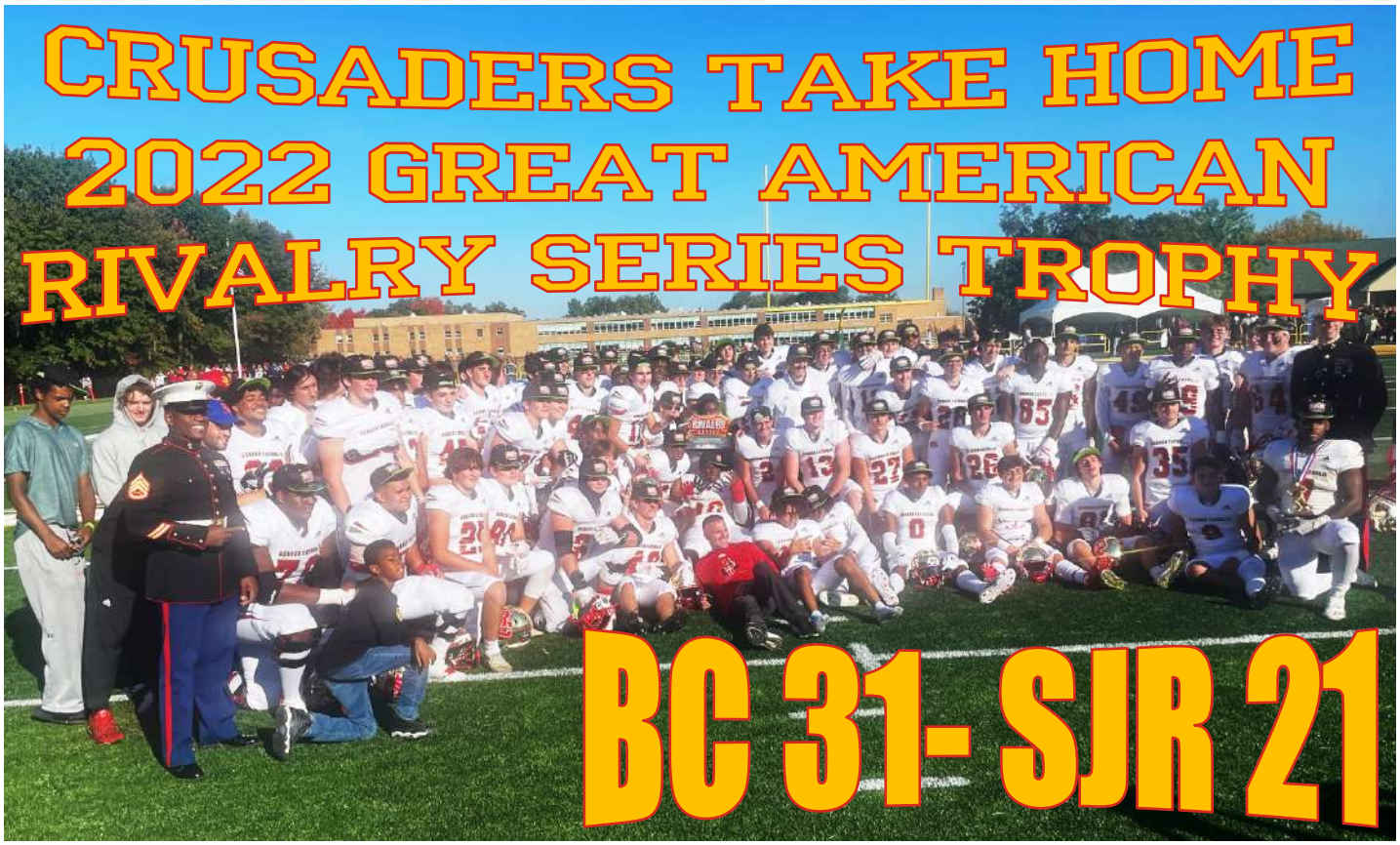
TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS



October 15 – Montvale, NJ – It was as perfect a perfect autumn day could be in Green Knightsville on Saturday. The Crusaders played very much like a motivated team in the first half of the game, putting up 31 points before shifting into cruise control a little in the second half, en-route to a 31-21 victory over St. Joseph Regional.

Dominic Campanile lit it up from behind center, throwing three, first-half touchdown passes and Saeed St.Fleur took care of business on the ground, rolling up 179 yards, 1 touchdown and earning the Game's Most Valuable Player Award.

It wasn't difficult to see many outstanding performances all over the field however. Quincy Porter scored BC's opening touchdown, a 22-yard reception from Campanile and Guytano Bartolomeo provided perfection, kicking his first of four PATs, and adding a field goal in the mix.

Carmelo Velardo drove the ball deep, putting five of his six kick-offs into the endzone for touchbacks and one, deep through the uprights. On six kicks, the Crusaders yielded only 18 return yards. The hopelessness was quite apparent on the faces and body language of the Green Knight returners who could do nothing to help their team generate a spark because of Velardo's drives.

Senior QB Jack Duffy directed BC's second score of the afternoon, handing to St.Fleur who scampered in, untouched, from 8 yards out.

The Green Knights opened the scoring in the second quarter on a 57-yard touchdown pass to cut BC's lead to 14-7, but the Crusaders were swift to answer.

Campanile delivered a 30-yard strike to senior receiver Logan Casey who made terrific catch, but was injured on the play. So Dominic converted to runner mode and scampered 29-yards on his own on the following play. After two runs by St.Fleur, Campanile connected with senior tight end Jack Comeau who scored his third touchdown on the season, putting BC up 21-7.

The Crusader defense shut down the SJR offense, going three-and-out on the following drive which gave Duffy a chance to deliver a perfect strike to Daquan Stewart, who converted a short pass into a 41-yard big play.

Stewart dove for the endzone, but came up just short and the ball was marked at the three yard line. That drive set up Bartolomeo's 24-yard field goal and BC led 24-7.

Sophomore defensive back Naiim Parrish intercepted a pass on the Green Knight's second play following the kickoff and the Crusaders were in business, driving the ball down to the one-yard-line. The SJR defense tightened and despite trying to get the ball into the endzone, BC was unable to do so on fourth down and changed over to defense.

With 3:44 remaining in the half, the Crusader defense came up big and stopped St. Joe's three-and-out once again. Following a 34-yard punt by the Green Knights, BC had the ball first and ten at the Joe's 42.

Bergen wasted no time. Following a short gain on first down, Campanile spread the ball around; first to St.Fleur for a 22-yard completion, then Porter who had a 14-yard completion and finally to senior receiver Christian Carty, the day's Student-Athlete of the Game who scored on a five-yard slant.

The half ended following a big play by SJR that went for 70 yards, setting up a touchdown with seconds remaining. BC went into the half with a 31-14 lead and after a scoreless third quarter came away with a 31-21 victory.

Malachi Mercer had another exceptional game from his "MIKE" linebacker position. He recorded 8 tackles (56 on the season) and added one to his season-high 4 interceptions. He leads the Crusaders in both categories.

Not to be outdone, Christian Gonzalez and Joe Barry each recorded eight tackles as well and played huge roles in holding the Green Knights to just 11 first downs on the afternoon. Gonzalez recorded a solo TFL and solo sack on the day and Barry added 1.5 TFLs.

Parrish finished his afternoon with two interceptions and recorded four solo tackles (five in total).

Jack Duffy executed a perfect "quick kick" on a punt, dropping the ball to the 2 yard-line, while punter Brandon Arpacilar averaged 29.5 yards on his four punts.

SCORING:

TEAM	1	2	3	4	FINAL
#3 BERGEN CATHOLIC (6-1)	14	17	0	0	**31**
#4 ST. JOSEPH REGIONAL (3-4)	0	14	0	7	**21**

STATISTICAL LEADERS:

PASSING: D. Campanile 12 for 18 – 167 yds, 3 TDs , J. Duffy 2 for 4 – 48 yds.
RUSHING: S. St.Fleur 33 carries for 164 yds and 1 TD, D. Campanile 11 for 37 yds, DJ Samuels 6 for 13.
RECEIVING: Q. Porter 4 for 60 yds, 1 TD, S. St.Fleur 3 for 38, J. Comeau 3 for 34 yds, 1 TD, C. Carti 1 for 5 yds 1TD, K. Sanders 1 for 7 yds, L. Casey 1 for 30 yds, D. Steward 1 for 41.
SACKS: C. Gonzalez 1.
TFLs: K. Sanders 1.5, J. Barry 1.5, C. Gonzalez 1.
INTERCEPTIONS: N. Parrish 2, M. Mercer 1.
FORCED FUMBLE: E. Cohall 1.
FUMBLE RECOVERY: B. Phillips 1.
TACKLES: M. Mercer 8, J. Barry 8, C. Gonzalez 8, N. Parrish 5, K. Sanders 4, C. Mimmo 4, S. Mitchell 4, E. Kinsler 3, D. Fludd 2, DJ Samuels, D. Matesic, D. Stewart, A. Morales, E. Cohall (1 each).

CATEGORY	CRUSADERS	GREEN KNIGHTS
1st Downs: Rushing - Passing - Penalty	15-9-1	4-5-2
Rushing Yards	214	66
Passing: Completions / Attempts	14/22	9/20
Passing Yards	215	248
Passing: Touchdowns / Interceptions	3 / 0	2 / 3
Total Plays	77	46
Total Offense	429	314
Fumbles / Lost	1 / 1	1 / 1
Penalties / Yards	9 / 70	5 / 40
Defensive Sacks / Yards Lost	1 / 3	2 / 22
Time of Possession	33:26	14:34
3rd Down Efficiency	4 of 10	3 of 11
4th Down Efficiency	0 of 1	0 of 2
Punts / Average	5 / 28.8	4 / 29.8

CREW OPENS AT HEAD OF THE PASSAIC

October 9 – Rutherford, NJ – Three boats competed in the Head of the Passaic Regatta on Sunday. The event covered parts of the river between Rutherford and North Arlington.

This race was 4.5 kilometers, though regattas tend to be

different distances depending upon the site. A "Head" is a race that is sometimes referred to as a time trial. Each boat starts approximately 15 seconds apart and is timed electronically.

BC rowers are scullers. Scullers are rowers that use two oars when they compete. Sweeper events are those where the rowers have only one oar.

Sophomore, Ronan Howell showed well in his varsity debut posting a time of 20:11.8 due to a one minute penalty for passing another boat in a no-passing zone.

In a double event (scullers), the teammates have very specific responsibilities. The "Bow" is the sculler in front of the boat. He is responsible for steering the boat (scull). As the scullers are facing the back of the boat, you will often see him looking over his shoulder to ensure the boat is on course.

The person in the back of the boat (the stern) is called the "Stroke." He is responsible for setting the pace of the rowers. The Bow and the Stoke are always the front and back rowers. When 4 or 8-man boats are racing, they bookend their additional 2 or six teammates.

The Sophomore scull of Avery Drapkin (bow) and Howell (stroke) placed ninth in the two-man event, recording a time of 17:38. BC had a second "All-Sophomore Scull," Alex Georgiou (bow) and Luis Santos (stroke), who finished 19:31, good for fourteenth place.

Similar to track, regattas in the fall tend to be longer distances (think Cross-country). As the spring regattas start, more sprints (1500m) races are the focus. Congratulations the rowers on a great showing!

CONQUERING SCRANTON, PA!

October 9 – Scranton, PA – History Teacher and Baseball Coach, Mr. Tom McLaughlin completed his first marathon over the weekend. The 26.2 mile race spanned five towns in

Lackawanna County and finished with a grueling up-hill final 5-miles to the finish line in downtown Scranton. Congratulations to Mr. McLaughlin!!!!

CHIN FINISHES OFF PALADINS

October 11 – Paramus, NJ – Much to the delight of the Crusader faithful, Liam Chin delivered the final nail in the coffin for BC against Paramus Catholic in the neighbor rivalry.

Chin was one of six point scorers on the evening for the Crusaders in a game that was highlighted by a spectacular bicycle kick by Sebastian Ortega. Ortega recorded a pair of goals and he was followed up by Chin, Sebastian Londono and Luke Vidaic.

Ryan Chong and Connor Morrin each pitched in a pair of assists for the Crusaders. Kyle Tencza saved three shots and allowed a goal. Andrew Blodgett turned away the only shot he faced in the match.

TEAM	1	2	FINAL
BERGEN CATHOLIC (8-3-1)	2	3	5
PARAMUS CATHOLIC (4-8)	1	0	1

BOTTA SCORES 4 TO LEAD BC

October 11 – Paramus, NJ – The Crusader JV Soccer Team recorded its largest offensive output of the 2022 season, scoring a 7-1 victory over Paramus Catholic. Justin Botta had a day, recording 4 goals in the

road victory. Dan Dictenberg scored a goal and J'Niles Simpson recorded a goal and an assist for the Crusaders and Billy Vozzollo recorded a goal off a penalty kick. Brandon Quirizumbay was the great team player, unselfishly using his vision and seting up his teammates with 2 assists.

Nate Johnston recorded 3 saves in the victory.

TEAM	1	2	FINAL
BERGEN CATHOLIC HS (4-3-2)	-	-	7
PARAMUS CATHOLIC	-	-	1

COYNE AND MELIA SCORE FOR FROSH

October 11 – South Orange, NJ – The Freshman Soccer Team travelled to Essex County and succumbed to a strong Columbia team 3-2 on Tuesday.

Andrew Coyne and James Melia each scored for the

Crusaders. Who received solid goalie play from Thomas Harmke who turned away five shots.

Damon Arpicalar, Benjamin Calderon, Benjamin Infantino, Jonah Kim, Thomas McAnulty and D'Angelo Tavarez all contributed significant efforts in the match.

Lahoud, Matt Moya, Alex Palacios, Vincent Lombardi, Brandon Zuirizumbay, Christian Roche, Thomas Santos, Nick Tsigaras and Billy Vozzolo.

TEAM	1	2	FINAL
BERGEN CATHOLIC (5-3-2)	0	2	**2**
COLUMBIA	1	2	**3**

FROSH FOOTBALL FALL TO SJR.

October 15 – Oradell, NJ – The Freshman Football Team suffered its first loss of the season, a 24-8 defeat at the hands of St. Joseph Regional.

The Green Knights moved the ball well in the first quarter and maintained possession of it, but the frosh held up, playing solid red-zone defense and holding their adversaries to a field goal.

BC took the lead with a score 4:47 into the second quarter.

Devan Zitt engineered a beautiful drive with a 25-yard fade to Jordan Thomas, moving the ball to the 18 yard line. The two, followed up the next play with a 12-yard gain on a tunnel screen. Dante Cain carried on 1st and goal from the 6 to move the ball to the two-yard line. Mason Marck would not be denied, sweeping around right end for the score. Zitt completed a quick fade to Thomas for the two-point conversion and the Crusaders led 8-3.

St. Joe's answered just two minutes later and took a lead they would not relinquish.

Down 10-8 at the half, BC needed a spark. Devin Hassan fielded and returned a punt creating some energy. On third and ten, Zitt completed a crossing route to Cain who dragged three-tacklers before nearly the entire remainder of the SJR defense came to ultimately stop him.

The Crusaders were unable to stop SJR enough and will need to work during a short practice-week to rebound vs. St. Peter's Prep on Friday.

TEAM	1	2	3	4	FINAL
ST. JOSEPH REGIONAL (6-0)	3	7	7	7	**24**
BERGEN CATHOLIC (6-1)	0	8	0	0	**8**

ORTEGA SCORING STREAK CONTINUES IN BCCA EFFORT

October 15 – Ramsey, NJ – The Crusader Soccer Team made a remarkable run, but it ended all too soon in the Semifinals of the BCCA Tournament to top-seeded Ramapo High School.

The Crusaders won their opening round game vs. Park Ridge, but the 12th seeded Crusaders upset #5 seed Tenafly and #4 seed Ramsey to advance to the semi-finals.

The Green Raiders earned a 1-0 advantage in the first half and due to a penalty kick, scored a second goal in the early stages of the second half to gain a 2-0 lead.

Conor Morrin found Sebastian Ortega who recorded his eighth goal of the season and fourth in the past three games to cut the lead in half. Unfortunately, BC was unable to competely get back to even and will now look toward completing its march to a BNC United Title and then the state tournament.

TEAM	1	2	FINAL
#12 BERGEN CATHOLIC (8-4-1)	0	1	1
#1 RAMAPO (11-0-1)	1	1	2

2022-23 BOYS SOCCER NO. JERSEY NON-PUBLIC "A" POWER POINTS

October 16 – Newark, NJ – The NJSIAA Tournament Power Points including all results as of Saturday, October 15, 2022.

RANK	TEAM	RECORD	WIN%	POWER PTS
1	Seton Hall Prep	13-2-0	.867	347
2	Bergen Catholic	8-4-1	.654	256
3	Delbarton	12-5-0	.688	249
4	Dwight-Englewood	8-5-0	.615	188
5	Newark Academy	6-3-2	.636	185.5
6	Oratory	5-7-1	.423	179.8
7	Hudson Catholic	5-7-1	.423	159.5
8	Don Bosco Prep	5-4-1	.550	150.5
9	Pope John	3-10-1	.250	124.5
10	St. Joseph (Mont.)	4-10-0	.286	124
11	Paramus Catholic	4-8-0	.333	102
12	DePaul	3-8-0	.273	81
13	Frisch	0-0-0	.000	0

CRUSADERS FINISH SECOND AT BERGEN COUNTY GROUPS

October 15 – Mahwah, NJ – The Crusaders gave their best, but man-for-man, they were not able to outrun the Ironmen who took the group championship by a score of 20-35. Tom Rogers and James Hughes gave top efforts and freshman Markus White stepped up, scoring well, but it was just a bit off on a warm Saturday.

Individual Results were:

PLACE	RUNNER	TIME	PTS
4	Thomas Rogers	17:10.00	4
5	James Hughes	17:20.00	5
7	Brendan O'Rourke	17:49.00	7
9	Elias Garcia	17:54.00	9
10	Markus White	18:07.00	10
14	Jacob Rodman	18:56.00	14
23	Andrew Byrnes	20:06.00	23

PACHECO TAKES 7th IN BCCA JV MEET AS CRUSADERS PLACE FOURTH

October 15 – Mahwah, NJ – The JV Harriers competed well in the 2022 Bergen County Coaches Association Group Meet on Saturday. Ninety runners competed in the race.

Individual Results were:

PLACE	RUNNER	TIME	PTS
6	Aiden Pacheco	19:45	1
11	Daniel Calianese	20:19	3
35	Christian Choi	22:00	22
72	Jackson Vonderhorst	25:21	36
79	Ronan Flynn	26:46	38
83	Shayne Walters	27:56	39

SCHOELER PLACES THIRD IN FROSH 2022 BCCA MEET

October 15 – Mahwah, NJ – Luke Schoeler ran a 9:24 in the BCCA Bergen County Group Championship on Saturday, leading his Crusader team to a 4th place finish overall. Seventy-two freshman competed in the 2800 meter race.

Individual Freshman Results were:

PLACE	RUNNER	TIME	PTS
3	Luke Schoeler	9:24	3
17	Max Yoo	10:13	15
28	Liam McDevitt	10:51	23
34	Sean Keating	11:05	27
40	Michael Cooper	11:16	31
54	Lucas Machado	12:06	36
57	Joseph Canavan	12:08	38 -

CREW COMPETES WELL AT SECOND-ANNUAL FALL CLASSIC

October 16 – Ridgefield Park, NJ - The Crew team had a good day at the Overpeck Fall Classic. The team medaled in two of its three races. Avery Dropkin took Gold in the Men's Rec Singles.

BC's Novice Quad, Luis Santos, Alex Georgiou, John Michael Cantarella and Avery Dropkin, took a Bronze Medal, two seconds from Silver. The Novice Double Scull with Luis Santos and Alex Georgiou also had a strong race, finishing 5th.

Congratulations to all of the rowers!

BERGEN COUNTY SOCCER FINAL FOUR

October 13 - Oradell, NJ - by, Luke Vidaic '23 - A lot has passed since the last Bergen County Tournament update leaving only four teams. Interesting results were projected in the second round of the tournament. Bergen Catholic continued after their victory over Park Ridge to beat Tenafly and Ramsey. Bergen defeated Tenafly 2-1 last Thursday, October 6th . The Crusaders had been a man down since they received a red card mid-way through the second half. Then last Saturday, October 9th, Bergen beat Ramsey in a nail-biting double overtime victory(1-0). Conor Morrin scored the winning goal on a penalty kick because Ryan Chong was fouled in the box.

From the second round there were a few unexpected defeats: NVOT(2) vs. Rutherford(15), Waldwick(7) vs. Cliffside Park(10), Glen Rock(9) vs. Garfield(8). I did not expect Garfield to beat Glen Rock because of Glen Rock's undefeated record going into the tournament and their win against Waldwick who was seeded higher than them. (Highlighted teams are the winners)

The third round was held at Ramapo high school with the games: Ramapo(1) vs. Garfield(8), Ramsey(4) vs. Bergen Catholic(12), Rutherford(15) vs. Cliffside Park(10), Ridgewood(3) vs. Demarest (6).

Ramapo had the most dominant win(4-1) compared to the rest of the games. Ramsey vs. Bergen went to double overtime and ended on a golden goal. Rutherford vs. Cliffside Park ended in penalties but many claimed that Rutherford was the better team and deserved the win.

Cliffside Park has now won the last two county tournament games through penalty shootouts. Ridgewood vs. Demarest was interesting since Ridgewood went up 3 goals to none but still won(3-2).

The semifinal round is now upcoming and will decide the finalists. These games include: (Highlighted teams are my projected victors)

Ramapo(1) vs. Bergen Catholic(12)

Ridgewood(3) vs. Cliffside Park(10)

Stay tuned for Bergen Catholic's Varsity Soccer this Saturday, 5:00 @Ramsey High School.

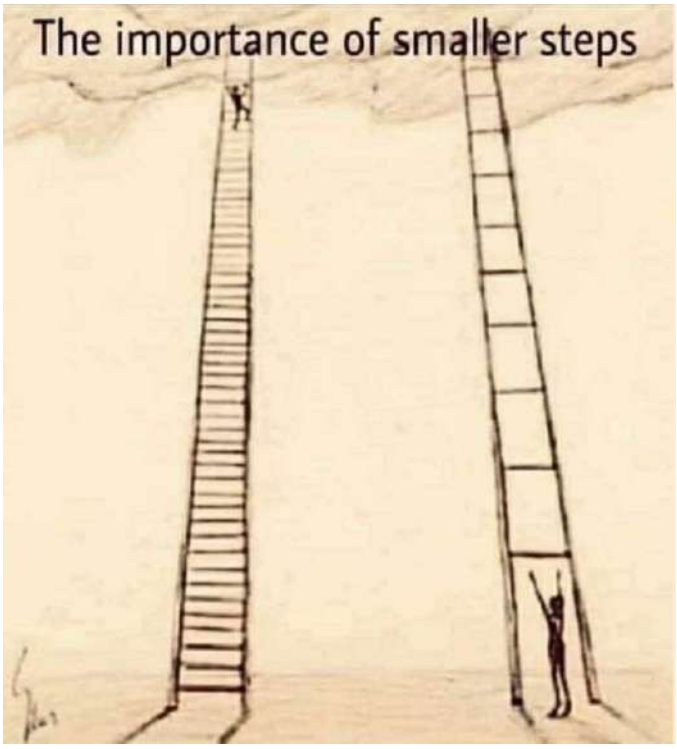
WHITE'S WORKOUT OF THE WEEK!

October 13 – Oradell, NJ – Grady White '23 –

Before you begin any exercise program, be sure to consult your doctor and we recommend you consult a personal trainer to assist with learning exercises listed in WWOTW! and developing a program to achieve your goals.

Your body is your temple and it's more than essential to treat it that way. Anything damaging you do to your body you're doing to yourself. Having said that, treat yourself with respect, eat healthily, and improve your body.

The exercise I chose for White's Workout of the Week is the squat. The squat can be done anywhere at any time with any equipment, or none at all. Some prefer squatting just their body weight, while others prefer to squat heavy weight loads. It's generally best to begin learning a new exercise with very little to no weight and progress from there.



To start your squat, stand with your feet about shoulder-width apart and your toes slightly pointed outwards. Make yourself comfortable, brace your core and keep your chest up. Initiate the basic squat movement, keeping the hips back, and knees bent, ensuring they do not cave in. Optimally, it is best to have your toes, ankles, knees, and hips all in alignment when executing a squat.

When squatting, concentric contraction occurs in the quadriceps when you move upwards, and the quadriceps shorten. Eccentric contraction happens when you move downwards, and the quadriceps lengthen.

(https://kids.frontiersin.org/articles/10.3389/frym.2020.566235)

To ensure the most muscle growth, use the greatest range of motion. You can go down on a 3-2-1 eccentric and hit that depth. When on the way up make sure to lock out and keep your form.

If a bodyweight squat becomes too easy or access to a gym is not available a quick tip is to put weight in a backpack or hold the weight in your hands.

If you are barbell squatting, there are 2 different ways you can set up your squat. A high bar squat is more quad-focused, and it is when you rest the barbell on your traps. (high-up on your back) A low bar squat is more hamstring and glute-focused and it is when you place the bar on your delts. (rear delts) You can generally push more weight low bar squatting, but with a high bar squat, you can utilize more range of motion and lengthen the quads the best.

Putting form aside something else that is very important for your squat is breathing. I like to take a good breath before I descend. Then once I'm at the lowest point of my squat I breathe out and return to my starting position maintaining proper form. Healthline is a website dedicated to making health and wellness information accessible and understandable. Nicole Davis, a Boston-based writer, and personal trainer claims that you may even be sabotaging your workout if proper breathing technique is not used. Davis even goes as far as to say, "Making a habit of improper breathing can cause your blood pressure to rise, possibly resulting in dizziness, nausea, or even a heart attack." Having said this make sure to keep proper breathing throughout your squat and any other lifts.

I hope you found these tips helpful and be sure to fuel your body after your workout. A high-protein option would be best. This is because eating protein can help rebuild and repair those damaged muscle fibers from your workout as well as aid in building muscle.

BC-SJR PRE-GAME INTERVIEW WITH DAQUAN STEWART

October 14 – Oradell, NJ – by, Rocco Sebastiani '23 -

This week for the Bergen Catholic vs Saint Joe's football game I interviewed starting Cornerback Daquan Stewart. Last season was his first time playing DB. He made the switch because he wasn't getting the reps he wanted at receiver.

Daquan states that the hardest working wide receiver that he has played and trained with is Christian Carti, because he never takes a play off.

His favorite type of coverage to run is man-on-man, and he says good defense involves hustle, inspiration and perspiration.

Bergen is preparing for the Saint Joe's offense by practicing to stop their run game and force the deep ball. They plan to slow down Saint Joe's best player, four star running back Yasin Willis, by forcing him to run inside and tackling him low since he likes to run high.

Daquan predicts that the game will end 21-7 in Bergen's favor.

BIRD OF THE WEEK

PILEATED WOODPECKER

October 12 – Allendale, NJ – A rare bird was spotted at Crestwood Lake in Allendale on Tuesday. A VERY RARE SPARROW, known as a Henslow Sparrow showed up which drew many pairs of binoculars.

I wasn't able to make it over on Tuesday, so I bolted over between PSAT and football practice to see if there was any chance I could get lucky.

Regarding the Henslow's, I wasn't fortunate. But I enjoy birding, getting out in nature and appreciating God's creation, so Wednesday brought me great joy.

While out there, an American Kestrel flew overhead. There were Palm and Yellow-rumped Warblers, Ruby-crowned Kinglets, Eastern Phoebe, Red-bellied Woodpecker and a bird I've been needing on my 2022 Bergen County List, the infamous, Yellow-bellied Sapsucker. I was fortunate enough to see a female Belted Kingfisher as well as Red-tailed and Red-shoulder Hawks, as well as Song, Savannah, White-throated, Swamp and House Sparrows.

But the bird that is generally most striking among that group is the Pileated Woodpecker. The bird is often recognized as having inspired the character Woody Woodpecker. It is best identified by its size (a little larger than a blue jay) and its red *pilus (lt.),* or cap.

If you look closely, you can see that the this particular woodpecker has a red "moustache" that extends back from its bill. That distinguishes it as a male, whereas the females have a black moustache. How many woodpeckers do you think you can find this fall? Here is the list of woodpeckers that we generally see in North Jersey.

NEW JERSEY WOODPECKER CHECKLIST

	Downy Woodpecker		Red-headed Woodpecker
	Hairy Woodpecker		Northern Flicker
	Red-bellied Woodpecker		Yellow-bellied Sapsucker
	Pileated Woodpecker		

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

OTHER RECENT CITINGS…

ABOVE: FEMALE NORTHERN (BALTIMORE ORIOLE); BELOW: YOUNG RED-TAILED HAWK

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.

CREW

FRI, OCT 21	TBD	N	HEAD OF THE CHARLES

CROSS COUNTRY

SAT, OCT. 22	TBD	N	LOU MOLINO INVITATIONAL

FOOTBALL

MON. OCT 17	4:00 PM	H	JV – ST. JOSEPH REGIONAL
FRI. OCT 21	4:00 PM	A	FR – ST. PETER'S PREP
SAT, OCT 22	2:00 PM	H	VAR – ST. PETER'S PREP

SOCCER

MON, OCT 17	4:15 PM	A	FR – SOMERVILLE
TUE, OCT 18	7:00 PM	A	VAR – DEPAUL CATHOLIC
TUE, OCT 18	4:00 PM	A	JV – HUNTERDON CENTRAL
TUE, OCT 18	4:00 PM	A	FR – HUNTERDON CENTRAL
THU, OCT 20	4:00 PM	H	VAR – RIDGEWOOD
THU, OCT 20	7:00 PM	H	JV – RIDGEWOOD
THU, OCT 20	4:15 PM	A	FR – RIDGEWOOD
SAT, OCT 22	6:00 PM	A	VAR – DON BOSCO PREP
SAT, OCT 22	12:00 PM	A	JV – ST. PETER'S PREP
SAT, OCT 22	10:00 AM	A	FR – ST. PETER'S PREP

TWIBCS LEADERS

CROSS COUNTRY

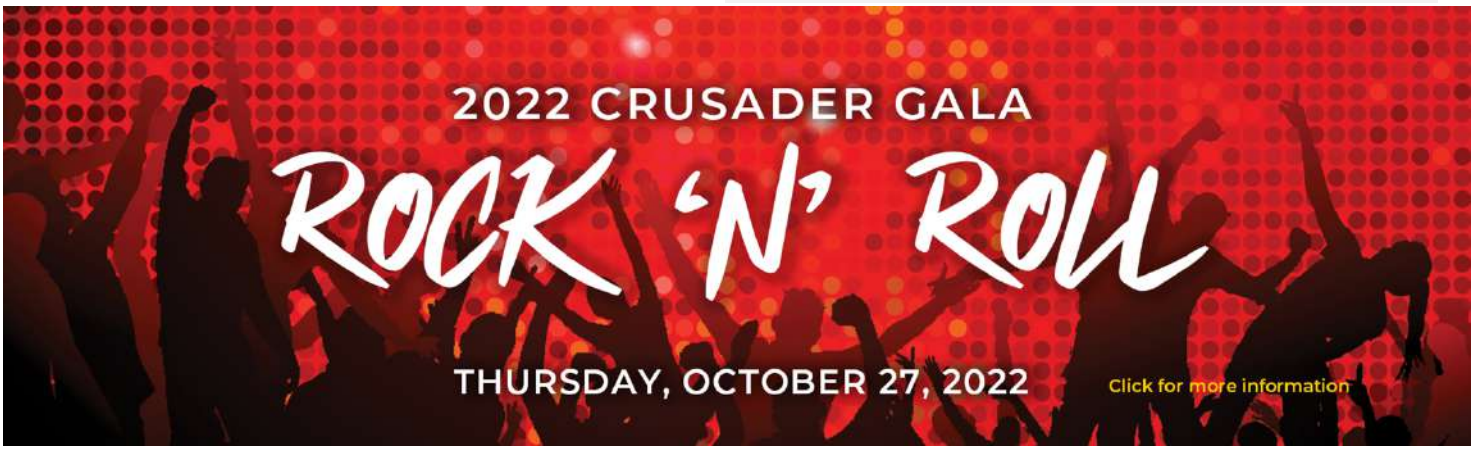
5000M	TOM ROGERS '23	16:40.0	9/24/2022
2.5 MI	TOM ROGERS '23	14:03.5	10/8/2022
3200M	MARKUS WHITE '26	11:29	9/17/2022
2900M	MARKUS WHITE '26	8:49	9/29/2022

FOOTBALL (7 GAMES)

POINTS	SAEED ST.FLEUR '23	60
TOUCHDOWNS	SAEED ST.FLEUR '23	10
TD PASSES	DOMINIC CAMPANILE '25	8
RUSHING YARDS	SAEED ST.FLEUR '23	709
PASSING YARDS	DOMINIC CAMPANILE'25	663
COMPLETION %	JACK DUFFY '23	68.1
RECEIVING YARDS	QUINCY PORTER '25	278
RECEPTIONS	CHRISTIAN CARTI '23	17
TACKLES	MALACHI MERCER '23	56
SACKS	ELIJAH KINSLER '24	4.5
TFLS	SYDIR MITCHELL '23	9.5
INTERCEPTIONS	MALACHI MERCER '23	4
FUMBLE RECOVERIES	SYDIR MITCHELL '23	2

SOCCER (13 GAMES)

GOALS	SEBASTIAN ORTEGA '24	8
ASSISTS	SEBASTIAN ORTEGA '24	6
POINTS	SEBASTIAN ORTEGA '24	22
SAVES	KYLE TENCZA '23	64
SAVE % (MIN 30 SOG)	KYLE TENCZA '23	.842



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.

Apostles' Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
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)