# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

## JV FOOTBALL COMPLETES SWEEP

**October 3 – Wayne, NJ –** The Crusaders defeated DePaul Catholic on Monday afternoon in the home of the Spartans 13-6. John Morris had 5 catches for 75 yards for the Crusaders, helping them grab an early 7-0 lead in the first quarter.

The Spartans scored to start the second quarter but missed their extra-point attempt. BC finished off the scoring with a touchdown before the half and led 13-6.

Neither team was able to get into the endzone as the defenses became impenetrable in the second half.

Junior, QB Nigel Jennings scored a pair of rushing TD's to lead BC Bergen on offense.

| TEAM | 1 | 2 | 3 | 4 | FINAL |
|---|---|---|---|---|---|
| BERGEN CATHOLIC (3-1) | 7 | 6 | 0 | 0 | 13 |
| DEPAUL CATHOLIC | 0 | 6 | 0 | 0 | 6 |

## JV SOCCER EDGED BY GREEN KNIGHTS

**October 3 – Oradell, NJ –** The Crusader Team had an opportunity to play at home, but the offense was unable to gel, leading to a 2-1 defeat at the hands of the Green Knights from St. Joseph Regional.

Joe Maimone scored a goal off a beautiful pass from J'Niles Simpson. Nate Johnston started for the Crusaders and tuned away four shots. JP Sinagra recorded 9 second-half saves to keep the Green Knights at bay.

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

## SORRENTINO'S BICYCLE STINGS BEES

**October 5 – North Arlington, NJ –** Sophomore PJ Sorrentino wowed the crowd with an insane bicycle-kick goal that was drilled into the top left corner of the goal as BC defeated Bayonne's Bees 6-2 on Wednesday night.

Sorrentino moved to a front-line position from his normal alignment on defense to record that goal and he pitched in a pair of assists as well. While there are plays you might call, "the play of the game," Sorrentino's was likely the "play of the year!"

Justin Botta led BC with two goals and an assist. Dan Dictenberg, Joe Maimmone and Kieran Farley all found the back of the net for BC. Alex Palacios assisted on two goals and J'Niles Simpson assisted on another for BC's big night.

Junior JP Sinagra was solid in the goal, turning away 9 shots in the victory.

The game was a terrific team effort as players up and down the roster contributed to ball-control and solid defense especially, Matt Avalone, Antonio Gomes, Max Lahoud, Matt Moya, Alex Palacios, Vincent Lombardi, Brandon Zuirizumbay, Christian Roche, Thomas Santos, Nick Tsigaras and Billy Vozzolo.

| TEAM | 1 | 2 | FINAL |
|---|---|---|---|
| BAYONNE | - | - | 2 |
| BERGEN CATHOLIC (5-3-2) | - | - | 6 |

# CRUSADERS UPSET #5 SEED TENAFLY IN BCCA 2ND ROUND

**October 6 – Tenafly, NJ – BCCA TOURNAMENT –** The Crusader Soccer Team won a terrific game on Thursday night, defeating the Tigers of Tenafly HS in the second round of the County Tournament.

Spencer Neal set up Javier Torres in the first half of play to give the Crusaders a 1-0 lead at intermission. In the second half, Sebastian Ortega, who is on a torrid pace, drove home the game winner off an assist from Tyler Ferris.

Kyle Tencza recorded 5 saves in the victory.

BC will continue onto the quarterfinal round on Sunday. They will take on fourth-seeded Ramsey HS at Ramapo HS in Franklin Lakes. The game time is yet to be determined.

| TEAM | 1 | 2 | FINAL |
|---|---|---|---|
| #12 BERGEN CATHOLIC (6-3-1) | 1 | 1 | 2 |
| #5 TENAFLY (7-2-2) | 0 | 1 | 1 |

## FROSH FOOTBALL DEFEATS MALVERN PREP 14-8

**October 8 – Malvern, PA –** The Crusader Team went to just south west of King of Prussia Mall, King of Prussia, PA to take on Malvern Prep on Saturday morning. The ninth graders competed well on both sides of the ball dominating most areas except the scoreboard.

After controlling the ball for most of the first and second quarters, BC was finding it difficult to score. That is until Mason Marck refused to be denied and carried the ball across the goal line from two yards out. QB Devan Zitt completed a pass to Jordan Thomas and BC had an 8-0 lead at the half.

The Crusaders were very solid through most of the game and set up another BC touchdown possession. This time D'Andre Orgill made his way to the end zone from two yards away. That gave BC a 14-0 lead after three quarters.

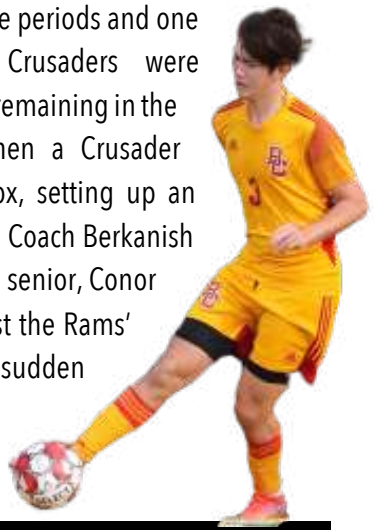
Dante Kain intercepted a would be touchdown pass to prevent the Friars from scoring early in the fourth quarter. MP was able to score with under three minutes to play on a long, 40-yard pass into the endzone. The two-point attempt was converted and the Friars were one score from tying and potentially winning the game.

BC was able to run the clock out and secure the victory in Chester County.

| TEAM | 1 | 2 | 3 | 4 | FINAL |
|---|---|---|---|---|---|
| BERGEN CATHOLIC (6-0) | 0 | 8 | 6 | 0 | 14 |
| MALVERN PREP | 0 | 0 | 0 | 8 | 8 |

# OVERTIME GANG UPSETS #4 RAMS; ADVANCES IN QUARTERS

**October 9 – Franklin Lakes, NJ – BCCA TOURNAMENT –** The Crusader Soccer Team earned its third win the Bergen County Tournament knocking off fourth-seeded Ramsey in double-overtime on Sunday. The 1-0 victory over Ramsey at Ramapo HS ironically gives BC an opportunity to play top-seeded Ramapo at Ramsey HS this coming Saturday, October 15 in the semi-final round.



Following two eighty-minute periods and one ten-minute overtime, the Crusaders were battling with about 3 minutes remaining in the second overtime. That's when a Crusader forward was fouled in the box, setting up an opportunity for a penalty kick. Coach Berkanish went to his highly-experienced senior, Conor Morrin who drove the ball past the Rams' goalie and into the net for the sudden victory.

Kyle Tencza recorded 5 saves in the shutout.

| TEAM | 1 | 2 | OT1 | OT2 | FINAL |
|---|---|---|---|---|---|
| #12 BERGEN CATHOLIC (7-3-1) | 0 | 0 | 0 | 1 | 1 |
| #4 RAMSEY (10-2) | 0 | 0 | 0 | 0 | 0 |

# CRUSADERS FINISH 11TH OVERALL IN MANHATTAN COLELGE INVITATIONAL

**October 8 – Bronx, NY –**It was so interesting to talk with one of the referees from our freshman football game in Malvern, PA on Saturday morning. He said he attended Manhattan College in the City (where our XC team was competing this very same day). Further, he went on to say that his brother was running the event, the Manhattan Invitational, and had been doing so for years. In the immortal words of Steven Wright, "It's a small world, but I wouldn't want to paint it."

Enough with the drivel. Let's talk cross country. The Crusaders finished 11th overall in a field of twenty-six teams in their heat "C." Pearl River HS won this heat with 117 points and BC finished with 237.

Senior Tom Rogers placed thirteenth with a time of 14:03.50 in the 2.5 mile race. James Hughes was right on his tale, recording a time of 14:07.00. The field had 182 runners from 31 difference high schools.

**Individual Results were:**

| PLACE | RUNNER | TIME | PTS |
|---|---|---|---|
| 13 | Thomas Rogers | 14:03.50 | 12 |
| 17 | James Hughes | 14:07.00 | 16 |
| 58 | Brendan O'Rourke | 14:51.70 | 56 |
| 68 | Elias Garcia | 14:57.90 | 65 |
| 92 | Jacob Rodman | 15:17.40 | 88 |
| 143 | Aiden Pacheco | 16:27.70 | 135 |
| 150 | Andrew Byrnes | 16:53.70 | 142 |

# JV HARRIERS KEEP ON CHUGGIN' AT MANHATTAN COLLEGE INVITATIONAL

**October 8 – Bronx, NY –** Seven JV runners particiapted in the Manhattan Invitational on Saturday. Joe Griffith was the highest finisher for the JV in the 4000 meter race. He was followed by Chrstian Choi and John Colello, Jackson Vonderhorst and Matt Geraghty, Ronan Flynn and Shane Walters.

# WHITE WINS FROSH "D" HEAT AT MANHATTAN COLLEGE INVITATIONAL

**October 8 – Bronx, NY –** Freshman Markus White ran an outstanding 8:41.40 to win his heat in the 2400m Manhattan Invitational at VanCortlandt Park on Saturday. His time was 13th best among all those competing in five freshman heats which was comprised of 607 runners.

The Crusaders placed 7th overall in their heat which included: Guilderland (35), Chaminade (90), St. John's College High School (108), Lower Merian (114), St. John's Prep (139), Shaker (149), **BC (184),** Roslyn (187), Pleasantville (229), Suffern (267) and Hopkins School (287).

| PLACE | RUNNER | TIME | PTS |
|---|---|---|---|
| 1 | Markus White | 8:41.40 | 1 |
| 21 | Luke Schoeler | 9:19.30 | 19 |
| 71 | Max Yoo | 10:36.50 | 51 |
| 80 | Liam McDevitt | 10:50.30 | 56 |
| 83 | Sean Keating | 10:52.10 | 57 |
| 106 | Lucas Machado | 12:40.20 | 58 |
| 112 | Joseph Canavan | 13:47.90 | - |

# CRUSADER MENTORS IMPRESS IN M.C.I. COACHES RACE

**October 8 – Bronx, NY –** The Crusader Cross-Country Coaching Staff put up some impressive times as three members of the staff ran in the Xavier Invitational Coaches Race. Travis Spicer ran a 9:29.2, finishing 9th overall in the 40-participant event. Assistant Coach, Nicholas Martinez recorded a 9:31.3, finishing just behind Spicer and placing 10th. Head Coach Josh Powers proved to all that a "mature dog" can still get it done, running a highly respectable 11:52.0 and finishing 30th. CONGRATULATIONS COACHES!!!

**FOR MORE RESULTS ON THE FULL EVENT, CHECK OUT:**
**https://gojaspers.com/sports/2018/6/18/manhattan-college-cross-country-invitational-meet-info**

# RUNNING WITH RONAN: James Hughes '23

**Sept. 20, 2022 – Oradell, NJ – by, Ronan Flynn '23 -** Today I had the chance to speak with one of our top Varsity runners, senior James Hughes. He's a captain on our XC team along with senior Tommy Rogers. In this interview, I asked him a few questions about what it's like to be a leader.

**R:** As one of the captains of the XC team, what types of responsibilities do you feel like you have?

**J:** A lot of it is getting the team to stretch and get things rolling.

**R:** What's it like to lead the XC team?

**J:** It's definitely different than it was last year. It's a lot of fun and it's an honor to have that title.

**R:** What race are you proudest of?

**J:** Probably my last race at the Big North Conference. I ran 17:09 and I'm looking forward to building on that.

**R:** Who pushes you to run harder?

**J:** If anything, it's probably me. I have pretty big goals in my mind.

**R:** Do you have any plans to continue running after high school?

**J:** Yeah, definitely. It's not my plan to get recruited in college. If I have the opportunity to walk on, I'll definitely take that opportunity.

# CRUSADER SPORTS ALUMNUS OF THE WEEK

**October 3 – Oradell, NJ – by, Carter Pontone '23** – This week's recipient of the Crusader Sports Alumnus of the Week is Doug Edert '19, who currently plays college basketball at Bryant University. Doug attended BC from 2015-2019 and was known for his leadership and hard-working attitude. He is a ferocious competitor, proving in the 2022 NCAA Tournament, where he helped the 15th seeded Saint Peter's upset #2 ranked Kentucky as Peacocks advanced all the way to the Elite 8.

In his senior year at BC, he helped lead the Crusaders to a league, county, section, and state championship. That same year Doug accomplished something that few have at BC, and scored 1,000 points. Prior to his senior basketball season, he committed to Saint Peter's University in Jersey City.

**Carter: What was your favorite moment at BC?**

*Doug: "The run we made my senior year where we won the county championship and made it to the state sections. That whole season was so special. The pressure of having to win and if we lost we would never be able to play with each other again. Unfortunately our run came to end in the finals. It was my favorite moment cause I went through my whole high school career playing with these guys and being able to make a run like that in the end was just the best thing to experience."*

**Carter: Who were some people at BC who helped influence your game?**

*Doug: "Coach Billy Armstrong had a major influence and how he went about things. He helped me a lot to understanding the game of basketball and helping me have a better IQ. He*

*has taught me so much that even helps me today. Another person who meant a lot to me at BC was our manager Tommy Corbett. He was always in a great mood and if I was frustrated he would always put me in a good mood. He always brought this great energy to the team that made a big difference for us and he was super helpful during my time at BC."*

In Doug's first season at Saint Peter's, the Peacocks ended the season at a record of 18-2, and finished 2nd in the MAAC. Doug put up very solid freshman records, scoring 7.8 points and 2.5 rebounds a game. In his second season, Saint Peter's ended their season with a record of 14-11 and finished third in the MAAC. Doug put up similar numbers from the past year, scoring 7.7 points and 3.3 rebounds a game. In his third season, Saint Peter's ended the season with a record of 14-6, finishing second in the MAAC. Doug's numbers improved in his junior season, as he scored 9.5 points and 2.5 rebounds a game.

**Carter: What are some of the biggest differences you have seen between high school and college level basketball?**

*Doug: "There's a lot of differences between high school and college basketball. It's a huge difference in regards to like the amount of detail and how specific everything is. In high school you can get away with taking a break on defense to catch your breath, but you definitely can't do that in college. There's not as much leeway going into your freshmen year of college from high school. Your coaches call you out on every little play to make sure you understand what you're doing and to make sure you don't make the same mistake in the future."*

The same season, Doug and Saint Peter's made the NCAA tournament, being the 15th seed in the east region. Their first game of the tournament was against the 2 seed Kentucky Wildcats. It was very unlikely that Saint Peter's would win this game and many people doubted them in their March Madness brackets. Saint Peter's went on to beat the Wildcats in an overtime victory, with Doug scoring 20 points, 2 assists, and 4 rebounds.

**Carter: What was it like playing in the NCAA tournament?**

*Doug: "It was awesome. It was a whole different environment with the amount of people there. The noise and pressure in the environment is so crazy. Playing against Kentucky basketball was insane cause everyone knows who they are and no one really knew who Saint Peters was. We were the 15th seed going against the 2 seed and going into the game we just didn't care who we were playing and went out and played how we always do. That win really put us on the map and we just continued doing that throughout the tournament. We just kept on moving forward and we wanted to keep playing together and show everyone what we were all about."*

Doug was praised all over the country for leading the underdog Peacocks to an unexpected victory against one of the best teams in the country. He even received an NIL deal from Buffalo Wild Wings and a lot of media attention for his signature stache which many felt might have been the reason for the Peacocks shocking win. In the round of 32, the Peacocks played the 7 seed Murray State Racers.

The Peacocks rolled past Murray State, beating the Racers by 10 points. Doug finished with 13 points, 2 assists, and 3 rebounds. In the sweet 16, the Peacocks faced off against the 3 seed Purdue Boilermakers. The Peacocks won the game by a margin of only 3 points. Doug finished with 10 points, 1 assist, and 3 rebounds in the thriller. Sadly, Saint Peter's underdog story came to an end when they lost to the 8 seed North Carolina Tar Heels, who went on to compete in the NCAA championship game.

The Peacocks historic run is one that will be remembered forever in basketball and Doug is a large reason for their success in the tournament. For many, Doug is the epitome of

what it means to be a Bergen Catholic Crusader for his toughness and hard-working attitude. On and off the court, Doug continues to make BC proud. Doug entered the transfer portal over the summer and now currently plays at Bryant University.

**Carter: What is some advice you for any athletes who want to take their game to the next level?**

*Doug: "First off hard work. You have to be obsessed with your craft. For me it was my jumpsuit or my skills in basketball. I was trying to get better every single day by going to the gym before class and putting up shots. I wanted to improve so I made sure to put in the work whenever I could. I still do this today because I'm always trying to be the best I can. I would also say that having a good attitude is needed as well. A lot of young people don't realize how important your attitude and body language are in sports. For example, if you miss a shot and drop your head and shoulders, you could be dropping back on defense to help your team get a stop instead of being upset over the last play. A good attitude can make a huge difference in a game and is definitely something that all young athletes need."*

I would like to thank Coach Armstrong for putting me in touch with Doug and thank Doug for taking time to speak with me. On behalf of the Bergen Catholic Community, I want to wish him and his team the best of luck with their upcoming season

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The Bergen Catholic community wishes him and his team the best of luck with their upcoming season.

# BERGEN COUNTY SOCCER TOURNAMENT KICKS OFF

**October 6 - Oradell, NJ - by, Luke Vidaic** - The 2022 Bergen County Coaches Association Boys Soccer Tournament is underway. The first round has been completed and with it, nine out of the twenty-five teams in the bracket have been eliminated.

The first round only included one upset which was Westwood's win over Don Bosco Prep (4-1). The Ironmen were seeded 14th in the tournament and were upset at home by the #19 Cardinals.

Twelfth-seeded Bergen Catholic won last Saturday (Oct. 1st) against #21-seed, Park Ridge, beating them 4-0.

The winner of the tournament last year was Ramapo who has a strong returning class. The Green Raiders are the favorites to win it again. Ramapo, Ramsey, Tenafly, Old Tappan, Waldwick, Ridgewood, and Demarest, the top seven seeds, received byes for the first round.

The second round will begin on Thursday Oct. 6 at the home of the higher seeds. These games include: (Highlighted teams are my projected victors)

Ramapo(1) vs. River Dell(16)

NVOT (2) vs. Rutherford (15)

Ridgewood (3) vs. Westwood (19)

Ramsey (4) vs. Pascack Valley (13)

Tenafly (5) vs. Bergen Catholic (12)

Demarest (6) vs. Fair Lawn (11)

Waldwick (7) vs. Cliffside Park (10)

Glen Rock (9) vs. Garfield (8)

Stay tuned for Bergen Catholic's Varsity Soccer this Thursday, 7 o'clock against @Tenafly.

**HOW DID LUKE DO? 3-5**

**WINNERS:** Ramapo, Ramsey, BC

**LOSERS:** Glen Rock, Waldwick, Demarest, Westwood, NVOT

# INTERNS ON Instagram

**September 18 - Oradell, NJ - by Andrew Skoufis '23 -** We would like to announce that our Instagram is now up and running. The Account will be used to advocate for BC's various athletic programs and help to keep all Crusader supporters current in BC Sports Life.

We will be posting articles, interviews, and news that supports our teams and student-athletes. I will be running the account with assistance from our other interns as well as Mr. Haemmerle.

You can search for us on Instagram for the username **twibc_sports.** You can also scan the QR code below and it will take you to our page. We are looking forward to building the number of subscribers to this platform. Spread the word! Great things are on the horizon.

TWIBC_SPORTS

# NIL DEALS: THEIR IMPACT UPON HS RECRUITING & TRANSFERS

**October 6 - Oradell, NJ - Ian Knab '23 -** The introduction of NIL (Name, Image and Likeness) deals have changed the way student-athletes are recruited out of high school and when transferring among colleges. It changes the school a player may pick based on the amount of money or professional opportunities they can make at a particular school.

Student-athletes today who are getting recruited out of high school to go play college athletics are getting NIL deals and other sponsorships to persuade them to pick a certain university. Big market colleges like USC or Notre Dame often have more money to give to stars compared to smaller schools. Boosters will pay high amounts of money and offer other deals to top high school players to try and convince them to go to their school.

According to ***USAToday***, a booster from Eastern Michigan University offered Caleb Williams one million dollars to transfer to play quarterback for the Eagles. He turned down this offer to attend USC where his Oklahoma coach, Lincoln Riley, now works. Williams was the biggest name in the transfer portal this year and earned offers to almost every school in the nation. Since transferring to USC, Williams landed 5 NIL deals. They are valued at roughly 2.1 million dollars according to ***On3NIL.com***. He is currently the 3rd highest-rated NIL player behind fellow Quarterbacks Bryce Young and C.J. Stroud.

Bergen Catholic senior defensive end, DJ Samuels says that NIL deals were available to students in the summer. He said it did not affect his recruiting process, but he has acquired NIL deals since his commitment to the University of Maryland.

Aidan Wallace, a senior wrestler at BC, has an NIL deal from Buckedup which is a pre-workout company. Wallace will be attending Duke University and will wrestle for the Blue Devils in 2023.

# BIRD OF THE WEEK

# HERMIT THRUSH

**October 10 – Alpine, NJ –** It was an absolutely perfect day to bird on Columbus Day, so I did my best to make the most of it. As I began my way around Bergen County, I started at State Line Lookout off the Palisades Parkway in Alpine. It is definitely one of my favorite birding hotspots.

Ruby-crowned kinglets were most abundant, popping around all over. There was a golden-crowned kinglet, and a wide variety of woodpeckers and back-yard birds as well as vultures and raptors, but my favorite photo of the day, and capture of the day was this little hermit thrush.

Like the wood thrush, veery and Swainson's thrush, hermit thrush's have a flute-like melodic call. They are seven inch brown birds (on top) and white below with spots on the breast. They have a rusty patch toward the rump which helps to identify this ground forager. If you're hiking around in the woods or even walking down a quiet path with some cover on the sides, keep your eye out for a hermit thrush. If you see one, I'll bet it will make your day!!!

FOR MORE ON THE HERMIT THRUSHES AND ANY OTHER BIRD YOU MAY BE INTERESTED IN, CHECK OUT **WWW.ALLABOUTBIRDS.ORG.**

# 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.*

## CROSS COUNTRY

| | | | |
|---|---|---|---|
| SAT, OCT. 8 | TBD | N | BERGEN COUNTY GROUP CHAMPIONSHIPS |

## PULL-UPS

| | | | |
|---|---|---|---|
| THU, OCT 13 | LUNCH | H | ALL GRADES VS. SJR |

## FOOTBALL

| | | | |
|---|---|---|---|
| SAT. OCT 15 | 9:30 AM | H | FR – ST. JOSEPH REGIONAL |
| SAT, OCT 15 | 1:00 PM | A | VAR – ST. JOSEPH REGIONAL |

## SOCCER

| | | | |
|---|---|---|---|
| TUE, OCT 11 | 7:00 PM | A | VAR – PARAMUS CATHOLIC |
| TUE, OCT 11 | 4:00 PM | A | JV – PARAMUS CATHOLIC |
| TUE, OCT 11 | 4:15 PM | A | FR – COLUMBIA |
| THU, OCT 13 | 4:15 PM | H | VAR – BERGEN TECH |
| THU, OCT 13 | 4:15 PM | A | JV – BERGEN TECH |
| FRI, OCT 14 | 4:15 PM | A | FR – BERGEN TECH |
| FRI, OCT 14 | 4:15 PM | A | JV - MKA |
| SAT, OCT 15 | 1:00 PM | H | FR - KEARNY |
| SAT, OCT 15 | TBA | N | VAR – RAMAPO BCCA TOURNAMENT |

# TWIBCS LEADERS

## CROSS COUNTRY

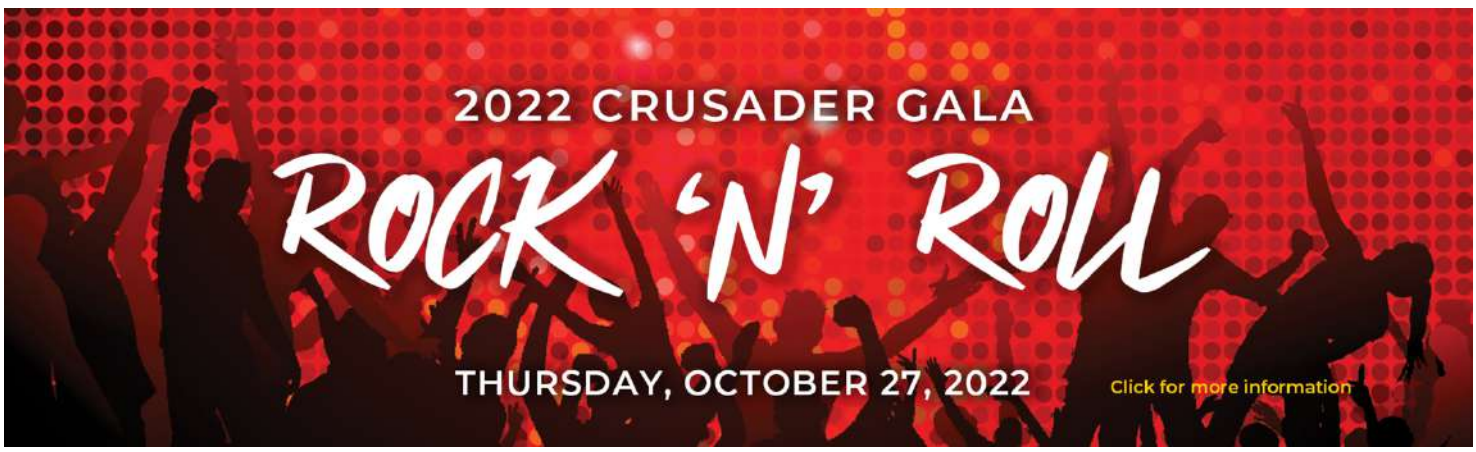
| | | | |
|---|---|---|---|
| 5000M | TOM ROGERS '23 | 16:40.0 | 9/24/2022 |
| 2.5 MI | TOM ROGERS '23 | 14:03.5 | 10/8/2022 |
| 3200M | MARKUS WHITE '26 | 11:29 | 9/17/2022 |
| 2900M | MARKUS WHITE '26 | 8:49 | 9/29/2022 |

## FOOTBALL (6 GAMES)

| | | |
|---|---|---|
| POINTS | SAEED ST.FLEUR '23 | 48 |
| TOUCHDOWNS | SAEED ST.FLEUR '23 | 8 |
| TD PASSES | DOMINIC CAMPANILE '25 | 5 |
| RUSHING YARDS | SAEED ST.FLEUR '23 | 545 |
| PASSING YARDS | DOMINIC CAMPANILE'25 | 496 |
| RECEIVING YARDS | JACK COMEAU '23 | 225 |
| RECEPTIONS | CHRISTIAN CARTI '23 | 16 |
| TACKLES | MALACHI MERCER '23 | 48 |
| SACKS | ELIJAH KINSLER '24 | 4.5 |
| TFLS | SYDIR MITCHELL '23 | 8.5 |
| INTERCEPTIONS | MALACHI MERCER '23 | 3 |
| FUMBLE RECOVERIES | SYDIR MITCHELL '23 | 2 |

## SOCCER (11 GAMES)

| | | |
|---|---|---|
| GOALS | JAVIER TORRES '23 | 6 |
| ASSISTS | SEBASTIAN ORTEGA '24 | 6 |
| POINTS | SEBASTIAN ORTEGA '24 | 16 |
| SAVES | KYLE TENCZA '23 | 54 |
| SAVE % (MIN 30 SOG) | KYLE TENCZA '23 | .857 |



## 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.

# How to Pray the Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)*
8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:
   V. Pray for us, O holy Mother of God.
   R. That we may be made worthy of the promises of Christ.
   *Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

https://www.usccb.org/how-to-pray-the-rosary

The Joyful, Sorrowful and Glorious Mysteries can be found on this page.

**THE PRAYERS OF THE ROSARY**

## LITURGICAL CALENDAR 2022

**ORDINARY TIME**
**ADVENT (11/27 – 12/24)**
**CHRISTMAS (12/25-1/5/23)**

## LITURGICAL CALENDAR 2023

**ORDINARY TIME (1/6-2/21)**
**ASH WEDNESDAY (2/22/23)**
**EASTER (4/9/23)**
**PENTECOST (5/28/23)**
**ORDINARY TIME (6/4-12/2)**