TWIBC SPORTS Lent 2023

THIS WEEK IN BERGEN CATHOLIC SPORTS

TRACK NEWS

WEEK OF MARCH 6TH –

- Jason Lessieu jumped 44ft 8.5 inches to break the school record at the Parisi Qualifier. Lessieu finished the season with the best mark in the county and #6 best mark in the state.
- Justin King won the county in the shot put with a throw of 52ft 9inches and also became a Non-Public A State Champ in the shot put with a throw of 51 ft 11 inches.
- Allan Hilton Clarke placed 3rd in the Non Public A State Group Meet running a time of 6.56
- Logan Casey - at State Meet Of Champions placed 3rd in the 200m dash with a time of 22.13. (4TH ALL-TIME IN County history) also 5th in the state NJ in the 55m dash with a time of 6.54. Receiving All-State honors in both events.
- Tristan Oliver - Broke the School record in the Pentathlon with a score of 3085 at the Bergen County Championships.
- The team won the Big North United, the County Relays and county group champs for consecutive years.

CRUSADERS PUT UP ELITE MARKS AT NB NATIONALS

March 10-12 – Boston, MA – The Crusaders performed well at the New Balance National Indoor Track and Field Championships this past weekend, earning a number of elite results:

- Logan Casey ELITE 7.01 in the 60m Dash – 35th place in Prelim Heat 3
- Allan Hilton-Clarke ELITE 7.05 in the 60m Dash – 10th place in Prelim Heat 5
- Logan Casey ELITE 22.68 in the 200m Dash – 68th place in Prelim Heat 18
- CJ Edwards 53.74 in the 400m Dash – 21st place in Finals Heat 7
- 4x200 Meter Relay Team 1:29.80 – 22nd place in Prelim Heat 9
- Distance Medley Relay Team ELITE 10:53.17 – 11th place in Finals Heat 2
- Tristan Oliver in the High Jump ELITE 6 feet 1.25 inches – 9th place in Finals Heat 1
- Justin King – Shot Put 50 feet 2 inches – 9th place Finals Heat 3

CREW'S MYSTERY HANDBAG BING SUPPORTS PURCHASE OF 4 NEW SHELLS

March 4 – Oradell, NJ – The Crewsaders have 4 new boats, thanks to a recent fund-raising effort. As a results, 2 singles, 1 double and 1 four man shell will help BC make the most of their chances this spring! Thank you to all who supported it!

Thank you to everyone who attended today's BC Crew Mystery Handbag Bingo. Your support and contributions made it possible for us to purchase four new boats. Here's a peek at one of our newest singles.
— attending **BC Crew - Mystery Handbag Bingo** at **Bergen Catholic High School**.

ALL COUNTY WRESTLERS

March 10 – Oradell, NJ - The Crusaders had four wrestlers named First Team All-County. Congratulations to:

106 Nathan Braun (FR)
126 Noah Kochman (JR)
132 Joey Canova (FR)
157 Aiden Wallace (SR)

SWIM TEAM DOMINATES ALL-COUNTY TEAMS

FIRST TEAM

Gavin Perez (SR) – 200 FREE: The Colgate commit turned in a huge season for the Crusaders, who went unbeaten against North Jersey teams. He put them back on top at the Bergen County meet by placing second in the 200 freestyle and anchoring two relays to victory.

Doyee Kim (JR) – 200 IM: The Cresskill native returns to the first-team for the third straight season after bringing versatility and top-end speed. He took home the Bergen County title in the individual medley and reached the state podium by taking eighth.

Raymond Stelmark (JR) 500 FREE: One of the most improved swimmers this year, cutting 16 seconds off his time to win the county title in the 500. The River Edge native tacked on a third-place finish in the 200 for the Big North United champions.

200 freestyle relay: The Crusaders posted the top time here at the Bergen County meet with a speedy group featuring Rhyse Ruffy, Eric Yoo, Dimitri Melnikov and Gavin Perez.

400 freestyle relay: The Oradell school secured its first county title in six years with a first-place time from Eric Yoo, Raymond Stelmark, Doyee Kim and Gavin Perez.

SECOND TEAM

Eric Yoo, Bergen Catholic sophomore, 100 freestyle
Dimitri Melnikov, Bergen Catholic sophomore, 100 breaststroke
Bergen Catholic, 200 medley relay

FINAL BOYS BOWLING TOP 10 RANKINGS

1. Old Tappan (11-3)
2. River Dell (13-3)
3. Bergen Tech (14-5)
4. Glen Rock (18-1)
5. Indian Hills (12-3)
6. Passaic Tech (13-2)
7. Fair Lawn (12-2)
8. **Bergen Catholic (16-2)**
9. Wallington (21-2)
10. Fort Lee (16-3)

FIRST TEAM

Liam Chin (SR) carried the top league average (205) for the Big North United and North 1, Group 4 champions. The lefty two-hander placed eighth in the Bergen County individual tournament and 13th at the North 1 sectional to qualify for the state individual finals, and his high series was 675.

SECOND TEAM

Justin Martin, (SR)

BASKETBALL NORTH JERSEY FINAL TOP 25 RANKINGS

1. Don Bosco (26-3)
2. Eastside (29-2)
3. Ramapo (30-3)
4. **Bergen Catholic (22-9)**
5. St. Joseph (19-10)
6. Teaneck (20-5)
7. Ramsey (24-5)
8. Paramus Catholic (13-15)
9. Saddle River Day (14-9)
10. River Dell (21-7)
11. Pascack Valley (20-9)
12. Ridgewood (15-13)
13. Passaic Tech (19-10)
14. DePaul (13-14)
15. St. Mary (20-7)
16. Elmwood Park (22-6)
17. Wayne Valley (16-13)
18. Clifton (17-10)
19. Northern Highlands (13-13)
20. Fair Lawn (18-7)
21. Indian Hills (19-7)
22. Paramus (13-14)
23. Old Tappan (14-13)
24. Demarest (14-12)
25. Cresskill (19-10)

ALL-BERGEN COUNTY

FIRST TEAM

Brandon Benjamin, Bergen Catholic, junior

Terry Copeland, Bergen Catholic, junior

KUNNAPAS ATTENDS COACHES SYMPOSIUM

March 8 – Wyckoff, NJ – Head Swim Coach Lia Kunnapas was spotted at the recent Coaches Symposium hosted by the BCWCA and BCCA at the Brick House in Wyckoff. Three speakers discussed promoting your program via social media, an emphasis on details in coaching and maintaining a work-life balance in the profession. Former professional QB Father-Son tandem, Phil and Chris Simms also spoke about their experiences in football, coaching, competing in multiple sports and the significance their high school coaches had upon their lives. To read more about the event check out northjersey.com:

https://www.northjersey.com/story/sports/high-school/football/2023/03/09/symposium-featuring-simms-and-simms-reminds-hs-coaches-of-their-value/69976469007/

BIRD OF THE WEEK: PILEATED WOODPECKER

March 10 – Bergen County, NJ – I would like to thank Mr. Behrens for sharing our Bird of the Week: the Pileated Woodpecker.

I would further like to congratulate him on NOT calling it a RED HEADED woodpecker. It is a pileated woodpecker, though how you pronounce it may differ.

You say, ***PILL – ee – ated*** *and I say* ***PIE – lee – ated****.*

We should probably ask our good friend and Latin teacher extraordinaire, Mr. O'Connor, to explain the proper pronunciation as the reason for the name has Latin roots.

"Pileated" refers to the bird's prominent red crest, from the Latin *pileatus* meaning "capped."

When you encounter a pileated woodpecker, you may get close enough to notice a "moustache" on either cheek. That marking can be used to identify the bird's sex. If it is RED, you are seeing a male. Females typically have a BLACK mark there.

Aside from the now likely extinct Ivory-billed woodpecker (that looks quite similar to this bird), Pileated Woodpeckers are the largest woodpeckers in North America.

Congratulations to BC Rugby on Defeating Don Bosco 46-25!!

Sunday, March 12, 2023

SPRING SPORTS PRACTICES AND TRY-OUTS STARTING DATES

BASEBALL –

- **PITCHERS/CATCHERS 3/13**
- **TEAM 3/16**

CREW – CONTINUING

GOLF – 3/16

LACROSSE – 3/16

RUGBY - CONTINUING

TENNIS – 3/13

TRACK & FIELD – 3/16

VOLLEYBALL – 3/16

GOOD LUCK TO ALL SPRING ATHLETES AND COACHES!

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.