TWIRC SPORTS

SWIM WINS COUNTY TITLE

TWIBC SPORTS

THIS WEEK IN PERSEVERANCE SPORTS

TRACK TAKES COUNTY RELAY TITLE

BC Hunts and Nails Down Two Outstanding Spring Coaches

January 29 – Oradell, NJ – Bergen Catholic is proud to announce the hiring of two coaches who will be starting their tenures of two of BC's newest sports: the newly formed Rugby program and Volleyball. Hunter DeBellis (Volleyball) and Tim Downey (Rugby) bring enthusiasm and expertise to lead these exciting programs.

ALUMNUS TIM DOWNEY EARNS NOD TO LEAD RUGBY PROGRAM

January 29 – Oradell, NJ - Alumnus, Tim Downey is returning to his alma mater to become its Varsity Rugby Coach this coming spring.

Downey began head coaching at Iona College in New Rochelle, NY where he served as Head Coach in 2011-12. He became an Assistant at his college alma mater from 2012 and still serves the college in that role. Downey took the reins of the SUNY New Paltz Men's Rugby program in 2021, but chose to return to Bergen to build young men through his passion for the game.

Downey has extensive experience working with professional, youth and high school players and is a certified referee who mentors and coaches officials new to the sport.

When you ask Tim what he does, he has a one-word response, "Rugby." From individual and team coaching to officiating, time-keeping or serving as a leader in various rugby organization capacities, there's a good chance you'll find Coach Tim involved.

He continues to serve as the NYAC Under-25 All-Star team, a role he has held since 2020.

Success? Coach Tim's teams have placed 5th and 7th in the Collegiate Rugby Championships. While at Iona, his teams won two Beast of the East Championships and three Four-Leaf titles.

HUNTER DEBELLIS TO LEAD SPIKERS

January 29 – Oradell, NJ – If the name sounds familiar, it should. DeBellis has been synonymous with BC Football for well over 30 years. This year, Coach Tony DeBellis '85, will see his daughter, Hunter, take the reins of the Crusader Volleyball program.

While for some, athletic blood runs through their veins, like her dad, BERGEN BLOOD runs through Hunter's. Hunter brings quite a bit of coaching experience of her own to the program. As a co-owner and Operations Coordinator of New Jersey Freedom Basketball, their programs have won 12 National Championships.

She currently remains the head basketball coach at St. Mary's High School in Rutherford after graduating from Penn State University where she interned for the Nittany Lions Football program. Hunter interned directly for the Director of High School relations and the school's Wide Receiver Coach.

Hunter also worked with 15 Big Ten Division I teams at PSU, assisting the Assistant AD and Event Management officials in managing all sporting events.

FOR THE RECORD

January 29 – Oradell, NJ – The Crusader Football Team finished with a ranking of 21 in the ***USAToday***'s Super 25 for 2022 and 20 in the ***MaxPreps*** Top 100 Rankings! Congratulations to Coach Campanile and his program once again for an outstanding Season!

SWIMMERS TAKE FIRST BERGEN COUNTY TITLE SINCE 2017

January 21-22 – Nyack, NY – In the final event of the night, Bergen Catholic's 200 FR of Eric Yoo, Raymond Stelmark, Doyee Kim and Gavin Perez posted a time of 3:11.80 to edge out Tenafly for the county title. Bergen Catholic finished with 256 points, while Tenafly (241) and Demarest (142) rounded out the top three.

Bergen Catholic notched three additional first-place victories to seal its 7th overall county title, with Doyee Kim winning the 200 IM (1:54.26), Raymond Stelmark capturing the 500 free title (4:37.77), and the 200 FR of Rhyse Ruffy, Dimtri Melnikov, Yoo and Perez posting a winning time of 1:29.53.

"We scored it out based on the psych sheets," Kunnapas said. "We knew that it would be within 10 points. So we knew it was going to be close in every race, so every place was going to count. Tenafly is very good. We didn't start off the meet as well as we wanted to, but we definitely rebounded. Winning that relay was a nice way to go out."

CRUSADERS TEAM UP WIN BERGEN COUNTY RELAYS

January 23 – Staten Island, NY – The harriers ran well and scored enough on track events and won a number of field events to win their sixth County Relays Championship since 2015.

4x55 Meter Shuttle Hurdle Relay – 2nd	34.97 seconds
4x200 Meter Relay – 2nd	1:32.87
4x1600 Meter Relay – 2nd	21:06.78
4x400 Meter Relay – 1st	3:35.16
Sprint Medley Relay – 3rd	4:02.03
4x800 Meter Relay – 1st	8:40.40
Distance Medley Relay – 2nd	11:14.27

High Jump	Allan Hilton-Clarke	1st	6-0
	Tristan Oliver	2nd	6-0
Long Jump	Allan Hilton-Clarke	1st	20-9
	Jason Lessieu	3rd	19-1
Triple Jump	Allan Hilton-Clarke	1st	43-0
	Jason Lessieu	2nd	41-1.25
Pole Vault	Oliver Lopez	1st	9-0
	Ryan Phelan	2nd	8-0
Shot Put	Justin King	1st	48-7.5
	Jorge Pogue	3rd	41-3

CRUSADERS TAKE 7 IN BNC GAME WITH GREEN KNIGHTS

January 23 – Hackensack, NJ – Liam Chin was the man on Monday, rolling a game-high 257 and high series 656 to help BC sweep SJR 7-0. BC took all three games, finishing with their best at the end (812) and winning total pins 2389-1873.

NAME	G1	G2	G3	SERIES
SEAN MCKECHNIE	129	197	185	**511**
LIAM CHIN	257	214	185	**656**
JUSTIN MARTIN	192	161	234	**589**
ANDY LEE	215	212	208	**635**
BC (10-1)	**793**	**784**	**812**	**2389**
ST. JOSEPH REGIONAL	**563**	**691**	**619**	**1873**

JV STRIKERS STRIKE 11TH TIME

January 23 – Hackensack, NJ – Nick Rossig and Stephen Paul each bowled over 500 series and John Brignola and Calvin Villanueva each bowled 463 to help BC defeat SJR 5-0. Rossig bowled the high game of 205.

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	165	139	159	**463**
NICK ROSSIG	147	205	166	**518**
STEPHEN PAUL	179	152	176	**507**
CALVIN VILLANUEVA	159	146	158	**463**
NICK BRIGNOLA	118	135	145	**398**
NOAH ESPOSITO	72	102	76	**250**
SHANT CAKERIAS	128	104	130	**362**
MINSUNG KIM	81	67	91	**239**

BC (11-0)	**650**	**642**	**659**	**1951**
ST. JOSEPH REGIONAL	**425**	**401**	**406**	**1232**

HOCKEY ADVANCES IN BCCA WITH WIN OVER MAROONS

January 23 – Secaucus, NJ – After a scoreless first period and deep into the second, Niko Smilovic scored with 2:10 remaining in the second with the game winner against Ridgewood. Max Wright and Thomas Keough played the role of set-up men for Smilovic and his all-even goal.

With the win, the Crusaders advance to the next round of the BCCA tournament which contniues on February 7th in Wayne's Ice Vault vs. Northern Highlands Regional High School.

Declan Quinn scored an empty netter with 2 seconds remaining to add the final punctuation to the 2-0 victory. He was set up by Cory Robinson and Keough.

Goalie Ryan Henry saved 22 shots for the shutout tournament victory.

SCORING	1	2	3	FIN
Ridgewood (11-6-1)	0	0	0	**0**
#11 Bergen Catholic (5-8)	0	1	1	**2**

SWIM TAKES NUMBER EIGHT OVER LAKELAND LANCERS

January 24 – Wayne, NJ – The Crusaders enjoyed a solid a good team event, defeating Lakeland 117-31. No records were broken, but some great relays, specifically the 200 Medley Relay to start the meet and the 400 Free Relay, were each decided by two Bergen teams by less than a second.

Ben Vester won the 200 and 100 Free Events and Harris Kinnear (200 IM), Matt Semelsberger (50 Free), Doyee Kim (100 Fly), Rhyse Ruffy (100 Back) and Gavin Perez (100 Breast) all won individual races. The Crusaders also won all three relays in the victory.

#11 Bergen Catholic (8-0)	**117**
Lakeland (1-10)	**31**

	200 MR (yards)	
Pl	**Swimmers**	**Time**
1	Rhyse Ruffy, Doyee Kim, Dimtri Melnikov, Matthew Semelsberger	02:07.46
2	Parker Day, Enzo Yuen, Harris Kinnear, Ryan Kwon	2:07.67
	200 Free (yards)	
1	Benjamin Vester	n/a
2	Jack Cummings	2:35.96
4	Joseph Trione	2:39.26
	200 IM (yards)	
1	Harris Kinnear	2:25.55
2	Jeremiah Tomioka	2:26.67
	50 Free (yards)	
1	Matt Semelsberger	26.11
2	Enzo Yuen	27.08
4	Parker Day	28.87

	100 Fly (yards)	
1	Doyee Kim	1:05.67
3	Ricky Wright	1:09.54
4	Harris Kinnear	1:08.16
	100 Free (yards)	
1	Benjamin Vester	0:59.57
2	Jack Cummings	1:01.19

5	Alexander Herrera	1:14.56
	200 FR (yards)	
1	Matthew Semelsberger, Ricky Wright, Doyee Kim, Gavin Perez	1:50.25
3	Joseph Trione, Ryan Kwon, Jack Cummings, Enzo Yuen	1:52.36
6	Jonas Haro, Macklin Hernandez, Alexander Herrera, Parker Day	2:18.80
	100 Back (yards)	
1	Rhyse Ruffy	1:13.83
3	Ryan Kwon	1:14.08
5	Jonas Haro	1:29.89
	100 Breast (yards)	
1	Gavin Perez	1:14.98
2	Enzo Yuen	1:17.98
3	Eric Kwon	1:19.71
	400 FR (yards)	
1	Eric Kwon, Jeremiah Tomioka, Dimtri Melnikov, Rhyse Ruffy	4:16.02
2	Ryan Kwon, Harris Kinnear, Ricky Wright, Benjamin Vester	4:16.96

CRUSADERS COLLAR BULLDOGS

January 24 – Oradell, NJ – Bergen welcomed Bergen County private school, Dwight Englewood to Christopher "CJ" Donfield Court at the Hoehl Gymnasium on Tuesday night. The defending county champs made quick work of their visitors, recording an 80-37 victory. Terry Copeland led BC with 15 points

Team	1	2	3	4	TOT
Dwight Englewood (9-9)	-	-	-	-	**37**
Bergen Catholic (11-5)	-	-	-	-	**80**

The Crusaders had strong efforts from the entire roster with 12 members scoring including: Chidi Nwigwe, Austin and Shawn Spencer, Mikai Klintman, Brandon Benjamin, Naiim Parrish, Tyler McQuaid, David Munro, Austin Sargenti, Declan Wucherpfennig, Julius Avent and Rocco Gratale and Nehemiah Snell.

JV DUNKS BULLDOGS

January 24 – Oradell, NJ – In the middle game of the BC-DE triple header, Bergen's JV took care of business 77-42.

The Crusaders opened a 46-10 lead at half as Julius Avent scored 9 first quarter points on his way to 15 overall. Teammate AJ Neunzig came off the bench to lead the Crusaders in scoring with 16. Freshman big man Angelo Belizzi joined the pair in double-digits with 10 points.

Sebastian Margono scored 9 in the twilight match-up. Guy Vickers (8 pts), Jerry Armstrong (7 pts), Lockton Walker and Shayne Walters (4 pts each) and Gabe Delacruz (2 pts) also scored for the Crusaders. Jayden Brown added some tenacious D for Bergen in the win.

Team	1	2	3	4	TOT
Dwight Englewood	7	3	17	15	**42**
Bergen Catholic	21	25	15	16	**77**

FROSH HOOPS DEFEAT BULLDOGS

January 24 – Oradell, NJ – The Frosh grinded through four quarters to defeat Dwight-Englewood 59-40 on Tuesday afternoon.

Jake Behrens led all scorers with 24 points after knocking down six three-pointers. Caleb Williams deposited twenty points and DeAndre Orgill added a half dozen.

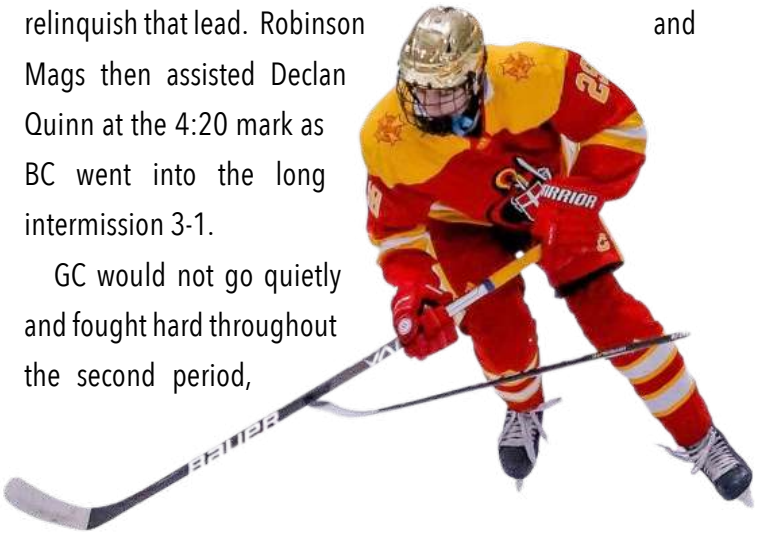
Other scorers included Andrew Castillo 4 points and Mikey McMahon, Christian Brewton and Zack Behrens all added a pair of points as well.

Team	1	2	3	4	TOT
Dwight Englewood	-	-	-	-	**40**
Bergen Catholic	10	17	17	15	**59**

HOCKEY UPSETS #5 GLOUCESTER CATHOLIC

January 25 – Hackensack, NJ – The Crusaders came up with a big Gordon Conference victory on Wednesday as they defeated #5 Gloucester Catholic 5-2.

The Rams got on the board early, but Nick Frasetto answered on an assist from Zade Crego to tie the score at one. George Weiner scored at the 8:03 mark in the first, assisted by Cory Robinson and Matt Maglio. BC would never relinquish that lead. Robinson and Mags then assisted Declan Quinn at the 4:20 mark as BC went into the long intermission 3-1.



GC would not go quietly and fought hard throughout the second period, outscoring BC 1-0. They trailed entering the final stanza.

Maglio recorded his third point of the game just 13 seconds into the third period for insurance. Robinson and Jacob Carver assisted on the goal and with 42 seconds remaining, Robinson scored his goal, an empty-netter, assisted by Carver.

Ryan Henry saved 16 of 18 shots on goal for the victory.

Bowler	1	2	3	FINAL
Gloucester Catholic (4-6-1)	1	1	0	**2**
Bergen Catholic (6-9)	3	0	2	**5**

MARTIN AND CRUSADER BOWLERS DEFEAT SPARTANS

January 26 – Oradell, NJ – Justin Martin bowled a high game of 214 and high series of 607 as BC remained undefeated in league bowling as they defeated DePaul Catholic 7-0.

Bowler	1	2	3	TOTAL
William Chin	170	169	172	511
Anthony Liggio	149	152	133	434
Daniel Makino	105	100	105	310
Justin Martin	184	209	214	607
BC	**608**	**630**	**624**	**1,862**
DEPAUL	**450**	**468**	**525**	**1,443**

PAUL'S PAIR OF 182s LEADS JV OVER DEPAUL'S SPARTANS

January 26 – Oradell, NJ – Stephen Paul bowled the high-game TWICE to lead BC over DePaul Catholic 5-0. His 485 high series led the Crusaders as well. The Crusaders are now a perfect 12-0 on the season.

Bowler	1	2	3	TOTAL
William Smith	101	X	X	101
Steven Kane	95	X	X	95
Shant Cakenas	126	X	103	229
Stephen Paul	182	182	121	485
Antonio Scarpati	75	X	X	75
Matt Kovacs	X	85	X	85
Matt Morin	X	109	124	233
Vincent Nobile	X	108	136	244
BERGEN	**504**	**484**	**484**	
DEPAUL	**451**	**409**	**390**	

DECISIONS NOT ENOUGH AS BC WIN STREAK ENDS

January 25 – Oradell, NJ – For the first time in any of our current student's lifetimes, BC lost to St. Joseph Regional in wrestling. The Crusaders carried a 25-year, 20 match streak against the Green Knights as well as a 22-match winning streak (tied for the longest in school history) into Wednesday's match. Both streaks were snapped as an impassioned Green Knight crew defeated BC 34-21.

As a result, SJR and BC swapped state ranking positions (#2-#3), likely seeds in the state tournament (#2-#3) and the Green Knights clinched the BNC United Division title.

The match started at 120 pounds with Brian Melamud earning a 4-2 victory. Noah Kochman opened his 126-pound bout with a five-point move (two points for a takedown and three back points for a near fall). His opponent was ultimately able to avoid being pinned and avoid yielding an additional team point by losing only by 6 points as BC led 6-0. August Hibler (138 lbs) and Aidan Wallace (157 lbs) each earned victories of 6 point differentials as well, but BC was never able to earn bonus points in their victories.

WT	Wrestler	Result	BC	SJR
120	Brian Melamud	W- Decision 4-2	3	0
126	Noah Kochman	W- Decision 7-1	6	0
132	Riley Halal	L-Maj Dec 13-5	6	4
138	August Hibler	W- Decision 7-1	9	4
144	Ryan Ford	L – Decision 6-3	9	7
150	Christopher Bacchioni	W-Forfeit	15	7
157	Aidan Wallace	W – Decision 9-3	18	7
165	Eric Broadie	L - Maj Dec 10-0	18	11
175	Justin Onello	L – Decision 1-0	18	14
190	Pantaleo Varga	L – TF (20-5) 6:00	18	19
215	AJ Fricchione	L – Decision 3-1	18	22
285	Benjamin Shue	L – Pin 3:15	18	28
106	Nathan Braun	W – Decision	21	28
113	Chris Nucifora	L – Injury Default	21	34

BERGEN STREAKS

January 29 – Oradell, NJ – Crusader athletic teams have put together some outstanding winning streaks through the years. Here are the Top-Five longest in win-streaks in school history:

FOOTBALL	**23**	**1991-1993**
WRESTLING	**22**	**2012-2014, 2022-2023**
BASKETBALL	**21**	**1993-1994**
LACROSSE	**19**	**2014**

SHUE EARNS PIN VS USA's #2-RANKED WYOMING SEM

January 27 – Oradell, NJ – BC welcomed the Knights of Wyoming Seminary (PA) on Friday night at the Hoehl Gymnasium. The match challenged each wrestler to give the best of himself over the course of 6 minutes on the mat and BC's effort did not disappoint.

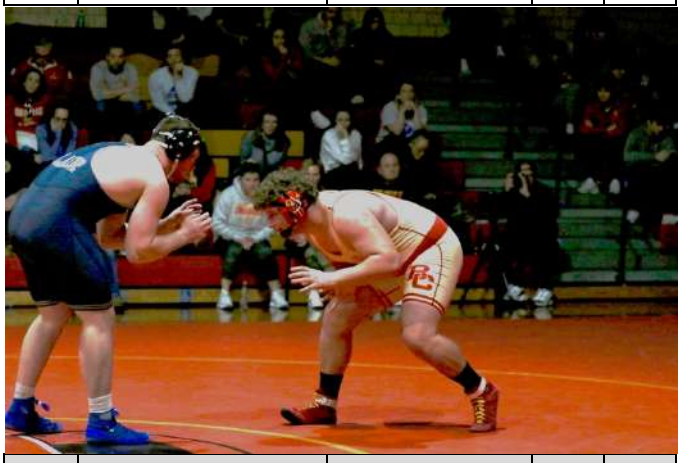
WT	Wrestler	Result	BC	WS
165	Jayden Iznaga	L – Decision 4-2	0	3
175	Justin Onello	W – Decision 2-1	3	3
190	Leo Varga	L – Decision 4-1	3	6
215	Rocco Costello	L – Pin 0:32	3	12
285	Benjamin Shue	W – Pin 1:00	9	12
106	Nathan Braun	L – Maj Dec 10-2	9	16
113	Chad Sadaka	L – Pin 4:54	9	22
120	Nicholas Pallitto	W-Forfeit	15	22
126	Noah Kochman	L-Maj Dec 19-7	15	26
132	Riley Halal	L – Decision 9-4	15	29
138	Ethan Washburn	L – Decision 9-3	15	32
144	Joey Canova	W-Decision 5-2	18	32
150	Christopher Bacchioni	L – Decision 2-0	18	35
157	Aidan Wallace	L – Maj Dec 17-5	18	39

VARGA PINS AGAINST NATION'S #1 BLAIR

January 28 – Oradell, NJ – Hours after wrestling the nation's #2 team (whose only loss in a dual match is to Blair Academy), BC wrestled Blair in Hoehl Gymnasium on Saturday afternoon. The Crusaders wrestled well falling 35-25.

WT	Wrestler	Result	BC	BA
144	Ryan Ford	W-Decision 6-4	3	0
150	Christopher Bacchioni	L – Decision 4-3	3	3
157	Aidan Wallace	W – TF (15-0) 5:43	8	3
165	Nick Bernick	L – TF (24-8) 4:54	8	8
175	Justin Onello	L – SV 5-1	8	11

190	Pantaleo Varga	W-Pin 1:26	14	11
215	Rocco Costello	L-Pin 0:53	14	17

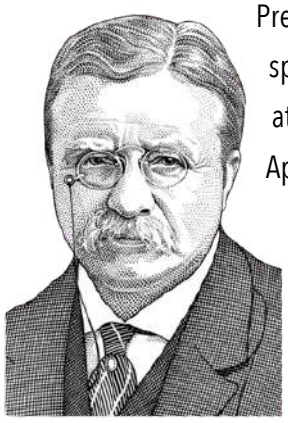


285	Benjamin Shue	L – Decision 7-3	14	20
106	Nathan Braun	W – Maj Dec 13-3	18	20

113	Seach Hibler	W – Decision 6-2	21	20
120	Brian Melamud	L – Pin 1:28	21	26
126	Noah Kochman	L – TF (18-3) 4:04	21	31
132	Riley Halal	L – Maj Dec 13-5	21	35
138	August Hibler	W – Maj Dec 14-3	25	35

THE MAN IN THE ARENA

January 29 – Oradell, NJ - Some quotations are timeless. That certainly is true about this quote extracted from President Theodore Roosevelt's speech: "Citizenship in a Republic" at the Sorbonne Paris, France on April 23, 1910.



So much of today's culture reacts immediately, choosing to whip out a cellphone to frame a moment, rather than jump into the arena. It is quick to engage

in presentism, evaluating historical events using today's standards.

This quote is for all of our students and student-athletes who have the courage to jump into the fray. It goes out to all of our members of the community who do more than just "talk about it." They serve communities in need. They get involved. They don't create excuses or apologize for what they do. There is no need. This is for all of those guys who compete when sick, who compete when injured, who lose weight or step up when someone is injured to fill their place.

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

DEUS VULT

CRUSADERS CONTINUE LONG-TIME RIVALRY WITH #1 LIONS

January 27 – Roselle, NJ – The Crusaders took on Roselle Catholic, the state's top-ranked team, giving the home team all they could handle for four quarters, until finally pulling away in the end with a 78-67 victory.

BC and Roselle Catholic first played in 1962, though very sparingly through 60 years until recently. Bergen and RC have now played four times in the last three years.

Team	1	2	3	4	TOT
Bergen Catholic (11-6)	17	17	17	16	**67**
Roselle Catholic (10-4)	20	24	17	17	**78**

Brandon Benjamin had one of the best games of his flourishing career, grabbing eighteen rebounds and scoring a team-high 21 points. Austin Spencer was lethal from down-town, knocking down four three-pointers on his way to 18 points and Terry Copeland scored 13.

Scoring	FG	3pt	FT	FTA	TOT
Terry Copeland	3	2	1	3	**13**
Austin Spencer	3	4	0	0	**18**
Brandon Benjamin	10	0	1	2	**21**
Mikai Klintman	1	0	3	6	**5**
Chidi Nwigwe	2	0	0	0	**4**
Naiim Parrish	2	0	0	0	**4**
David Munro	1	0	0	0	**2**
Declan Wucherpfennig	0	0	0	0	**0**
Tyler McQuaid	0	0	0	0	**0**

FROSH TAME LIONS ON FRIDAY NIGHT

January 27 – Roselle, NJ – The Freshman basketball team travelled south on the Parkway and dominated on Friday night, more than doubling up their hosts 66-30.

Devin Hassan was on fire, lighting up the scoreboard for 16 points. Andrew Castillo hit double digits scoring a point for every finger (or every toe if you'd prefer). DeAndre Orgill scored 9 points and Caleb Williams scored 8 points. Jake Behrens recorded 7 points on 2 field goals and a three-pointer and Anner Hernandez demonstrated some range

scoring five points including a trey. Mikey McMahon, Max Nizza, Grayson Pitcock and Zack Behrens each scored a field goal and Logan Starza bombed a three pointer.

Team	1	2	3	4	TOT
Bergen Catholic	27	14	18	7	**66**
Roselle Catholic	-	-	-	-	**30**

MEINIKOV, STELMARKK AND PEREZ TAKE GOLD

January 27 – Westfield, NJ – The state's #1 Westfield Blue Devils defeated BC in its home pool 101-69 on Friday afternoon. The Crusaders got consistent and strong efforts, but were edged in a battle of NJ Top-10 teams.

Raymond Stelmark, Jeremiah Tomioka and Dmitri Melnikov each won events and the 200 Free Relay of Melnikov, Rhyse Ruffy, Eric Yoo and Gavin Perez took top 1ST.

#8 Bergen Catholic (8-1) 69

#1 Westfield (11-0) 101

	200 MR (yards)	
Pl	**Swimmers**	**Time**
2	Doyee Kim, Dimtri Melnikov, Jeremiah Tomioka, Rhyse Ruffy	1:39.49
4	Matthew Semelsberger, Benjamin Vester, Eric Kwon, Ricky Wright	1:47.65
6	Ryan Kwon, Enzo Yuen, Harris Kinnear, Parker Day	1:56.57
	200 Free (yards)	
1	Raymond Stelmark	1:44.68
2	Gavin Perez	1:44.77
6	Eric Kwon	1:53.16
	200 IM (yards)	
2	Doyee Kim	1:56.33
3	Dimtri Melnikov	1:58.96
6	Matt Semelsberger	2:12.78
	50 Free (yards)	
3	Eric Yoo	22.79
5	Rhyse Ruffy	23.15
6	Ryan Kwon	24.86
	100 Fly (yards)	
2	Jeremiah Tomioka	0:55.47
5	Benjamin Vester	0:58.08
6	Harris Kinnear	1:02.05
	100 Free (yards)	
2	Eric Yoo	0:48.98
3	Gavin Perez	0:49.03
6	Ricky Wright	0:55.10
	500 Free (yards)	
1	Jeremiah Tomioka	4:55.87
2	Raymond Stelmark	4:41.63
5	Matt Semelsberger	5:03.21
	200 FR (yards)	
1	Rhyse Ruffy, Dimtri Melnikov, Eric Yoo, Gavin Perez	1:50.25
3	Benjamin Vester, Harris Kinnear, Ryan Kwon, Raymond Stelmark	1:52.36
6	Macklin Hernandez, Jonas Haro, Alexander Herrera, Harrison Kazimir	2:18.80
	100 Back (yards)	
2	Doyee Kim	0:52.66
5	Eric Kwon	0:57.43
6	Ryan Kwon	1:12.85
	100 Breast (yards)	
1	Dimtri Melnikov	0:59.69
4	Rhyse Ruffy	1:04.58
6	Benjamin Vester	1:07.47
	400 FR (yards)	
2	Eric Yoo, Raymond Stelmark, Doyee Kim, Gavin Perez	3:17.55
5	Eric Kwon, Ricky Wright, Matt Semelsberger, Jeremiah Tomioka	3:37.14
6	Harris Kinnear, Christopher Kaufman, Joseph Trione, Jack Cummings	3:45.51

JAMBOREE 2023

TOURNAMENT CHART: https://tinyurl.com/jamboree2023

JAMBOREE MATCHES CRUSADERS VS CRUSADERS

January 28 – Tenafly, NJ – Bergen took on Elmwood Park's Crusaders on Saturday afternoon in the final of four jamboree games at Tenafly High School. BC, the tournament's #3 seed, took care of business despite coming off a challenging game on Friday night; final score Bergen Catholic 78 – Elmwood Park 48.

The Crusaders are now 7-0 all-time against EPHS in a rivalry which dates back to December 21, 1971 when Elmwood Park was known as East Paterson.

David Munro helped to boost the offense, with 13 points, as Terry Copeland found himself in foul trouble early on. Copeland satisfied the Crazies' need for a couple of dunks with a pair in the fourth quarter.

Brandon Benjamin and Chidi Nwigwe each scored double digits. Benjamin did it in his usual way of grabbing offensive boards or working in the low-post where the *other* Crusaders had no answer. Nwigwe (pronounced WEEG-way) did it his usual way of scoring double-digits without much fanfare.

Bergen advances to take on Saddle River Day on Saturday at Hackensack High School in the quarterfinal round.

Team	1	2	3	4	TOT
Elmwood Park (10-4)	10	12	16	10	**48**
Bergen Catholic (12-6)	15	19	22	22	**78**

Scoring	FG	3pt	FT	FTA	TOT
David Munro	4	1	2	3	**13**
Brandon Benjamin	5	0	2	2	**12**
Chidi Nwigwe	5	0	0	0	**10**
Julius Avent	1	2	0	0	**8**
Declan Wucherpfennig	3	0	1	1	**7**
Terry Copeland	2	0	2	2	**6**
Naiim Parrish	1	1	0	0	**5**
Tyler McQuaid	2	0	1	2	**5**
Austin Sargenti	1	1	0	0	**5**
Sean Spencer	0	1	0	0	**3**
Austin Spencer	1	0	0	0	**2**
Mikai Klintman	0	0	0	0	**0**
Rocco Gratale	0	0	0	0	**0**

JV PLACES SECOND IN BCCA TOURNEY ROSSIG WINS INDIVIDUAL TITLE AND VILLANUEVA PLACES SECOND

January 28 – Hackensack, NJ – Just one pin separated the County Champion from his runner up. Good for BC, both were CRUSADERS!

Nick Rossig bowled a 580 series and Calvin Villanueva was right behind with a 579 to place 1-2 individually in the 2023 Bergen County Tournament, leading Bergen to second overall in the team standings. Bergen finished just 25 pins behind County Champion Bergen Tech who knocked down 2,074 of those little buggers. BC recorded 2,039 pins and third-place finisher, Pascack Valley, scored 1937.

Congratulations to Coach Larry and hist team on a great accomplishment. (L-R) Calvin Villanueva, Keenan Galligher, Nick Rossig, John Brignola, Vincent Nobile, Coach Larry and Nick Brignola.

NAME	G1	G2	G3	SERIES
John Brignola	166	158	148	472
Nick Rossig	179	211	190	**580**
Calvin Villanueva	201	227	151	**579**
Vincent Nobile	126	142	113	381
Keenan Galligher	119	116	140	375
Nick Brignola	124	130	122	376
BERGEN CATHOLIC	**672**	**738**	**629**	**2039**
BERGEN TECH				**2074**
PASCACK VALLEY				**1937**

BIRD OF THE WEEK BUFFLEHEAD

January 29 – Lyndhurst, NJ – I was unable to get a good photo of a Eurasian Wigeon, which is a rare bird around these parts, so I'm substituting one of my favorite ducks, the Bufflehead. So you know, I saw and counted the EUWI, but just couldn't get a photo that I found worthy of YOU!

Buffleheads are small diving ducks. Unlike dabbling ducks (like mallards, American Black Ducks, Northern Pintails and Northern Shovelers) buffleheads dive for their food below the surface. They generally feed on aquatic invertebrates (underwater animals that do not have a spine) as they pop up and down in the water in search of food.

Their large heads are a glossy green and purple and they have white bodies which easily distinguishes them from another small diver, the hooded Merganser.

MURPHY HOUSE STILL LARGE AND IN CHARGE

January 29 – Oradell, NJ – Points were tough to come by this week, but Murphy, Beyer, Jensen and Roepke made some progress.

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

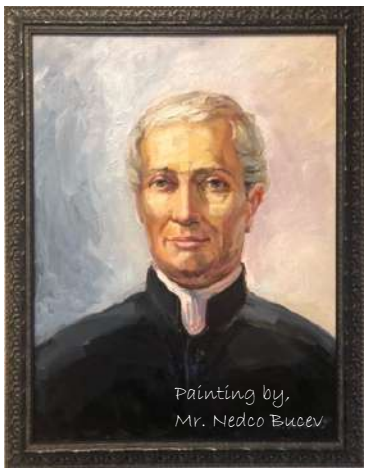
The Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

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 FOR RUSSIA AND UKRAINE)

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.

Footprints in the Sand

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene,
I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.

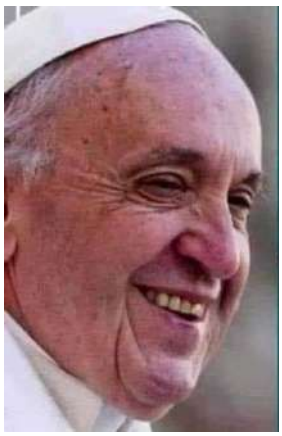
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.
I don't understand why, when I needed You the most,
You would leave me."

He whispered, "My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."

LITURGICAL CALENDAR 2023

- **ORDINARY TIME (Jan 6-Feb 21)**
- **ASH WEDNESDAY (Feb 22)**
- **EASTER (Apr 9)**
- **PENTECOST (May 28)**
- **ORDINARY TIME (Jun 4- Dec 2)**
- **ADVENT (Dec 3 – Dec 24)**
- **CHRISTMAS (Dec 25 – Jan 7, 2024)**



"Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is, life is a good when you are happy, but much better when others are happy because of you."

Pope Francis

THIS UPCOMING WEEK IN BC SPORTS

Monday, January 30, 2023				
VHOCK	7:40 PM	Gloucester Catholic	A	Hollydell Arena
VBKB	7:00 PM	Paramus Catholic	A	Paramus Catholic
JVBKB	5:30 PM	Paramus Catholic	A	Paramus Catholic
FRBKB	4:00 PM	Paramus Catholic	A	Paramus Catholic
Tuesday, January 31, 2023				
FRBKB	4:00 PM	Irvington	A	Irvington
SWIM	4:00 PM	Big North Championships	N	PCTI
Wednesday, February 1, 2023				
BOWL	4:00 PM	Don Bosco Prep	H	Bowler City
VHOCK	4:45 PM	CBA	A	Jersey Shore Arena
JVBKB	5:30 PM	County Tournament TBA	H	Hoehl Gymnasium
Thursday, February 2, 2023				
VBKB	7:00 PM	St. Joseph Regional	H	Hoehl Gymnasium
JVBKB	5:30 PM	St. Joseph Regional	H	Hoehl Gymnasium
FRBKB	4:00 PM	St. Joseph Regional	H	Hoehl Gymnasium
JVHOCK	4:45 PM	Don Bosco Prep	A	Ice Vault
Friday, February 3, 2023				
BOWL	4:00 PM	Paramus Catholic	H	Bowler City
Saturday, February 4, 2023				
VBKB	TBA	Jamboree – Saddle River Day	N	Hackensack HS
JVBKB	TBA	BCCA Tournament	TBA	TBA
Sunday, Febuary 5, 2023				
VBKB	4:30 PM	Red Bank Catholic	H	Hoehl Gymnasium
FRBKB	TBA	BCCA Tournament	TBA	TBA
VHOCK	7:00 PM	Delbarton	H	Ice Rink 2
JVHOCK	8:30 PM	St. Joseph Regional	A	Sport-O-Rama
TRACK	TBD	Parisi Jumps/Throws Series	N	Parisi Speed School

Be sure to check www.bergencatholic.org for any possible changes in scheduling throughout the week.