nd

Logan Casey, 10.96 - 4th

200 Dash

Fabian France, 22.13- -2nd

400 Dash

Alex Shaia, 50.81 - 7th

4x100 Relay

Team - 41.93 - 1st

4x400 Relay

Team - 3:29.65 - 6th

4x800 Relay

Team - 8:32.54 -, 5th

Discus

Benjamin Shue, 198-5 - - 1st

Shot Put

Benjamin Shue, 60-9 - 1st

Javelin

Sean Coll, 156-1 - - 4th

Nick Barra, - 149-6 - - 7th

Crusader LACROSSE

A Message From the Athletic Director, Mr. Brendan McGovern

We are pleased to announce that Mr. Ric Beardsley has been appointed Bergen Catholic's Head Lacrosse Coach. Coach Beardsley brings a wealth of knowledge and experience to the Bergen Catholic Lacrosse Program. He was an extremely accomplished player in both high school and college. In High School, Coach Beardsley was a 2-Time All-American, a 3-Time All-Section 1, and a 4-Time All-League Section 1 player. He was Team Captain of the 1992 USA U-19 World Championship Team. After High School, Coach Beardsley went on to Syracuse University where he was a 4-time All-American and 2-Time National Champion. He played for 2 years in the Major Lacrosse League followed by 4 years in the National Lacrosse League.

Coach Beardsley comes to us after a very successful tenure as the Head Lacrosse coach at Christian
Brothers Academy in Syracuse, NY. While at CBA, he oversaw a Top 5 program in Section 3 where his teams won a Class D NY State Championship and two Section 3 Class D Championships. After his first season at CBA his teams never finished outside of the Top 10 in the final state rankings.

We look forward to Coach Beardsley continuing to develop our program as we strive for greatness on and off the field. His passion for the sport of lacrosse and his players was clearly evident throughout the process and we are excited for him to begin fostering relationships with our student-athletes.

NJSIAA BASEBALL

CRUSADERS ADVANCE BEHIND STRONG HITTING, PITCHING

May 31 – Lyndhurst, NJ – (David Polli '23) - The opening round of Bergen Catholic's state postseason run started at Breslin Field as the Crusaders hosted the 11-13 Paladins of Paramus Catholic. Jack Duffy took the mound Tuesday facing off against PC's Mike Konopka. Duffy used a seven-pitch, zero-run first inning to open the door for a 5 run bottom of the 1st for BC.

Some more were added on with 1, 1, and 3 from the Crusaders and 1 each in the 3rd and 4th for the Paladins.

BC led 10-2 through 6 innings of play and Dhruv Vengurlekar sealed the game for the Crusaders in the top of the 7th.

It was a great win for the 7th seeded Crusaders as they move on to the next round of the state tournament to face #2 seed, Seton Hall Prep on Friday.

LATE CRUSADER RALLY COMES UP JUST A LITTLE SHORT

June 3 – West Orange, NJ – The Crusader season ended on Friday as Seton Hall Prep opened an early lead that BC couldn't quite catch up to.

The #2 seeded Pirates scored three in the second and a pair in the third to open a 5-0 lead over BC. The Crusaders never-say-die attitude responded with a run in the fourth and two in the seventh, but the team ran out of innings.

Luca Reyes drove in two runs for BC and Zach Wasserlauf reached base safely three times (1 hit, 1 walk, 1 hit by pitch).

Luke Dellentash struck out six Pirates and yielded no runs over 3 innings. Stanley Moreno efficiently worked an inning with just 5 pitches and striking out one. Mike Gillen took the loss, yielding 5 runs (3 earned) while striking out 1.

Mike Biskup, Juan DelaCruz and Wasserlauf each scored a run for BC (17-9).

Crusader BASEBALL

BIG NORTH CONFERENCE BASEBALL ANNOUNCED

First Team

Luca Reyes, Juan Delacruz, Mike Gillen

Second team

Carsten Sabathia, Jamie Zee, Jack Duffy , Justin Batts

Honorable Mention

Zach Wasserlauf, Nick Stavros

Crusader TENNIS

TENNIS ALL-BERGEN-COUNTY

Second Team

Brian Song and Daniel Song - Doubles

Third Team

Andrew Song - Singles

BIRD OF THE WEEK

LITTLE BLUE HERON

June 5 – Ocean City, NJ – You know how you just have that *ONE BIRD* that you can't photograph enough? OK, you probably don't, but I do.

It is the Little Blue Heron and every time I see one, I am just hoping to get the most perfect light in order to catch all of the cobalt, and purple and reddish-blue hues that can be found in this beautiful bird.

On Sunday, I was able to spend some time with my good friend, Br. Fagan, and we travelled to the Ocean City Visitor Center. If you are travelling to Cape May County and you're interested in a wide variety of majestic birds, it is QUITE the place to go.

This was one of three LBHEs that we saw. As you may be able to see, this bird is carrying nesting materials as at least a pair continually made runs from the ground to the canopy where they hope to create a safe nesting site for a brood.

Whether you have young kids or older kids, you will likely enjoy seeing the following birds:

1. Great Egret
2. Snowy Egret
3. Glossy Ibis
4. White Ibis
5. Black-Crowned Night Heron
6. Yellow-Crowned Night Heron
7. Little Blue Heron
8. Tri-Colored Heron
9. Boat tailed Grackle
10. Red-Winged Blackbird
11. Clapper Rail
12. Laughing Gull
13. Herring Gull
14. Northern Cardinal

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.