TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

SURFS UP FOR JV FOOTBALL:

BC DEFEATS DELBARTON 28-12

September 12 – Oradell, NJ – Mujahid Russell scored two touchdowns and John Morris added one of his own to lead BC to a 28-12 victory over Delbarton School at the Jack on Monday afternoon.

Russell opened the scoring for the Crusaders at the 5:41 of the 1st Quarter. Peter Vafiadis was four for four on PATs.

Quarterback Nigel Jennings was solid, leading the Crusader offense consistently down the field with clean decision-making and athleticism. Whether running, deciding to hand off or throwing, Jennings was a triple-threat on the field.

Andrew Boakye sealed the victory with a 4th quarter interception that he returned over 50 yards and almost to the endzone.

Above, Mr. Finn supporting the Crusaders as usual. On the left, John Morris pulls in a Jennings pass to put the Crusaders up 20-6 in the second quarter.

Ben Carey (66) pursued to the far side of the field to run down this Delbarton ball-carrier. Jaiden Sinclair (10) finishes off the ball carrier and Boakye (85) is there as well.

Justin Hoeffler was very difficult for the Wave to block, sacking the Delbarton quarterback on this play and a number of others.

TEAM	1	2	3	4	FINAL
DELBARTON SCHOOL	0	6	6	0	12
BERGEN CATHOLIC (1-0)	7	14	7	0	28

HARMKE HOLDS L'VILLE AT BAY AS BC FROSH MAKE CLAIM AS "BIG RED"

September 10 – Lawrence Township, NJ – On Saturday afternoon, the Crusader Freshman Soccer Team won 7-0 at the Lawrenceville School. Goalkeeper Tommy Harmke made 9 saves, keeping the Big Red from lighting up their side of the scoreboard.

James Melia scored twice for the Crusaders. Other goal scorers were Drew Coyne, Ethan Herrera, Owen McAuley, Jace Morales, and D'Angelo Tavarez.

Melia also led BC in assists with a pair as Coyne, Quinn Caulfield, Saif Khan, Ben Calderon and Jonah Kim all played the role of set-up men.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (2-0)	-	-	7
LAWRENCEVILLE PREP (1-0)	-	-	1

CRUSADERS BRING AN OLD ADAGE TO LIFE VS. CLIFTON

September 13 – Oradell, NJ – Many in my generation know that "Like kissing your sister" means something that is perfunctory, without much pleasure. The saying "like kissing your sister" has been cited in print since at least 1892. Since at least 1918, it applied to drinks without alcohol.

Well, for BC and Clifton, it was a tie that brought that phrase to fruition on Tuesday at the Jack as they fought tooth-and-nail to a 1-1 draw. Javier Torres gave the Crusaders an early lead when Sebastian Ortega set him up in the first half.

The Mustangs were able to tie the match in the second half, so 80 minutes into play, the game was tied. After two, ten minute overtime periods, the teams could not unknot themselves resulting in the perfunctory smooch.

Kyle Tencza made 7 saves in the effort. BC generated six shots on the Clifton goal.

TEAM	1	2	OT1	OT 2	FINAL
#15 CLIFTON (1-0-1)	0	1	0	0	1
#18 BERGEN CATHOLIC HS (1-1-1)	1	0	0	0	1

JV FALLS TO CLIFTON 0-3

September 13 – Clifton, NJ – The JV Soccer Team suffered its first defeat of the season to CLIfton's Mustangs.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (0-2-1)	-	-	0
CLIFTON	-	-	3

MELIA AND WATERMAN SCORE AS FROSH SOCCER WINS BIG IN CLIFTON

September 12 Clifton, NJ – James Melia (2G, 1A) and Aiden Waterman (1G, 3A) recorded five points apiece to lead BC's offense past Clifton on Monday afternoon. The Team won 8-0 over Clifton's Mustangs, improving their record to 3-0.

Damon Arpacilar and Saif Khan each scored a goal and an assist for BC. Benjamin Calderon, Jace Moralez and D'Angelo Taverz all scored goals for BC while Andrew Coyne and Jonah Kim played the role of set–up men.

Thomas Harmke made 3 saves, recording his first shutout.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (3-0)	5	3	8
CLIFTON HS	0	0	0

ROGERS PLACES, WHITE SCORES

September 13 – Mahwah, NJ – BC finished second overall to Don Bosco Prep in the Big North United Batch Meet on Tuesday. Senior Tom Rogers ran well, finishing with a time of 17:17 while classmate James Hughes beat his Saturday mark with a time of 17:36.

After winning his freshman meet in the opener on Saturday, Markus White was called up to the varsity, where he placed11th overall! It was a big step for a youngester who moved up from orunning the 2900 meter race on Saturday to the 5000 meter race on Tuesfday. Congratulations on an exciting start to your career, Markus! Here are BC's Varssity results:

PLACE	RUNNER	TIME
2	Thomas Rogers	17:17
4	James Hughes	17:36
9	Elias Garcia	18:31
10	Brendan O'Rourke	18:37
11	Markus White	19:06
14	Jacob Rodman	20:07
17	John Nalbadian	20:21

Aiden Pacheco, Daniel Calianese, Christian Choi, Andrew Byrnes, Matthew Geraghty and Jackson Vonderhorst all ran well in the varssity race for BC.

Frosh Perform Well at Batch Meet

September 13 – Mahwah, NJ – The Frosh placed second in the 2022 Big North Conference, United Division Meet on Tursday at Darlington.

Luke Schoeler placed third, shaving 5 seconds off his time in the 2900 meter race. Sean Keating shaved 15 seconds off his opening race time, recording an 11:10.

PLACE	RUNNER	TIME
3	Luke Schoeler	10:08
7	Max Yoo	10:37
10	Sean Keating	11:10
17	Liam McDevitt	12:00
26	Lucas Machado	14:25
27	Joseph Canavan	14:31

CRUSADERS REMAIN AT #6 IN USATODAY WEEK 3 POLL

FROSH SOCCER STUNG BY GRAY BEES

September 14 Newark, NJ – The young Crusaders lost their first match of the season, a 7-0 defeat at the hands of St. Benedict Prep. The decision drops BC to 3-1.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (3-1)	-	-	0
CLIFTON HS	-	-	7

SOCCER MOVES UP TWO SPOTS IN NJ STATE POLL

September 15 – Newark, NJ - The Crusader Soccer Team moved up from #18 to #16 due to its opening day win over then #14 Don Bosco Prep.

VARSITY SOCCER DEFEATS SJR

September 15 – Montvale, NJ – BC opened up the offense on Thursday, defeating the Green Knights 4-1. Javier Torres and Sebastian Lodono each recorded a goal and an assist to lead the Crusaders. Ryan Chong scored his third goal of the season and Luca Nazor also scored for the Crusaders.

Tyler Ferris and Sebastian Ortega each assisted on goals to complete BC's offensive numbers. Alex Defina and Ryan Loughlin played solid defense

for the Crusaders in front of goal keepers, Kyle Tencza, who turned away five shots and Andrew Blodgett, who stopped four of the five shots he faced.

TEAM	1	2	FINAL
#16 BERGEN CATHOLIC HS (2-1-1)	2	2	4
ST. JOSEPH REGIONAL (0-3)	0	1	1

JV COMPLETES SJR SWEEP

September 15 – Montvale, NJ – Despite a major squint due to a low September sunny afternoon, the Crusaders were able to see their way through to a victory on Monday.

Daniel Dictenberg was quite effective, scoring three goals on three shots. Justin Botta seemed to take more of the woodpecker approach,

knocking and knocking with nine

shots, until he broke through with a goal. Brandon Quirizumbay also scored as BC broke away from a 1-0 lead with four goals in the second half.

Nate Johnson recorded 5 saves to earn the shutout victory up on the high field and the grass in Montvale.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (1-1-2)	1	4	5
ST. JOSEPH REGIONAL	0	0	0

CRUSADERS CONTINUE TO PUT IN THE OVERTIME

September 17 – Old Tappan, NJ – For the third time in five games, BC's varsity soccer team found themselves knotted up at the end of regulation. Unfortunately, their host was able to strike first in the second overtime, leaving the Crusaders to ponder a 3-2 defeat.

The Golden Knights scored a goal in each half while BC scored both of its goals in the second half, ensuring the tie. The scoring tandem of Sebastian Londono (2 assists) to Sebastian Ortega (2 goals) generated all of the Crusader offense. Kyle Tencza recorded 4 saves for BC.

TEAM	1	2	OT1	OT2	FINAL
#16 BERGEN CATHOLIC HS (2-2-1)	0	2	0	0	2
NVOT (3-0)	1	1	0	1	3

DICTENBERG, BOTTA, PALACIOS SCORE, LEAD JV TO VICTORY OVER NVOT

September 17 – Old Tappan, NJ – The Crusaders generated a 2-1 halftime lead before putting the game away with two goals and shutting out their host on Saturday afternoon. Dan Dictenberg continued his assault on the goal, netting a pair of shots. Justin Botta scored his second goal in two games and Alex Palacios recorded a goal for BC.

The Golden Knights were able to put 15 shots on goal, giving JP Sinagra an opportunity to step up in a major way and he did! Fourteen saves for the junior keeper was an exceptional effort.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (2-1-2)	2	2	4
NVOT	1	0	1

FROSH WRAP UP A TIE AT RAMAPO

September 17 – Franklin Lakes, NJ – BC's Frosh had a lead at the half, but couldn't maintain it as the Green Raiders evened the score in the second half.

Damon Arpacilar and scored for D'Angelo Tavarez the Crusders. Saif Khan and Andrew Coyne played the role of set-up man, recording an assist apiece.

Tom Harmke continued to play very well in the goal, making seven saves of the nine shots on goals taken by Ramapo.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (3-1-1)	2	0	2
RAMAPO	1	1	2

BC CELEBRATES DONORS

September 17 – Oradell, NJ – BC took the opportunity to celebrate donors for the school's scoreboard project on the field at halftime of the BC–SHP Football Game.

Pictured are: Dr. Mahoney, Ari Ben-Yishay (AP), Brian Connolly (AP), Bob Corley (AP), Dr. Dave Deramo '93, Dr. Bob Doidge (AP), Ray Hopkins '83, Greg Schwake '86, (AP), Brian Delpome (CP), Eddie Guy (CP), the Lacrosse Club: Coach Ric Beardsley, Michelle Martino (CP), Angelo Pira '86, (CP).

Photo courtesy of John Hund '79

Not pictured but contributing to the project: Thomas Azelby '82, Ryan Carfley '95, William Carroll '80, Mark Casey '86, Matt Certo '89, Ronald Davi (AP), Brian Langan '83, (AP), Mark Marchesani '78, R. Pierre McGuire '79, Eric M. McKenna '82, Robert Neuner '85, Edward Prevot (AP), Richard Scanlon '99, William Schwitter (AP), Guy Talarico (AP), Coach Tony Karcich.

A FEW WORDS ON APPLES

Isn't that a lovely sight? Especially as we enter the autumn, I love nothing more than a shiny, red delicious apple.

It's kind of like our team, our fans and our school…a thing of beauty.

HEY GUYS! LET'S NOT TAKE THE SHINE OFF OUR APPLE. Be smart and respectful in what you say, especially with our next opponent. Use words to lift us up. Let's not tarnish it. **WE ARE BC! LET'S ALWAYS REMEMBER THAT!**

FOOTBALL EXTENDS STREAK TO 17 IN IMPRESSSIVE FASHION

September 17 – Oradell, NJ – The Crusaders hosted Seton Hall Prep in ther second SFC United Division Game on Saturday at the Jack and the lads performed quite well in front of an enthusiastic crowd. The Crusaders rolled to a 35-14 victory following a 21-0 first quarter which put the Pirates in a hole they could never climb out of. (ATOET)

Carmelo Velardo (one "L" in each) continued as one of BC's top weapons, putting his opening kickoff (and three of five subsequent kicks) into the endzone for touchbacks.

On the second play from scrimmage, middle linebacker, Malachi Mercer intercepted his, team leading 3rd interception of the season and returned it 15 yards to the 16 yard line.

Saeed St.Fleur then carried the ball 11 yards to set up a first and goal and after a Pirate penalty, hit paydirt to put BC up 6-0. Guytano Bartolmeo converted on his first of five extra points and BC was up 7-0.

In SHP's next possession, Joe Barry recorded a pair of tackles including one for a four yard loss. That short possession and seventeen yard punt set the Crusaders up in great field position once again.

Dominic Campanile and DJ Samuels combined rushing for a first down and then Jack Duffy hit Christian Carti for a 15-yard completion to put BC at the 13 yard line. After two St.Fleur carries to the 1, Duffy found Sydir Mitchell, who aligned as right tight end, for a 1 yard TD pass.

Anthony Morales and Naiim Parrish recorded tackles in the next series before an incomplete pass created a three-and-out for the Pirates.

For the first time, BC was starting its offense on its own half of the field. QB Dominic Campanile hit St.Fleur for a 27 yard completion, quickly getting the ball across the midfield. Campanile spent much of the drive entrusting the ball to St.Fleur, who was the work horse and picking up massive chunks of yardage on each carry. After finding TE, Jack Comeau for a 15 yard completion, Duffy came in to engineer the final yards. Jack handed the ball to Jaiden Estrella who carried the ball into the endzone from 4 yards out.

As the teams moved into the second quarter, they traded short possessions. DJ Samuels recorded a TFL to disrupt a Pirate drive. Finally, with 4:12 remaining in the half, the Pirates were able to reach BC's endzone.

BC was held to three-and-out on offense and Seton Hall's offense was back on the field before half. Sydir Mitchell recorded a TFL on 1st down as BC forced a three-and-out in return.

The Crusaders took over with 1:26 remaining at the SHP 48 yard line. Campanile dropped back and hit Comeau down the seam for a 28 yard completion. Two big runs, one by St.Fleur (9 yards) and one by Logan Casey (11 yards) put BC on the Pirate doorstep. After two carries, St.Fleur punched it across the goal line to lift BC by a third touchdown once again.

As the third quarter started, Chris Mimmo returned the second half kickoff 26 yards to the 35 yard line. The first drive of the half stalled after 7 plays and Brandon Arpicillar punted for the second time in the game.

Mercer recorded a TFL on the Prep's first play and Anthony Morales defended a pass bringing up a third down. That is when Kaj Sanders read the passer's eyes and intercepted, returning the ball to the 37 yard line.

After a short completion to St.Fleur, DJ Samuels put his big run running back hat on. Samuels, for the second consecutive week, sprinted 59 yards to paydirt.

BC got some solid defensive play from Joe Barry who added a pick to his TFL on the game. Mimmo, Christian Gonzalez, Sanders, AJ Seker, Delaney Fludd, Dave Matesic and Chris Murphy all recorded tackles for the Crusader D. Sophomores Mu Russell and Quincy Porter got some quality play during the fourth quarter, helping BC secure the victory.

SCORING:

TEAM	1	2	3	4	FINAL
#11 SETON HALL PREP (2-1)	0	7	0	7	**14**
#1 BERGEN CATHOLIC (4-0)	21	7	7	0	**35**

STATISTICAL LEADERS:

PASSING: J. Duffy 6 for 8 – 89 yds – 1TD, D. Campanile 8 for 10 – 69 yds,
RUSHING: S. St.Fleur 15 carries for 93 yds, 2 TDs, DJ Samuels 4 for 79, 1 TD, L. Casey 1 for 11 yds.
RECEIVING: J. Comeau 4 for 77 yds, St.Fleur 5 for 47 yds, C. Carti 2 for 23 yds, Q. Porter 1 for 21 yds, S. Mitchell 1 for 1 yd, 1TD
SACKS: 0
INTERCEPTIONS: M. Mercer, K. Sanders, J. Barry
TACKLES: M. Mercer 8, C. Gonzalez 65, A. Morales, 5, J. Barry 4, K. Sanders 4, DJ Samuels 3, C. Mimmo 3, D. Fludd 3.

CATEGORY	CRUSADERS	PIRATES
1st Downs: Rushing - Passing - Penalty	11-7-0	7-4-0
Rushing Yards	157	98
Passing: Completions / Attempts	14/18	9/21
Passing Yards	158	120
Passing: Touchdowns / Interceptions	1 / 0	1/3
Total Plays	57	47
Total Offense	315	218
Fumbles / Lost	2/0	0/0
Penalties / Yards	6/50	6/48
Defensive Sacks / Yards Lost	0/0	4/38
Time of Possession	26:09	21:51
3rd Down Efficiency	5 of 12	4 of 11
4th Down Efficiency	1 of 1	1 of 1
Punts / Average	5 / 22.8	5 / 30.6

THE STREAK

With its victory over Seton Hall Prep, BC now has a 17-game winning streak dating back to 2020 when the Crusaders defeated St. Peter's Prep 22-15 in the season finale. The last loss came at the hands of BC's oldest rival, Don Bosco as the Ironmen shattered the Crusader hopes of an undefeated season, scoring on the final play of the game and converting the PAT for a 21-20 final.

The longest Crusader win streak was from 1991-1993 when Coach Fred Stengel's Crusaders won back-to-back-to back state championships. Two 11-0 seasons in '91 and '92 and an opening-day win in 1993 made up the 23 games until Passaic HS came into BC and defeated BC 34-21.

The '93 Crusaders were resilient, coming back to win their third consecutive NJSIAA championship and starting a streak that would last 15 games. That 3-peat is a feat that has not yet been duplicated at BC.

YEARS	HEAD COACH	THE STREAK
1991-1993	Coach Stengel	23 Games
1997-1999	Coach Stengel	22 Games
1964-1966	Coaches Krayer & Norton	19 Games
2020-Present	**Coach Vito Campanile**	**17 Games**
1982-1983	Coaches Karcich & Piccinich	16 Games
1996-1997	Coach Stengel	16 Games
1993-1994	Coach Stengel	15 Games

FROSH FOOTBALL SINKS PIRATE SHIP

September 17 – West Orange, NJ – Once again, Devan Zitt connected with Jordan Thomas, this time for a 19-yard strike, to put the Crusaders on top. The young Crusaders are now 3-0 following a 26-0 victory over Seton Hall Prep.

In the second quarter, Mason Marck threw a half-back option pass to Thomas to set up BC at the fou-yard line. Dante Kain immediately burst off left guard to score and put BC up 12-0.

As the third quarter started, Thomas made his third big catch of the game. This one, a 26 yard slant-and-go route

which put BC first and goal at the four. He got his just reward as Zitt threw a quick goal-line fade to the right side and BC led 18-0. Dante Kain read a well-blocked inside-zone play that saw linemen Mikey McMahon and Hudson Brennan double team their defensive tackle about five yards deep into the endzone. The two-point conversion was good and BC led 20-0.

Joshua Cruz intercepted on first down following the kickoff to SHP and returned the football 38 yards to the Pirate 7. The home team was desperate to keep BC out of the endzone for the fourth time, but they were not strong enough to do so. On fourth down, Kain plowed his way in for a second touchdown and his fourteenth point of the day. The PAT failed but BC led 26-0.

TEAM	1	2	3	4	FINAL
BERGEN CATHOLIC (3-0)	6	6	14	0	**26**
SETON HALL PREP	0	0	0	0	**0**

HARRIERS FINISH 9TH AS THEY RETURN TO THE MOUNTAIN

September 17 – Woodland Park, NJ – The Varsity Cross Country Team had a solid opening finishing second overall in the 2022 Season Opener at Garret Mountain on Saturday.

In the varsity event, two runners, Thomas Rogers and James Hughes, finished in the top 20 in the 5000m race.

PLACE TEAM POINTS

1 Montclair HS 64; 2 Teaneck HS 102; 3 Clifton HS 130 ; 4 Sparta HS 141 ; 5 Wayne Valley HS 143; 6 Morris Hills HS 156 ; 7 NV - Old Tappan HS 235 ; 8 Hackensack HS 246; **9 Bergen Catholic HS 255;** 10 Livingston HS 258; 11 Passaic HS 265; 12 Paramus HS 338; 13 Ramapo HS 341; 14 Cliffside Park HS 347; 15 Ramsey HS 348; 16 Memorial HS WNY 370 ; 17 Columbia HS 406 ; 18 North Bergen HS 417; 19 Roxbury HS 423; 20 Nutley HS 583

Individual Results were:

PLACE	RUNNER	TIME	PTS
11	Thomas Rogers	17:39	11
18	James Hughest	17:56	18
30	Elias Garcia	18:40	30
69	Jacob Rodman	20:14	69
130	John Nalbadian	26:26	130

JV Finishes 7th in Back to the Mountain

September 17 – Woodland Park, NJ – The JV 5000m race was well run by BC. The Crusaders finished 9th in a 20 team, 140 runner field.

PLACE	RUNNER	TIME	PTS
29	Aiden Pacheco	21:23	26
60	Daniel Calianese	22:29	44
83	Christian Choi	23:14	57
88	Andrew Byrnes	23:27	59
120	Jackson Vonderhorst	25:59	66
125	Matthew Gerhaghty	26:33	69
136	Ronan Flynn	29:02	72

Freshman Markus White Wins Second Major Event

September 17 – Woodland Park, NJ – Freshman Markus White ran an outstanding 11:29 to win the 3200m race at Darlington on Saturday. He led his team to an overall 3rd place finish behind Ridgewood and Ramapo. Luke Schoeler finished 9th overall in the 20 team, 133 runner event.

PLACE	RUNNER	TIME	PTS
1	Markus White	11:29	1
9	Luke Schoeler	12:43	7
37	Michael Cooper	14:14	27
41	Liam McDevitt	14:39	30
43	Sean Keating	14:46	32
60	Lucas Machado	18:04	44
68	Joseph Canavan	21:23	49

SPORTS MEDIA INTERNS

Throughout 2022-23, we are expanding the amount of content shared by our students in a new course called, "Sports Media Interns." The course is designed to provide insight into the behind-the-scenes world of Sports. We are sure you will enjoy what they share.

CRAZIES CONQUER AZ

September 2 - Saguaro, AZ - by, Rocco Sebastiani '23- What are the Crusader Crazies? The Crazies are the most loyal, dedicated, and loudest fans in the world of high school sports. They decorate their faces and bodies before each football game to cheer on their team.

Although they are great guys off the field, they are passionate fans willing to go to any length for their team. They proved this 2 weeks ago when the Crazies led by Giac Dente and Nick Bernick traveled almost 2,500 Miles to witness some Jersey Football at Saguaro High School.

The Crazies overcame many difficulties but overcame to

The Crazies showed up and showed out with an electric Student section and Phenomenal chants. As the Crusader Football team scored you could hear the Crazies' screams throughout the desert.

All in all it was a great experience and one of the best games this season.

T- Chants on Fridays

September 16 - Oradell, NJ - by, JT Verdino '23 - Every Friday during the football season the Crusader Crazies lead something called the T chants.

The T chants are some of the most exciting times for the Bergen Catholic student community because they bring us together and help to create that Bergen Catholic brotherhood that everyone talks about. Everyone in the school gathered around to cheer on the football team to go beat whoever stands in their path that weekend.

After a long week of school when the Crazies finish the week with these chants it gets everyone ready for the upcoming game.

STEVE ANGELI '23 ELEVATED TO BACKUP IRISH QUARTERBACK

September 12 - South Bend, IN - by Andrew Skoufis '23 - Bergen Catholic Alumnus, Steve Angeli has been elevated to back-up at Notre Dame. Angeli, a true freshman at Notre Dame, led Bergen Catholic to a 12-0 record, a state championship and a #3 national ranking last season.

Angeli started the season as the 3rd string quarterback behind starting QB Tyler Buchner and Drew Pyne. Due to a season ending injury to Buchner, Angeli has been elevated

to backup Pyne.

Be sure to keep an eye on the Fighting Irish and you may see Angeli playing soon.

NEW VIEWS SAME VISION

September 15 – Oradell, NJ – by, Vincent Cirello '23 - Athletic Director Brendan McGovern sat down with me to discuss a new view here at the Jack: the new video scoreboard.

Bergen Catholic is the only school in New Jersey to have this type of technology in the forefront at athletic events. Following an undefeated 12-0 football season, the time could not have been better to continue athletic renovations.

The completion of the video board marks the first major athletic renovation since the completion of the brand new field turf and track.

As a Crazy, the anticipation builds as you see this edifice coming up Oradell; just a clean brick base is visible from the east. As we Crazies entered the stadium, we caught our first glimpse of the new scoreboard. Wow! It makes a statement. While I caught myself looking for the score on the old scoreboard at the north end of the field, by habit, the new scoreboard is far more eye-catching and positioned so its brightness does not compete with the afternoon sun.

In terms of the video board itself, well… It's one of a kind. And what makes it really sweet? McGovern also informed me that Bergen Catholic is the ONLY high school in NJ to have a video board.

Phase 1 of the athletic renovations was the track and field, phase 2 was the brand new state of the art videoboard, so the question on everyone's mind is what's next? It is clear that a considerable amount of planning went into the design and execution of the scoreboard. According to Mr. McGovern this will not be the last of renovations coming our way here at Bergen Catholic.

There is no set timeline for upcoming renovations, however, the bleachers, perimeter fencing, and a new building at field level, are all in discussions.

SPORT ALUMNUS OF THE WEEK

September 12 – Oradell, NJ – by, Carter Pontone '23 – Each week, we plan to recognize a BC Sports Alumnus of the Week. While alumni from BC have succeeded in so many walks of life and professions, the focus of my column will be athletes.

This week's recipient of the Alumnus of the Week goes to Brian Cushing. Cushing attended Bergen from 2001-2005 and is a high school football legend. Cushing started at Outside Linebacker for BC as a sophomore and had an immediate impact on BC.

In his senior year against Saint Joseph Regional, Cush scored 5 touchdowns in a 56-42 victory for BC. In that game, there were other notable high football
names such as Jim Dray and Isaiah Williams for BC and Jason and Devon McCourty for SJR.

Later that year, Cushing led the Crusaders to winning a state championship in 2004,where he had 2 touchdowns in 14-0 BC victory over Don Bosco Prep at Giants Stadium. Cushing was later named New Jersey Player of the Year as a Senior.

In 2005, Cushing was named an All American and played in the U.S Army All-American Bowl. With many colleges recruiting him, Cushing landed on University of Southern California to play college football.

Cushing became a starter as a freshman and was selected to the 2005 Freshman All-American team. As a sophomore he continued to perform well and was selected to the All Pac-10 second team. In his junior season, the Trojans beat the Michigan Wolverines in the Rose Bowl and Cushing won the Rose Bowl Defensive MVP Award. In his final year at USC, Cushing was named to the All Pac-10 first team and was recognized as a first team All-American by Rivals.com and SI.com.

Cushing entered the NFL draft in 2008 and was drafted 15th overall by the Houston Texans. Cushing immediately became a sensation in the NFL being named a pro bowler, Second Team All-Pro, and winning Defensive Rookie of Year.

You can expect to read work from Luke Vidaic '23 , DJ Samuels '23 , Ian Knab '23 , Ronan Flynn '23 each week. We know you missed them next week, but we are looking forward to learning more about their perspectives on TWIBCS!

BIRD OF THE WEEK
THE WHITE BREASTED NUTHATCH

September 17 – Alpine, NJ – The wind was blowing the wrong way. You see, if you want birds to come from the north, having a south-western breeze might prevent them from flying. Maybe that's why I did not see 3300 Broad-winged hawks flying over the Palisades on Sunday, as they did on Friday.

I did see a couple of very nice birds, American Kestrel, Black-throated Blue Warbler, American Redstart, Eastern Wood Pewee.

Before I saw those things, I received an e-mail from my good friend, Mr. Leonard. He forwarded this tweet.

He gets it. You guys laugh. You'll see one day…

Anyway, let's get to the point. So I don't think I want to share a raptor this week. My dad, Rich, sometimes likes backyard birds that you might see any day and this is a GREAT ONE for Bergen County.

It is a cute little bird called White-breasted Nuthatch. The make a nasally, repetitive monotonal call. Generally it is faster when they are hoping to draw a mate. You will see them demonstrate their agility as they climb sideways and downwards on tree trunks. They do not drag their tails along the trees as woodpeckers who are climbing upwards do.

THIS WEEK'S SCHEDULE

Please be sure to check the team page at bergencatholic.org on the day of each scheduled event as weather and other factors may impact scheduling.

FOOTBALL

MON, SEPT 19

JV – SETON HALL AWAY – 4:00 PM

CROSS COUNTRY

SAT, SEPT 24

XAVIER INVITATIONAL – OCEAN BREEZE, STATEN ISLAND

SOCCER

THU, SEPT 22

VARSITY – PARAMUS CATHOLIC @ THE JACK - 4:00

JV – PARAMUS CATH. @ OVERPECK RP – 7:00

SAT, SEPT 24

VARSITY – NO. HIGHLANDS - AWAY - 2:00 PM

AT RIVERSIDE COUNTY PARK

JV – NO. HIGHLANDS - 9:00 AM

FROSH – NO. HIGHLANDS - 12:00 PM

FOOTBALL

SAT, SEPT 24

VARSITY – DON BOSCO @ THE JACK – 1:00 PM

FROSH – DON BOSCO @ DBP – 9:00 AM

MON, SEPT 26

JV – DON BOSCO @ DBP – 4:00 PM

TWIBCS LEADERS

CROSS COUNTRY

5000M	TOM ROGERS '23	17:17	9/13/2022
3200M	MARKUS WHITE '26	11:29	9/17/2022
2900M	MARKUS WHITE '26	9:29	9/10/2022

FOOTBALL (4 GAMES)

POINTS	SAEED ST.FLEUR '23	36
TOUCHDOWNS	SAEED ST.FLEUR '23	6
TD PASSES	DOMINIC CAMPANILE '25	3
RUSHING YARDS	SAEED ST.FLEUR '23	455
PASSING YARDS	DOMINIC CAMPANILE'25	352
RECEIVING YARDS	JACK COMEAU '23	154
RECEPTIONS	CHRISTIAN CARTI '23	11
TACKLES	CHRISTIAN GONZALEZ '24	24
SACKS	ELIJAH KINSLER '24	4.5
TFL'S	ELIJAH KINSLER '24	6.5
	SYDIR MITCHELL '23	6.5
INTERCEPTIONS	MALACHI MERCER '23	3
FUMBLE RECOVERIES	SYDIR MITCHELL '23	1

SOCCER (5 GAMES)

GOALS	RYAN CHONG '24	3
	SEBASTIAN LONDANO '24	3
ASSISTS	SEBASTIAN ORTEGA '24	4
POINTS	SEBASTIAN LONDANO '24	7
SAVES	KYLE TENCZA '23	26
SAVE PERCENTAGE	KYLE TENCZA '23	.813

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

(ESPECIALLY 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.