BASEBALL PREVIEW
THE BOYS ARE BACK!

April 2- Oradell NJ – Orlando Frau23 '23, Alex Cavegn '23, Aiden Hickey '23, Jason Smith '23

Coaching: Bob Muggeo is entering his 9th year as head coach for the Bergen Catholic Baseball team. In his 8 seasons coaching Bergen Catholic baseball, he has a record 140 wins and 48 losses, a .745 winning percentage. It is the highest winning percentage before any coach with 7 or more seasons and second behind only Dionisio .838 winning percentage. His 140 victories is tied with founding coach Vic Liggio's 140 wins and he is fourth all-time behind Al Barton (230-15), John Picarello (151-69) and Joe Dionisio (145-28).

Team: The Bergen Catholic team lost 12 seniors from last year's roster; however, many starters return. Luca Reyes, who will be attending the University of Miami next year, returns in center field. He is going to be crucial to the success for Bergen offensively. Offensive starters coming back are Seniors Harrison Certo (Bates College commit), Braden Connors (Holy Cross commit), Aiden Baglino (Fairfield commit), and Sophomore Jamie Zee (Notre Dame commit).

The Crusader's ace, Christian Charalambous (Presbyterian commit), is returning after missing all of 2022. He will be a very important part in the team's pitching. Stanley Moreno is also returning who also missed a large part in last year's season. Also returning from the pitching staff are Seniors Jack Duffy, Alex Cavegn, Dhurv Vengurlekar (NYU Commit), and Junior Luke Dellentash.

Schedule: The baseball team finished at 17-9 in last year's season. The Crusaders will face a rigorous schedule this upcoming season. Some of the biggest games to look out for are The Hun School, Poly Prep, Delbarton, and rival Don Bosco. The team has high expectations and are hoping to finish with upwards of 20 wins. The Crusaders have their eyes set on both County and State Championships for this season.

Returning Players' Batting

Players	Hits	Runs	RBI	Avg.
Aidan Baglino	14	4	11	.341
Harrison Certo	17	15	10	.327
Braden Connors	18	20	16	.353
Luca Reyes	24	21	27	.414
Jamie Zee	32	19	20	.405

Returning Players' Pitching Stats

Players	IP	ER	K	ERA
Jack Duffy	38	17	31	3.13
Alex Cavegn	15.1	6	14	2.74
Luke Dellentash	26	5	36	1.35
Dhruv Vengurlekar	9.1	1	8	0.75
Stanley Moreno	5	3	6	4.20

2023 GOLF PREVIEW

April 2 – Oradell, NJ – By, Donovan Reid '23 and Christ Donnelly '23 - The team won its first three dual matches and has two big tournaments coming up. This experience should help to prepare the golfers for later in the season.

HEAD COACH: Jim Jacobsen (41 years) Record at BC 1,122-33-1. 2019 nj.com Boys Golf Coach of the Year.

GOLFERS: Liam White, Ryan Applin and Ryder Hodgson have started the season strong. Others vying for spots on the team are Adam Sincavage, Nakhil Sahu, John Keyes and Andrew Lama.

2023 CREW PREVIEW

By Cory Robinson '23 – COMING SOON!

2023 LACROSSE PREVIEW

By Eric Broadie '23, Sebastian Londono '23, Jack Lindberg '23 and Anthony Liggio '23 – COMING SOON!

2023 RUGBY PREVIEW

By Luciano Sebastiani '23, Gavin Shoernstein '23, and Ryan Zimmer '23 – COMING SOON!

SPRING TRACK PREVIEW 2023

April 2 – Oradell, NJ – By, Aaron Sylvester – 23, Peter Frattini – 23 - The Crusaders enter the 2022-23 Season with high hopes, and to bring a new edge to the Track community this upcoming season and looks like they want to bring another State and League championship back home to Oradell.

HEAD COACH: Michael Begen (3 years)

RETURNING ATHLETES - Joe Griffith, James Hughes, Tommy Rogers, Jason Lessieu, Allan Hilton Clarke, Logan Casey, Andrew Boakye, Nick Shortridge, Ethan Cohal, Gabe Biedleman, Tristan Oliver, Peter Rogers, Justin King, Sean Coll, Jorge Pogue, Jacob Rodman and Oliver Lopez

OPENING DAY April 3 – Duel meet vs. Don Bosco Prep

Key Dates

April 28/29 – Penn Relays
May 2 – Leagues (Field events)
May 5 – Leagues (Track events)
June 6-9 – State Non Public Championship
June 15-18 – National Championship

PROJECTIONS Coach Begen returns another very talented squad. Expect them to challenge Don Bosco Prep for the Big North Conference title.

Key Athletes to Watch

Logan Casey – 100m , 200m, 4x100m; *Kaj Sanders* - 100m, 4x100m; *Benji Shue* – Shot Put, Discus ; *Allan Hilton-Clarke* – 400m, 4x400m, High Jump; *Joe Griffith* – 400m; Tristian Oliver – High Jump, 400m hurdles; *Andrew Boyake* – 100m, 4x100m; *Jason Lessieu* – Triple Jump, Long Jump

Returning Record Breakers from Last Season

Tommy Rogers – 1 mile 4:47.31
Relay Team 2022 – 100m 41.93
Matthew Marques – 3k Steeplechase 11:15.17
Benji Shue – Shot Put 60'9
Benji Shue – Discus 198'5 (school and Freshman National)

TENNIS IS BACK!

April 2 – Oradell, NJ - By, Christian Abrimian '23 & Royer Stanley '23 – The Tennis team looks to be a top 20 team in New Jersey this year, and has some strong players returning to a solid team from 2022.

HEAD COACH: Steven Park (10th Season, 76-65) The Crusaders were 16-6 last season. Mr. Baydar has joined as a volunteer assistant coach and Fr. Sam Monaco returns to head up the JV squad.

KEY PLAYERS The Crusaders are bringing back three rising stars in NJ tennis this season. Andrew Song, who was all 3rd team county, Brian Song, second team all-county, and Daniel Song, who was also second team all-county. Daniel and Brian Song had a big win last year over Don Bosco Prep, in the 1st doubles competition, with a score of 7-6,(7-4),6-2.

The Crusaders also return bringing back seniors Phillip St. Cyrus, John Nalbandian and Markus Kim.

KEY MATCHES The Crusaders are looking to avenge a big loss last season at the hands of Don Bosco Prep, and will also try to rally against Rutgers Prep.

PROJECTIONS The Crusaders are looking to have a strong season run with the expectations of 13th in NJ preseason poll, to finish 17-20th in the state, and to be top 3 in the county standings.

2023 VOLLEYBALL REACHING FOR NEW HEIGHTS!

April 2 - Oradell, NJ – Daniel Makino '23 and Nikholas Torres '23 – Bergen Catholic has just received a new volleyball coach otherwise known as Hunter DeBellis. This is her first head coaching opportunity in the volleyball program and has done a great job recruiting athletes as last year they had a struggling season.

Coach DeBellis is working on the mindset of her student-athletes. She never wants them to go into a game expecting an easy victory. Our opponents are always looking to make their mark against Bergen Catholic. We need to go in ready to work and play hard like we've been doing in practices.

A major advantage for the Crusaders is that they have a smart, strong setter (Captain; Ian Walls, Senior), a few returning upperclassmen, and newcomers that are eager to perform for their teammates. Once the boys start playing together more they will pick up on each other's tendencies and be able to play with a more fluid approach.

The Crusaders are eager to see the development of our libero, Captain; Thomas Cusick, Senior. He is the positive mindset that this team needs and follows his instincts that allows him to get digs that otherwise would be kills for our opponents. Our outside hitter (Captain; Luca Duardo, Senior), is a relentless competitor and wants nothing more than to improve and compete, his mindset is the difference in who Bergen Catholic Volleyball was and where it's going. Our new defensive specialist (George Azrumelashvili, Freshman), is the only freshman on Varsity, he has a lot to learn but is so naturally athletic and has the poise of a senior. His next four years are going to be fun to watch.

Changes to the team roster that may affect our game would be Brandon Benjamin, Brandon is a 6'8 Junior who is an absolute stud. Being that he also participates in AAU basketball during the spring he is splitting his time the best he can to participate in both basketball and volleyball. When he is there, he will be a tough barrier for the other team to

get around but when he is not it leaves our blocking more susceptible to kills from the other team. Our other middles have been holding down the fort in Brandon's absence but the Crusaders have never had a presence like Benjamin.

Returning Senior Player Stats

Name	Kills	Blocks	Digs	Asst	SP	Aces
Ian Walls	8	1.5	41	96	12	6
Mateo Orochena	9	1	43	-	29	12
Enzo Yuen	15	2.5	-	-	2	-

CRUSADER BASEBALL SERVES AS BIG BROTHERS!

April 1-2 – Bergen County, NJ - The Crusader Freshmen and sophomore baseball players helped out in the community over the weekend, teaming up with Cresskill

Little League 8U for Big Brother/Little Brother practice with the Crusaders and Cougars.

The Crusaders also helped out with the Oradell Lions Club at a pancake breakfast on Palm Sunday.

Thanks for making a difference in the community, Coach McLaughlin and players!!!

RUGBY EARNS HARD FOUGHT 17-14 VICTORY OVER WAVE

April 1 – Morristown, NJ – The BCRFC took it to the Green Wave on Saturday afternoon with a well-earned victory in its first game of the new season!

CREWSING ALONG!

April 2 – Philadelphia, PA – The Crew Team competed in the 3rd Manny Flick of 2023 and had a strong showing with its two new shells, the Crusader and the Deus Vult!

Congrats to the JV Team for a good race despite strong winds and choppy waters. The conditions were really hard to maneuver, but the athletes did not give up and fought with every stroke. JV 2x - Doubles - Luis and Alexander, JV 2x - Doubles - Eddie and Avery & JV 1x - Single - Ronan.

BIRD OF THE WEEK: GREAT BLACK-BACKED GULL CAPTION COMPETITION…

April 1 – Bergen County, NJ – What do you think is being said between this pair of Great-black backed gulls. Best response gets a free lunch at Jerry's Café!

SEND YOUR ENTRIES TO: jhaemmerle@bergencatholic.org

SUBJ – GBBG CAPTION COMPETITION

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
- HOLY WEEK (Apr 2-8)
- HOLY THURSDAY (Apr 6)
- GOOD FRIDAY (Apr 7)
- 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.

Monday, April 3					
VBSB	4:15pm	Passaic	NJ	A	Boverini Stadium
JVBSB	4:15pm	Passaic	NJ	H	Overpeck Park RP
FRBSB	4:15pm	West Milford	NJ	A	West Milford
VGOLF	3:00pm	Paramus Catholic	NJ		Upper Montclair Country Club
VLAX	4:00pm	St. Joseph's Collegiate Institute	NY	H	The Jack
JVLAX	4:30pm	Hill School	PA	A	Hill School
TRK	4:00pm	Don Bosco Prep	NJ	A	Don Bosco Prep
VTEN	4:15pm	Clarkstown South	NY	A	Clarkstown South
VVOL	4:15pm	Bergen Tech	NJ	A	Bergen Tech
JVVOL	4:15pm	Bergen Tech	NJ	A	Bergen Tech
Tuesday, April 4					
VGOLF	3:45pm	Bergen Tech	NJ		Hackensack Golf Club
JVGOLF	3:45pm	Demarest	NJ		Alpine CC
FRBSB	4:15pm	Newark Eastside	NJ	A	Ironbound Stadium
FRLAX	4:15pm	Don Bosco Prep	NJ	H	The Jack
VTEN	4:00pm	Bergen County Technical Schools	NJ	H	TBA
Wednesday, April 5					
VGOLF	11:30am	Garden State Cup	NJ		Blue Heron Pines Golf Club
JVGOLF	3:30pm	Don Bosco Prep	NJ		Haworth Country Club
VTEN	4:15pm	St. Joseph Regional	NJ	A	St. Joseph Regional
Thursday April 6					
VBSB	4:15pm	Paramus	NJ	H	Breslin Field
JVBSB	4:15pm	Paramus	NJ	A	Paramus High School
FRBSB	11:00am	Scotch Plains-Fanwood	NJ	A	Scotch Plains-Fanwood
VGOLF	3:30pm	Glen Rock	NJ		Haworth Country Club
VLAX	4:00pm	Wall	NJ	A	Wall Township High School
JVLAX	5:30pm	Wall	NJ	A	Wall Township High School
~~VTEN~~	~~4:00pm~~	~~Ramapo~~	~~NJ~~	~~A~~	~~Ramapo~~
~~JVTEN~~	~~4:15pm~~	~~Ramapo~~	~~NJ~~	~~H~~	~~Riverside Park~~
VVOL	4:15pm	Jefferson	NJ	A	Jefferson
JVVOL	4:15pm	Jefferson	NJ	A	Jefferson
Saturday, April 8					
~~TRACK~~	~~TBA~~	~~Summit Relays~~	~~NJ~~	~~1st Investor's Field~~	
Friday - Sunday, April 7-9 Easter Triduum					
Be sure to check www.bergencatholic.org/athletics for any schedule updates!					