TWIBC SPORTS Lent 2023
THIS WEEK IN BERGEN CATHOLIC SPORTS

BERGEN – BOSCO IV
BENJAMIN GOES OFF
CRUSADERS ADVANCE

February 27 – Ramsey, NJ – Press all over and Score 100! That was the vision and that was the way BC played all over the hardwood at Don Bosco Prep on Monday night. In an inspired night, junior forward Brandon Benjamin won the opening tip and scored a team-high 25 points to go with his 12 rebounds, 2 blocks and 2 steals. 18 of those 25 points came from four first half three pointers and three field goals that helped the Crusaders open a 42-25 first half lead.

It wasn't so much that the Ironmen were playing poorly. It was much more that the Crusaders were flying around the court and dominating. Sophomore guard Tyler McQuaid scored 8 of his 12 points in the first half as he sprinted from endline to endline, diving for loose balls and breaking the Ironman press with his nifty ball handling.

Terry Copeland grabbed recorded four blocked shots in the opening half and grabbed a rebound, putting it back up and into the basket.

Team	1	2	3	4	TOT
#5 Bergen Catholic (22-8)	20	22	16	18	**76**
#1 Don Bosco Prep (24-3)	13	12	21	24	**70**

Bergen got strong bench play from Dave Munro (4 points, 2 rebounds and a blocked shot), Declan Wucherpfennig (6 points 1 steal, 1 rebound and 1 blocked shot) and Austin Spencer (11 points and 1 rebound).

The Crusaders continued to push in the second half, but an outstanding Ironman squad made a push led by Dylan Harper and his game-high 38 points. Copeland came back in the fourth quarter to hit a huge 3 pointer and McQuaid hit 4 free throws while Naiim Parrish hit three of the last four in the game to ice the victory for the Crusaders 76-70. Bergen

had fallen 3 times this season to the Ironmen by double-digits each time, but showed incredible character and determination to reach the sectional final once again.

Player	FG	3PT	FTM	FTA	PTS	REB
Austin Spencer	0	3	2	4	**11**	1
Tyler McQuaid	1	2	4	4	**12**	2
Shawn Spencer	0	0	0	0	**0**	1
Naiim Parrish	3	0	3	4	**9**	4
Jaylen Robinson	1	0	2	2	**4**	1
David Munro	2	0	0	0	**4**	2
Declan Wucherpfennig	3	0	0	0	**6**	1
Brandon Benjamin	5	4	1	6	**25**	12
Terry Copeland	1	1	0	0	**5**	2
Mikai Klintman	0	0	0	0	**0**	2

(Photos from Bosco-BC Game by Christian Roche '25)

CRUSADER DRIVE FOR A 3-PEAT JUST MISSES

March 1 – Somerset, NJ – The formula was working. Run. Press. Big men, Terry Copeland and Brandon Benjamin lead in the paint. Then the third quarter wiped away all progress made to the Crusaders' bid for a third consecutive sectional title. Despite a passionate effort in the fourth, the last of two shots fell outside the rim and the final buzzer sounded, giving St. Peter's Prep the victory 56-55.

Brandon Benjamin's 13 points, 4 rebounds, 3 blocks and 2 steals led the Crusaders. The 6'8 junior was all over the court, running from end-line to end-line making his presence felt from the opening tip until the final buzzer.

Sophomore Naiim Parrish scored in each period, including three free-throws when he was fouled shooting a three-pointer. He finished with 12 points and a rebound.

Terry Copeland and Austin Spencer each scored 8 points and sophomore guard Tyler McQuaid played very well, hustling all over the court and pitching in 6 points.

The Crusaders got strong bench play from sophomores Declan Wucherpfennig (4 pts, 1 reb, 1 block) and David Munro (2 pts, 2 reb, 2 blocks) and senior guard, Mikai Klintman 2 points and a steal.

Team	1	2	3	4	TOT
#5 Bergen Catholic (22-9)	16	15	12	12	**55**
#3 St. Peter's Prep (25-3)	11	10	24	11	**56**

Player	FG	3PT	FTM	FTA	PTS	REB
Austin Spencer	1	2	0	0	**8**	0
Tyler McQuaid	1	1	1	2	**6**	0
Shawn Spencer	0	0	0	0	**0**	0
Naiim Parrish	3	1	3	3	**12**	1
Mikai Klintman	0	0	2	2	**2**	0
David Munro	1	0	0	0	**2**	2
Declan Wucherpfennig	2	0	0	0	**4**	1
Brandon Benjamin	5	1	0	1	**13**	4
Terry Copeland	3	0	2	4	**8**	4

(Photos from Bosco-BC Game by Mr. John Hund '79)

EARLY RUGBY TEAM PRACTICES FULL OF OPTIMISM

March 1 – Oradell, NJ – There is a team on the field getting ready for their first full season of action. BC's Rugby program is working out and the guys are excited.

The general feedback from players is that they are learning a lot in a game there is so much to learn from. Having a highly experienced Rugby professional like alumnus and coach Tim Downey certainly doesn't hurt that process.

He's hoping for some football players on the roster. With more and more students joining, Coach is hopeful his scrum becomes a juggernaut!

ALL-BERGEN COUNTY BOWLING TEAM ANNOUNCED

March 2 – Oradell, NJ – The Crusaders earned Group 3-4 Team of the Year Honors and seniors Liam Chin and Justin Martin were named to the first team All-County. Andy Lee was recognized on with All-County honorable mention.

As a team, the Crusaders finished 12-2 (6-0 in the Big North United Division winning the league title. The Crusaders won the Group IV North Sectional Title, the seventh in school history, and advanced to the Group IV State Championship where the Crusaders placed 10th.

EARLY STATE RESULTS

March 2– Atlantic City, NJ – Eleven wrestlers advanced through the first round of wrestling in AC on Thursday night and all fourteen survived to continue into the wrestling on Friday morning. Nathan Braun (106) started things off on the right foot with Chris Nucifora (113) following up and winning by pin. Joey Canova (138), Ryan Ford (144), Chris Bacchioni (150), Aidan Wallace (157), Eric Broadie (165), Justin Onello (175), Leo Varga (190), AJ Fricchione (215) and Benji Shue (275) all advanced to the second round.

FIRST ROUND RESULTS

WT	Wrestler (Seed#)	Result
106	#19 Nathan Braun	W – MD 9-0
113	#11 Chris Nucifora	W – Pin 4:43
120	#17 Nick Pallitto	L – MD 13-4
126	#13 Noah Kochman	L – Dec 5-1
132	#23 Riley Halal	L – Dec 5-1
138	#20 Joey Canova	W – Dec 6-5
144	#3 Ryan Ford	W – Pin 1:31
150	#4 Christopher Bacchioni	W – TF (3:08) 16-0
157	#2 Aidan Wallace	W – TF (3:18) 16-0
165	#9 Eric Broadie	W – Dec 3-0
175	#9 Justin Onello	W – Dec 8-1
190	#18 Leo Varga	W – Dec 5-4
215	#3 AJ Fricchione	W – Pin 2:07
285	#19 Benjamin Shue	W – Pin 1:52

PRE-QUARTERFINAL RESULTS

WT	Wrestler (Seed#)	Result
106	#19 Nathan Braun	W – Dec 9-4
113	#11 Chris Nucifora	L – TF (6:00) 17-2
138	#20 Joey Canova	W – Dec 4-0
144	#3 Ryan Ford	W – Pin 3:50
150	#4 Christopher Bacchioni	W – Dec 4-2
157	#2 Aidan Wallace	W – MD 13-0
165	#9 Eric Broadie	L – Dec 3-2
175	#9 Justin Onello	L – UTB 2-1
190	#18 Leo Varga	L – Dec 6-1
215	#3 AJ Fricchione	W – Dec 10-4
285	#19 Benjamin Shue	W – Dec 8-6

QUARTERFINAL RESULTS

WT	Wrestler (Seed#)	Result
106	#19 Nathan Braun	W – TF (5:11) 18-2
138	#20 Joey Canova	L – TB 4-3
144	#3 Ryan Ford	W – Dec 8-6
150	#4 Christopher Bacchioni	W – TB 3-2
157	#2 Aidan Wallace	L –Pin (4:47)
215	#3 AJ Fricchione	L – Dec 12-10
285	#19 Benjamin Shue	W – Dec 4-2

SEMIFINAL RESULTS

WT	Wrestler (Seed#)	Result
106	#19 Nathan Braun	W – Dec 2-0
144	#3 Ryan Ford	L – Dec 4-1
150	#4 Christopher Bacchioni	L – TB 2-1
285	#19 Benjamin Shue	L – Dec 3-1

FINAL RESULTS

WT	Wrestler (Seed#)	Result
106	#19 Nathan Braun	L – Dec 3-1

CRUSADER MEDAL COUNT 2023

SECOND PLACE – **NATHAN BRAUN – FR** – 106 POUNDS

FOURTH PLACE – **RYAN FORD – JR** – 144 POUNDS

FOURTH PLACE – **BENJI SHUE – SOPH** – 285 POUNDS

FIFTH PLACE – **CHRIS BACCHIONE – SR** – 150 POUNDS

FIFTH PLACE – **AIDAN WALLACE – SR** – 157 POUNDS

SEVENTH PLACE – **JOEY CANOVA – FR** – 138 POUNDS

RECENT CRUSADER STATE WRESTLING MEDALISTS

2015

106 POUNDS	8th Place	Carmen Ferrante
120 POUNDS	1st Place	Nick Suriano
126 POUNDS	7th Place	Pete Lipari
132 POUNDS	1st Place	Shane Griffith
170 POUNDS	1st Place	Joe Grello
182 POUNDS	1st Place	Kevin Mulligan
195 POUNDS	4th Place	Danny DeLorenzi
220 POUNDS	4th Place	Connor O'Brien

2016

113 POUNDS	5th Place	Carmen Ferrante
120 POUNDS	3rd Place	Gerard Angelo
126 POUNDS	1st Place	Nick Suriano
138 POUNDS	1st Place	Shane Griffith
170 POUNDS	1st Place	Joe Grello
182 POUNDS	5th Place	Josh McKenzie
195 POUNDS	1st Place	Kevin Mulligan

2017

106 POUNDS	3rd Place	Nick Kayal
113 POUNDS	2nd Place	Robert Howard
126 POUNDS	3rd Place	Carmen Ferrante
138 POUNDS	2nd Place	Gerard Angelo
152 POUNDS	2nd Place	Shane Griffith
160 POUNDS	3rd Place	Christopher Foca

2018

106 POUNDS	4th Place	Nick Kayal
120 POUNDS	1st Place	Robert Howard
145 POUNDS	5th Place	Wade Unger
152 POUNDS	7th Place	Gerard Angelo
160 POUNDS	1st Place	Shane Griffith
170 POUNDS	2nd Place	Chris Foca
182 POUNDS	2nd Place	Josh McKenzie
195 POUNDS	1st Place	Jacob Cardenas
220 POUNDS	6th Place	Sage Mosco

2019

106 POUNDS	3rd Place	Joseph Cangro
113 POUNDS	4th Place	Nick Kayal
120 POUNDS	6th Place	Dylan Cedeno
126 POUNDS	2nd Place	Robert Howard
138 POUNDS	6th Place	Alex Strashinsky
145 POUNDS	3rd Place	Wade Unger
182 POUNDS	1st Place	Christopher Foca
195 POUNDS	1st Place	Jacob Cardenas

2020

106 POUNDS	Seventh Place	Aiden Wallace
113 POUNDS	Third Place	Joseph Cangro
120 POUNDS	Fifth Place	Nick Kayal
126 POUNDS	First Place	Robert Howard
132 POUNDS	Second Place	Dylan Cedeno
138 POUNDS	Second Place	William Grater
152 POUNDS	Sixth Place	Alex Strashinsky
160 POUNDS	Seventh Place	Nate Camiscoli

2021

113 POUNDS	Third place	Ryan Ford
120 POUNDS	Eighth place	Aiden Wallace
126 POUNDS	Second place	Joseph Cangro
138 POUNDS	Fifth place	Chris Bacchioni
145 POUNDS	Third place	Nate Camiscioli
160 POUNDS	Fourth place	Justin Onello
220 POUNDS	Second place	Remy Brancato

2022

106 POUNDS	5th Place	Brian Melamud
126 POUNDS	7th Place	Aiden Wallace
132 POUNDS	7th Place	Ryan Ford
138 POUNDS	1st Place	Joseph Cangro
165 POUNDS	2nd Place	Nick Fea
175 POUNDS	7th Place	Justin Onello
190 POUNDS	7th Place	Remy Brancato
215 POUNDS	3rd Place	AJ Fricchione
285 POUNDS	2nd Place	Dominick Brogna

SKI SEASON WRAP UP

February 23 – Vernon, NJ – While the State Slalom Championships did not go as hoped, it was a terrific year for Nate Park: 2nd Team All-State and 1st Team All-NJISRA. Nicholas Napolitano earned Honorable Mention All-NJISRA

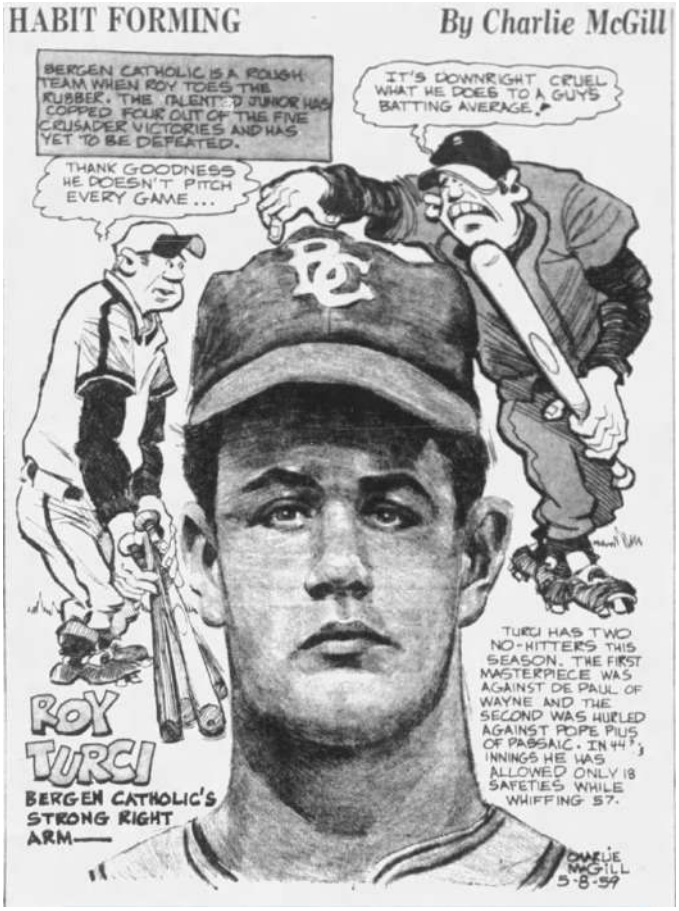
Nick Wheaton, Aiden Hickey, Carter Pontone and William Dods all had fine seasons for the Crusaders who clinched a berth as a team in the Team State Championships.

TRACK ACCOMPLISHMENTS AT EASTERNS

Event	Place	Athlete	Grade	Result
55 m	53	Nick Shortridge	10	6.76
200 m	5	Logan Casey	12	22.18
4x200 m	6	BC Relay 1	~	1:31.58
Long Jump	25	Jason Lessieu	11	19-11.5
Triple Jump	10	Jason Lessieu	11	41-07.5
Triple Jump	32	Gabe Beidleman	12	38-00.0

BEFORE THERE WAS AN ATHLETE OF THE WEEK

March 4 – Oradell, NJ - As we close in toward baseball season, I came across this Charlie McGill sketch from 1959. Roy Turci threw two no-hitters during BC's inaugural 1959 varsity baseball season and his accomplishments in pitching were recorded in this way in ***The Evening Record***.



Turci earned 1st Team All-TCCC Honors for his accomplished season (BC's first official varsity season) and was named Honorable Mention All-County. The Crusaders won the TCCC, their first baseball title.

In 1960, Turci opened the season throwing his third career no-hitter. The Crusaders finished with an 8-8 season and he earned 2nd Team All-TCCC and Honorable Mention All-County again.

Charlie McGill is still sketching the **Athlete of the Week** for what is now known as ***Northjersey.com***. His last Bergen Catholic subject was our very own, Allan Hilton-Clarke, for Indoor Track this past winter season. Turci: 5/8/1959 – Clarke: 1/20/2023. How's that for an exceptional body of work?

BIRD OF THE WEEK: THE MONK PARAKEET

March 3 – Leonia, NJ – I would like to thank Ms. Lopez for sharing this photo which will constitute our Bird of the Week: the Monk Parakeet.

Monk Parakeets are "urban dwellers" by nature. They create their own apartment systems of nests which are made up of sticks and twigs and house many birds.

They are a bird that comes up in the news occasionally because they have a propensity for building their nests on telephone poles with electrical transformers. They especially enjoy the heat from the transformers in the colder months.

Problem: **Heat + sticks and twigs = fire**. Sometimes. Those fires have been known to blow up the aforementioned transformers which can lead to blackouts in towns like Edgewater, where many of them have been found.

From what I have seen in recent years, is there are fewer of these "apartment complexes" on telephone poles and more found in other structures and trees. Likely you can find Monk Parakeets in Leonia, Edgewater, Ridgefield Park and Hawthorne.

Bergen Catholic High School

Presents

The 25th Annual Putnam County SPELLING BEE

Tickets available at hacpac.org
$20.00 General Admission
$15.00 Student Admission

Dates:
March 10th at 7:30
March 11th at 7:30
March 12th at 3:00

At the

Hackensack Performing Arts Center
102 State Street
Hackensack, NJ 07601

Bergen Catholic High School – 1040 Oradell Avenue – Oradell, NJ – 07649 – www.bergencatholic.org
Founded and Staffed by the Edmund Rice Christian Brothers

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

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 and 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.

make me a channel of your peace (prayer of st. francis)

¶1 Make me a channel of your peace
Where there is hatred let me so your love
Where there is injury, your pardon Lord
And where there's doubt true faith in You.
¶2 Make me a channel of your peace
Where there's despair in life let me bring hope
Where there is darkness only light
And where there's sadness ever joy.
¶3 Oh, Master grant that I may never seek
So much to be consoled as to console.
To be understood as to understand.
To be loved as to love with all my soul.
¶4 Make me a channel of your peace.
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life.
¶3
¶2

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 in Her 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.
Duh, Duh, Duh, Duh, Dum.

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.

LITURGICAL CALENDAR 2023

- **ORDINARY TIME (Jan 6-Feb 21)**

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

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."

"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

The Ten Commandments

I am the Lord your God: you shall not have strange gods before me.

You shall not take the name of the Lord your God in vain.

Keep holy the Lord's Day.

Honor your father and mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.