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1485

BC'S GOLF COACH, JIM JACOBSEN BECOMES NEW JERSEY'S ALL-TIME WINNINGEST COACH

TWIBC SPORTS

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TRACK WEEK

TRACK STATE RANKINGS

11-Bergen Catholic

Last week's ranking: No. 10

Why: Early in the season, Bergen Catholic has quickly proven to have some of the strongest field event athletes in the entire state. While Benjamin Shue made headlines across the state for his shot put toss of 63-5.50 at Arcadia Invitational in California, which was the highest throw by a sophomore

(highschoolsports.nj.com)

April 6 – Hasbrouck Heights, NJ – Last Thursday, the Track Team competed at the Penn Relays Qualifier 2023 and won 5 out of the 6 events entered.

- Sean Coll Won the javelin with a huge personal record (PR) and state lead 175-9 also qualifying for the national championship. Nick Barra took 2nd with a PR of 156-4.
- Benji Shue won the shot put and discus casually.
- Tristan Oliver won the high jump with a mark of 5'10"
- Jason Lessieu won the triple jump with a mark of 42'10" and also took home 2nd on the long jump with a big PR of 21-5.75

BC leads the state in all throwing events: javelin, shot put and discus. The Crusaders have not run the sprints yet at and official meet.

SHUE SLAYS IT IN ARCADIA

April 8 – Arcadia, CA – Benji Shue competed at one of the most competitive meets in the country called the Arcadia Invitational out in California.

The Bergen Catholic star sent the 12-pound ball a US. No. 4 63-5.50 on his final attempt, which is No. 11 in U.S. history for a sophomore.

He took home 3rd in the discus with a NJ state lead mark of 187-2 and WON the Arcadia Invitational in the shot put with a MASSIVE personal record (PR) and another NJ state lead of 63' 5.5". Both thows qualify Ben for the national championship and both are US Top-10 marks!

CRUSADERS SWEEP KNIGHTS

April 10 – Montvale, NJ – For the first time in school history, BC took first in EVERY EVENT in a dual meet, defeating the Green Knights of St. Joseph Regional 116-24.

1st Place Finishes:

400IH - Tristan Oliver, BC 62.8

100m - Logan Casey, BC 10.9

1600m - Tommy Rogers, BC 4:50.5

400m - Peter Rogers, BC 56.3

110H - Oliver, BC 15.9

800m - Brendan O'Rourke, BC 2:15.2

200m - Logan Casey, BC, 21.7

3200m - Tommy Rogers, BC 10:49.7

4x400m - (Joe Griffith, Brenden O'Rourke, James Hughes, Peter Rogers) - BC, 3:44.9

Shot Put - Justin King, BC 48-11.5

Discus - Justin King, BC 126-8

Javelin - Sean Coll, BC 159-5

High Jump - Tristin Oliver, NC 5-10

Long Jump - Gabriel Beidelman, BC 20-9.25

Triple Jump - Jason Lessieu, BC 43-4.75

Pole Vault - Deven Karandikar BC 8-0

#11 CRUSADER TRACK SHINES AT MOUNTIE MADNESS

April 16 – Suffern, NY – The Crusader Outdoor Track Team performed well, living up to some early state rankings hype (#11 in NJ) by performing well at Mountie Madness in Suffern, NY.

Logan Casey won the 200m with a time of 22.24 but he was not the Crusaders only victor. The 4x100m Relay Team won their event with a time of 42.21, Tristan Oliver won the high jump with a jump of 5'10" and Ben Shue won the Discus and the Shot Put with throws of 176' 4" and 60' 2.5" respectively.

Following is a listing of all results from the meet:

BERGEN CATHOLIC HS						ALL RESULTS
EVENT	PLACE	ATHLETE	GRADE	RESULT	WIND	H#
M 200m	1	Logan Casey	12	22.24		1
M 200m	5	Kaj Sanders	11	23.00		1
M 200m	7	Andrew Jeremiah Boakye	10	23.05		12
M 200m	9	Allan Hilton Clarke	12	23.17		1
M 200m	15	Joseph Griffith	12	23.52		2
M 200m	16	Quincy Porter	10	23.56		2
M 200m	23	Nicholas Shortridge	10	23.83		16
M 200m	25	Ethan Cohall Jr.	10	23.89		34
M 200m	30	Grailin Simmons	12	24.00		15
M 200m	35	Zion Suitt	10	24.15		5
M 200m	42	Peter Rogers	11	24.26		13
M 200m	49	Salvatore Livoti	9	24.46		16
M 200m	56	William Self	12	24.57		7
M 200m	67	Mikai Klintman	12	24.90		7
M 200m	97	Grayland Meeks	9	25.63		9
M 200m	103	Thomas McAnulty	9	25.75		20
M 200m	113	Kayden Yoo	10	25.92		14
M 200m	142	Malachi Mercer	12	26.41		21
M 200m	151	Alejandro Castro-D'Albenzio	10	26.57		17
M 200m	173	Mitchel Boateng	12	27.11		31
M 200m	187	Noah Esposito	10	27.39		31
M 200m	264	Lucas Machado	9	30.79		23

BERGEN CATHOLIC HS						ALL RESULTS
EVENT	PLACE	ATHLETE	GRADE	RESULT	WIND	H#
M 400m	8	Joseph Griffith	12	51.71		2
M 400m	20	Zion Suitt	10	53.34		3
M 400m	38	Peter Rogers	11	55.07		8
M 400m	92	Matthew Zampino	12	1:02.06		11
M 400m	107	Thomas Santos	10	1:03.16		9
M 800m	17	Brendan O'Rourke	11	2:07.82		2
M 800m	58	Spencer Neal	12	2:22.63		2
M 800m	81	John Flynn	9	2:30.11		3
M 1600m	14	Thomas Rogers	12	4:34.81		1
M 1600m	21	James Hughes	12	4:40.22		2
M 1600m	73	Luke Schoeler	9	5:12.52		3
M 110H	2	Tristan Oliver	11	16.48		1
M 110H	11	Sean Tandy	10	17.77		7
M 110H	27	Aiden Pacheco	10	19.81		5
M 400H	7	Tristan Oliver	11	1:03.09		1
M 400H	11	Aiden Pacheco	10	1:04.51		3
M 400H	19	CJ Edwards	9	1:07.03		1
M 4x100m	1			42.21		1
M HJ	1	Tristan Oliver	11	5-10.00		1
M LJ	2	Jason Lessieu	11	21-04.25		1
M LJ	6	Andrew Jeremiah Boakye	10	20-02.00		1
M LJ	7	Aaron Sylvester	12	20-00.50		1
M LJ	20	Ethan Cohall Jr.	10	18-04.25		1
M LJ	23	Lawrence Knight	11	17-08.00		1
M LJ	16	Aiden Pacheco	10	16-09.00		1
M LJ	27	Keegan Galligher	10	15-09.50		1
M TJ	2	Jason Lessieu	11	40-07.25		1
M TJ	14	Jimmy Pappas	12	38-03.25		2
M D	1	Benjamin Shue	10	176-04.00		1
M D	11	Jorge Pogue	12	114-10.00		2
M D	15	Keegan Galligher	10	107-04.00		1
M D	19	Travis Nodelman	9	105-03.00		1
M S	1	Benjamin Shue	10	60-02.50		1
M S	6	Jorge Pogue	12	41-06.50		1
M S	9	Travis Nodelman	9	40-02.00		2
M S	15	Sean Coll	12	38-08.00		2
M S	53	Jerome Szmaglaski	12	26-11.00		7

(NYMILESPLIT.COM)

LACROSSE STATE RANKINGS

13-Bergen Catholic (2-0)

Last week: Unranked

The Crusaders, under first-year coach Ric Beardsley, rode a sizzling offense into the Top 20 this week to produce victories over St. Joseph Collegiate (N.Y.), 17-13, and then-No. 9 Wall, 14-12. Seniors Richie Reid (8 goals, 3 assists), Joseph Marinaccio (8G, 1A) and Luke Macejka (5G, 7A) and junior Jake Taromina (6G, 5A) spearheaded that lively offense in those two games. Bergen Catholic looks to keep that flow intact Monday at home against Columbia and Wednesday on the road against No. 3 Mountain Lakes.

(highschoolsports.nj.com)

#13 LAX SMACKS COLUMBIA IN PROGRAM'S 500th GAME

April 10 – Oradell, NJ – On Monday, the Crusaders hosted Columbia High School in an independent lacrosse contest. The game was BC's 500th Varsity Lacrosse Game and the first time, Bergen matched up with the Cougars. The home team emerged victorious with a 14-6 victory over their Essex County opponents.

Bergen erased a first quarter 2-1 deficit, erupting for 5 goals in each of the middle two quarters and holding their opponents to just 1 in that twenty-four minute span.

Jake Taromina led BC with 4 goals while Richie Reid and Jack Tenaglia joined Taromina's 4 points by scoring 2 goals and assisting twice each. Joe Marinaccio recorded a goal and a pair of assists while Matt Reilly, Anderson Chiang and face-off specialist Dan Sheppard each pitched in a goal.

Sheppard and Pat Cece dominated the face-off X, winning 18 of 23 draws and Parker Day had a terrific day in the cage, saving 16 shots on goal while allowing only 6 goals against.

TEAM	1	2	3	4	T
COLUMBIA (0-3)	2	0	1	3	**6**
BC (3-0)	1	5	5	3	**14**
PLAYER	**GOALS**		**ASSISTS**		**POINTS**
Reid	2		2		4
Taromina	4		0		4
Tenaglia	2		2		4
Marinaccio	1		2		3
Macejka	2		0		2
Reilly	1		0		1
Chang	1		0		1
Sheppard	1		0		1
GOALIE	**SAVES**		**GA**		**SAV %**
Day (W 3-0)	16		6		72.7%
FACE OFF	**FOW**		**FO**		**FOW%**
Cece	9		11		81.8%
Sheppard	9		12		75.0%

JV Lacrosse Result BC 12 Columbia 0

DAY SAVES 20, NOT THE DAY

April 10 – Mountain Lakes, NJ – Parker Day played well, saving 20 Laker shots on goal. It was not enough, however, as BC dropped their first decision of 2023, 11-7 to NJ #3, Mountain Lakes.

Senior midfielder, Richie Reid, opened the scoring and gave BC an early 1-0 lead in the first quarter. That lead was short-lived as the Lakers responded with three goals before Joe Marinaccio, hit a beautiful inside roll, closing the score to 3-2. Marinaccio scored BC's third goal in the second quarter, but three from ML resulted in a 7-3 half-time deficit.

Marinaccio earned his hat-trick and Jake Taromina found a wide-open, cutting Jimmy Carey down the center of the Laker defense closing the score to 8-5 after three quarters. Big Joe M scored his fourth goal (one in each quarter) and Taromina added a goal, but it was not enough as BC fell to 3-1 on the young season.

TEAM	1	2	3	4	T
BC (3-1)	2	1	2	2	**7**
MTN LAKES (3-0)	4	3	1	3	**11**
PLAYER	**GOALS**		**ASSISTS**		**POINTS**
Marinaccio	4		1		5
Reid	1		1		2
Taromina	1		1		2
Carey	1		0		1
Macejka	0		1		1
GOALIE	**SAVES**		**GA**		**SAV %**
Day (L 3-1)	20		11		64.5%
FACE OFF	**FOW**		**FO**		**FOW%**
Sheppard	6		10		60.0%
Cece	4		11		36.4%

JV Lacrosse Result BC 4 Lakes 3 (OT)

Frosh Lacrosse Result BC 3 Lakes 6

BASEBALL STATE RANKINGS

6-Bergen Catholic (3-0)

Last week: No. 11

Here's why: The Crusaders shut out their first two opponents of the season - Passaic and Paramus - to show that its pitching staff is one of the best in the area. Bergen Catholic has outscored opponents 21-7 through three contests and is making an early case as the team to beat in North Jersey. Christian Charalambous shined on Opening Day, firing seven strikeouts in a scoreless start.

(highschoolsports.nj.com)

BERGEN NINE HOLDS OFF 'PO

April 10 – Lyndhurst, NJ – The Crusaders defeated Ramapo 8-7 as Christian Charamblous and Jack Duffy combined for the victory.

CRUSADERS MERCY MAROONS

April 12 – Lyndhurst, NJ – The Crusaders put fifteen runs up, on the scoreboard, defeating Ridgewood by ten, 15-5. Catcher, Aidan Baglino went four-for five with a double and Luca Reyes went two-for-two with a triple to lead the offense. Braedon Nichols was four-for-four with three runs scored and Dhruv Vengurlaker led BC with 3 RBIs.

Team	1	2	3	4	5	R	H	E
Ridgewood	3	0	0	2	0	**5**	5	5
Bergen Catholic (5-0)	4	4	5	0	2	**15**	15	1

Bergen Catholic	AB	R	H	RBI	BB	SO
A Baglino (C)	5	0	4	1	0	1
J Zee (SS)	2	2	1	1	1	0
A Kero (SS, 2B)	0	0	0	0	0	0
L Reyes (CF)	2	2	2	2	0	0
M Del (CF)	1	1	1	0	0	0
B Connors (RF)	2	1	0	0	1	1
J Staff (RF)	1	0	0	0	0	1
D Vengurlaker (LF)	2	1	1	3	0	0
M Biskup (LF)	1	0	0	0	0	0
B Nichols (3B)	4	3	4	1	0	0
T Sterling	3	2	0	0	1	0
R Marchina (1B)	3	0	1	1	0	1
M Delpome	1	0	0	0	0	0
H Certo (2B, SS)	4	0	1	1	0	1
CR: N Napolitano	0	3	0	0	0	0
Totals	**31**	**15**	**15**	**10**	**3**	**5**

2B: A Baglino, J Zee, H Certo, **3B:** L Reyes, **TB:** A Baglino 5, B Nichols 4, J Zee 2, M Del, H Certo 2, R Marchina, D Vengurlaker, L Reyes 4, **SF:** D Vengurlaker, **HBP:** L Reyes, A Kero, **SB:** B Nichols 2, N Napolitano, B Connors, **LOB:** 7

Bergen Cathc	IP	H	R	ER	BB	SO	HR
S Moreno	3.1	5	5	5	5	3	0
F Imbriale	1.2	0	0	0	0	2	0
Totals	**5.0**	**5**	**5**	**5**	**5**	**5**	**0**

W: S Moreno, **P-S:** S Moreno 88-55, F Imbriale 17-11, **WP:** S Moreno, **HBP:** S Moreno, **BF:** S Moreno 22, F Imbriale 5

CRUSADERS PUT UP BIG NUMBERS AT THE HUN!

April 13 – Princeton, NJ – The Crusaders crossed home plate 23 times against HSOP on Thursday en-route to a 23-7 victory. Eighteen of Bergen's twenty-three runs crossed home in the first two innings as the Crusaders knocked out 20 hits.

Luca Reyes went three-for-three with three runs scored and a pair of RBIs. Braedon Nichols' three-for-three belted in 3 RBIs as he scored twice. Dhruv Vengulekar was also stellar at the plate: 3-for-4, 3 runs and 2 RBIs and Mike Delpome went two-for-three, with two runs and 2 RBIs.

BC's twenty-three runs, ties for the second-most runs scored by a Crusader Baseball Team and fell just three shy of the school record (26) set on April 8, 2011 vs. Paterson Kennedy (26-0). That was a big week for BC in 2011, as the 23-run explosion came just 3 days later on April 11, 2011 vs. Hackensack (23-16). The game was the 10th twenty-run + game in the over 1,500 years of school history.

Jack Duffy went three innings, giving up four runs, none earned, striking out two. Drew Giacomini came in to pitch a six outs of scoreless baseball, striking out two, to close out the victory.

Team	1	2	3	4	5	R	H	E
Bergen Catholic (5-0)	8	10	0	3	2	**23**	20	3
Hun School	0	0	4	3	0	**7**	7	1

Individual statistics to follow on next page.

Bergen Catholic	AB	R	H	RBI	BB	SO
A Baglino (C)	4	0	1	1	1	1
T Sterling (C)	1	0	0	0	0	0
J Zee (SS)	4	1	1	0	1	1
M Del (SS)	0	0	0	0	0	0
L Reyes (CF)	3	3	3	2	1	0
N Napolitano (CF)	0	3	0	0	1	0
B Connors (RF)	3	3	1	3	1	0
J Staff (RF)	1	0	0	0	0	0
J Duffy (P)	0	0	0	0	0	0
D Vengurlaker	4	3	3	2	0	1
S Giovacco (DH)	0	1	0	0	1	0
B Nichols (3B)	3	2	3	3	0	0
D Spierer (3B)	1	1	1	0	1	0
M Biskup (LF)	4	1	2	0	0	2
N DiMeglio	1	0	0	0	0	1
M Delpome (1B)	3	2	2	2	1	1
A Cavegn (1B)	1	0	1	1	0	0
H Certo (2B)	3	3	2	5	1	1
A Kero (2B)	0	0	0	0	1	0
Totals	**36**	**23**	**20**	**19**	**10**	**8**

2B: B Nichols, H Certo, L Reyes, **3B:** D Vengurlaker, **HR:** B Connors, H Certo, **TB:** B Nichols 4, B Connors 4, H Certo 6, L Reyes 4, A Baglino, D Spierer, M Delpome 2, J Zee, A Cavegn, D Vengurlaker 5, M Biskup 2, **LOB:** 8

Bergen Cathc	IP	H	R	ER	BB	SO	HR
J Duffy	3.0	4	4	0	1	2	0
M Maratea	0.0	0	3	3	3	0	0
D Giacomini	2.0	3	0	0	0	2	0
Totals	5.0	7	7	3	4	4	0

P-S: J Duffy 56-38, D Giacomini 28-20, M Maratea 25-9, **HBP:** M Maratea, **BF:** J Duffy 16, D Giacomini 8, M Maratea 4

LONG WEEK ENDS @ POLY

April 15 – Brooklyn, NJ – The Crusaders suffered their first loss of the season at Poly Prep Country Day in Brooklyn, 8-0. Playing four strong opponents in a week is always a challenge and BC found themselves facing the wrong team on the wrong day, Saturday. Still a productive week. BC is 5-1 on the season.

JV BASEBALL WEEKLY

April 10 – Lyndhurst, NJ – The Crusaders took down Ramapo 11-2 on Monday. Jake Howarth threw five scoreless innings for the win. Jon Jerez and Felix Matos each hit triples and Tyler Yoo blasted a home run. Anthony Tetto had 7 putouts in center field.

April 11 – Ridgewood, NJ – Bergen defeated Ridgewood HS as Jimmy Corcoran pitched 4 Innings and struck out 5 batters, allowing only two runs. Allan Stanbury gave BC two innings of scoreless relief while striking out two batters. Anthony Tetto hit two doubles and scored 2 runs. Bert Maxim had 2 hits scored a run and had an RBI. Rudy Gonzolo had a double and 2 RBI's. Jake Oliver had 1 hit and scored a run and had an RBI.

April 14 – Lyndhurst, NJ – Bergen fell for the first time this year, dropping a 6-3 decision to the Hun School of Princeton on Friday.

April 15 – Brooklyn, NY – The rebounded on Saturday morning, defeating Poly Prep of Brooklyn 4-2. Jake Howarth threw 6 innings and allowed no hits. Tyler Yoo and Jon Jerez each had a triple and scored a run. Jerez pitched in an RBI for good measure. The Crusaders are now 5-1 on the season.

FROSH BASEBALL WEEKLY

April 10 – Haworth, NJ – The Frosh Baseball Team fell 3-0 to Ramapo on Monday afternoon.

April 11 – Ridgewood, NJ – The Frosh got on the score board, but RHS's Maroons crossed home eight times to beat BC 8-1.

April 13 – Maplewood, NJ – A pair of eights; Bergen and Columbia HS each scored eight runs on Thursday as each earned a tie on the day.

VARSITY LINKS

BERGEN TAMES PANTHERS

April 10 – River Vale, NJ – Ryan Applin's 33 led BC with Ryder Hodgson (34) and Liam White (35) right behind. Adam Sincavage scored for BC with a 44 as the Crusaders defeated Pascack Valley 146-211. Chris Vrtis (48) and John Keyes (45) golfed as well.

BERGEN BEATS BRAVES

April 11 – Paramus, NJ – Ryan Applin and Liam White each shot 33 at Ridgewood Country Club, to lead BC over Indian Hills 146-179. Ryder Hodgson shot 37 and Andrew Lama and Adam Sincavage each shot 43. Nikhil Sahu shot a 47 for the Crusaders who are now 8-0.

CRUSADERS SHOOT 310

April 12 – River Vale, NJ – The FDU Tournament is a 5 count 4 format. BC placed 2nd overall, shooting 310 as a team.

BC'S GOLF COACH, JIM JACOBSEN BECOMES NEW JERSEY'S ALL-TIME WINNINGEST COACH

JACOBSEN SETS NEW STANDARD WITH VICTORY OVER ST. PETERS

April 13 – Tenafly, NJ – Coach Jim Jacobsen overtook legendary St. Anthony's (Jersey City) Basketball Coach, Bobby Hurley, with his 1185th victory over St. Peter's Prep (of Jersey City) at Knickerbocker County Club on Thursday.

All four Crusaders shot sub 40 to ensure a positive result. Ryder Hodgson led the way with 36 followed by Liam White (37), Adam Sincavage (38) and Ryan Applin (39). Chris Vrtis shot 41 and John Keyes came in with a 45.

The Crusaders defeated the Marauders 150-159 to improve to 9-0 on the season.

BERGEN GOLF – A PERFECT 10

April 14 – Paramus, NJ – Liam White and Ryan Hodgson each shot 33 to lead BC over Paramus HS on the Paramus Golf Club on Friday the 14th. Ryan Applin shot 38 and Nakhil Sahu finished with 40 to help BC to the 144-185 victory. Andrew Lama's 43 and John Keyes' 46 rounded out the squad.

JV LINKS

RED OUTLASTS WHITE BY 8 STROKES

April 10 – Upper Montclair, NJ – The Red vs. White Match was a competitive, giving twelve of BC's varsity hopefuls an opportunity to test their skills and poise on a beautiful, but challenging course.

Red was led by PJ Guinan, Will Calocino and Alex Herrera, all who shot 44. Donovan Reid and Peter Dente scored 48 and Jeremy Cammayo shot 50.

White was led by Andrew Lama's 43. Erez Yacobi shot 45 and Owen Smith followe up with a 46. Will Saracino shot 47 and Danny O'Neill (52) and Erich Surovetz (53) rounded out the dozen.

Red shot 278 and White shot 286.

CRUSADERS IMPROVE TO 5-0

April 11 – Emerson, NJ – The JV Crusaders defeated Ramapo 179-190 on Tuesday at Hackensack Country Club, improving to 5-0 on the season. Will Calocino scored 42 and Donovan Reid followed up with a 44. Erez Yacobi shot 45 and Peter Dente rounded out the top four with a 48. PJ Guinan (49) and Will Saracino (50) were close behind.

CRUSADER TENNIS GAINS SOME VALUABLE EXPERIENCE IN NC

April 11 – Carrboro, NC – The Crusader Tennis fell to Carrboro HS (NC) 7-2 on Wednesday during their trip to North Carolina. It was the first of a pair of matches the Crusaders will play in the Middle Atlantic state.

Event	Player(s)	Set 1	Set 2	Set 3	W/L
1st SING	Andrew Song	2-6	0-6		L
2nd SING	Christian Choi	6-4	6-3		W
3rd SING	Ryan Kim	1-6	1-6		L
4th SING	John Nalbadian	3-6	1-6		L
5th SING	Daniel Calianese	2-6	4-6		L
6th SING	Jordi Visser	4-6	6-1	10-6	W
1st DOUB	Andrew Song/Ryan Kim	5-8			L
2nd DOUB	Christian Choi	5-8			L
3rd DOUB	Jordi Visser/Daniel Calianese	5-8			L

CRUSADERS TAKE ON CARDINAL GIBBONS

April 12 – Carrboro, NC – The Crusader Tennis team fell to the Crusaders of Cardinal Gibbons on Thursday 7-0. BC now stands at 1-3 on the season.

Event	Player(s)	Set 1	Set 2	Set 3	W/L
1st SING	Andrew Song	0-6	2-6		L
2nd SING	Christian Choi	6-4	0-6	5-10	L
3rd SING	Ryan Kim	1-6	4-6		L
4th SING	John Nalbadian	5-7	2-6		L
5th SING	Jordi Visser	5-7	0-6		L
6th SING	Daniel Calianese	1-6	4-6		L
1st DOUB	Ryan Kim/John Nalbadian	5-8			L

THE VOLLEBALL LINE

CRUSADERS VISIT COUNTY SEAT

April 13 – Hackensack, NJ – The Crusaders faced powerhouse Hackensack High School on Thursday and fell in straight sets 8-25, 10-25.

TEAM	1	2	3	FINAL
BC (0-3)	8	10	-	0
HACKENSACK (6-0)	25	25	-	2

JV Volleyball BC 14-25, 16-25

DUARDO AND WALLS MAKING THEIR MARKS FOR VOLLEYBALL

April 14 – Passaic, NJ – Luca Duardo recorded 2 kills and 4 digs and Ian Walls picked up 5 assists for the Crusaders. It was not enough however as BC fell to Passaic County power Passaic Charter in straight sets 7-25, 13-25.

George Azrumelashvili recorded a kill and a pair of digs and John Paul Sinagra, Jeongsoo Park and Yuanshe Li all scored a kill.

TEAM	1	2	3	FINAL
BC (0-4)	7	13	-	0
PASSAIC CHARTER (7-1)	25	25	-	2

Player	Kills	Blocks	Digs	Assists	Serv Pts	Aces
Luca Duardo	2	0	4	0	0	0
Jeongsoo Park	1	0	0	0	0	0
George Azrumelashvili	1	0	2	0	0	0
Ian Walls	0	0	0	5	0	0
John Paul Sinagra	1	0	0	0	0	0
Yuanzhe Li	1	0	0	0	0	0

JV Volleyball BC 6-25, 14-25

CREW AT MANNY FLICK 4

April 16- Philadelphia, PA – Sunday's results:

RACE 30A – Anthony Lupo, Carmelo Calabro, Colin Labozzetta, Owen Martin (5th 6:16.920)

RACE 33D – Ronan Howell (2nd 6:19.960)

RACE 34A – Avery Drapkin and Ed Stoker (5th 6:00.950)

BIRD OF THE WEEK: YELLOW-THROATED WARBLER

April 11 – Bergen County, NJ – It was a nice surprise to have a Yellow-throated Warbler pop up on the Rare-Bird Alert for Bergen County last week. For the second year in a row, the species was located in the same spot at the Celery Farm in Allendale. I wonder if it is the same bird.

A couple of years ago, I made a special journey to track these down in a forest where they breed. It's so nice not to have to do that this year.

Warblers are the "jewels" of the birding world. Generally speaking, they are 4.5 – 6 inches in length, but their melodious warbles help birders to identify them through the months of April and May, when migration occurs. It is also best to identify them now as they are in breeding plumage, as opposed to in the fall, when they move south and can be very difficult to identify.

First, they do not sing in the fall…no one is trying to impress the females. Secondly, they don't want to attract the attention of some of the larger species that are following close behind in search of a meal for the ride.

I have not seen a report of this yellow-throated warbler since last week, but plenty more species of warblers (perhaps 30 or so) will be passing through or nesting in Bergen County.

Interested in attracting hummingbirds? In the next week or so, get some red out and put a feeder out. They traditionally pass through right around the first of the month. The more prepared you are, the better chance you have of attracting them and having a fun visitor around in your yard this summer.

THIS WEEK'S SCHEDULE

Monday, April 17					
VGOLF	3:30pm	Glen Rock	NJ		Upper Montclair CC
JVGOLF	3:30pm	St. Peter's Prep	NJ		Upper Montclair CC
VTEN	4:15pm	Pascack Valley	NJ	A	Pascack Valley High School
JVTEN	4:15pm	Pascack Valley	NJ	H	Riverside County Park
TRK	4:00pm	Paramus Catholic	NJ	A	Paramus Catholic
VVOL	4:15pm	Ramapo	NJ	H	Hoehl Gymnasium
JVVOL	5:00pm	Ramapo	NJ	H	Hoehl Gymnasium
Tuesday, April 18					
VBSB	4:15pm	DePaul Catholic	NJ	A	DePaul Catholic High School
JVBSB	4:15pm	DePaul Catholic	NJ	H	Breslin Field
VGOLF	3:45pm	DePaul Catholic	NJ		Ridgewood Country Club
JVGOLF	3:30pm	Mahwah	NJ		Hackensack GC
VLAX	4:30pm	Staples	CT	H	The Jack
JVLAX	4:15pm	Lawrenceville	NJ	A	Lawrenceville School
FLAX	5:00pm	St. Anthony	NY	A	St. Anthony
VTEN	4:00pm	Paramus Catholic	NJ	H	TBA
JVTEN	4:15pm	Glen Rock	NJ	H	Riverside County Park
VVOL	4:15pm	Don Bosco Prep	NJ	H	Hoehl Gymnasium
JVVOL	5:00pm	Don Bosco Prep	NJ	H	Hoehl Gymnasium
Wednesday, April 19					
VBSB	4:15pm	DePaul Catholic	NJ	H	Breslin Field
JVBSB	4:15pm	DePaul Catholic	NJ	A	DePaul Catholic High School
VGOLF	3:45pm	Don Bosco Prep	NJ		Haworth Country Club
JVGOLF	3:30pm	Don Bosco Prep	NJ		Haworth Country Club
TRACK	TBA	Bergen County Relays	NJ	N	River Dell
VTEN	4:15pm	Fort Lee	NJ	A	Fort Lee
VVOL	4:15pm	Bergenfield	NJ	A	Bergenfield
JVVOL	5:00pm	Bergenfield	NJ	A	Bergenfield
Thursday April 20					
VGOLF	3:30pm	Mahwah	NJ		Haworth Country Club
JVGOLF	3:30pm	Northern Highlands	NJ		Ramsey CC
VLAX	4:15pm	Don Bosco Prep	NJ	H	The Jack
JVLAX	6:00pm	Don Bosco Prep	NJ	H	The Jack
FRLAX	4:15pm	Don Bosco Prep	NJ	A	Don Bosco Prep
RUGB	7:00pm	Don Bosco Prep	NJ	A	Don Bosco Prep
VTEN	4:15pm	Northern Highlands	NJ	A	Northern Highlands
JVTEN	4:15pm	Northern Highlands	NJ	H	Riverside County Park
VVOL	4:15pm	Teaneck	NJ	H	Hoehl Gymnasium
JVVOL	5:00pm	Teaneck	NJ	H	Hoehl Gymnasium
Friday, April 21					
VBSB	4:15pm	Wayne Hills	NJ	A	Wayne Hills High School
JVBSB	4:15pm	Wayne Hills	NJ	A	Wayne Hills High School
FRBSB	4:15pm	Wayne Hills	NJ	H	Haworth Memorial Field
VGOLF	3:45pm	Demarest	NJ		Orchard Hills Golf Course
TRACK	TBA	Bergen County Relays	NJ	N	River Dell
VTEN	4:15pm	PCTI	NJ	A	PCTI
JVTEN	4:15pm	PCTI	NJ	H	Riverside County Park
VVOL	4:15pm	Teaneck	NJ	H	Hoehl Gymnasium
JVVOL	4:15pm	Teaneck	NJ	H	Hoehl Gymnasium
Saturday, April 22					
VBSB	11:00am	Saint Peter's Prep	NJ	A	Caven Point
JVBSB	12:00pm	Saint Peter's Prep	NJ	A	Pershing Field
FRBSB	12:00pm	Saint Peter's Prep	NJ	A	Saint Peter's Prep School
TRACK	TBA	Bergen County Relays	NJ	N	River Dell
VLAX	12:00pm	Saint Joseph Regional	NJ	H	The Jack (SENIOR DAY)
JVLAX	2:00pm	Saint Joseph Regional	NJ	H	The Jack
FRLAX	10:00am	Saint Joseph Regional	NJ	A	Saint Joseph Regional
Sunday, April 23					
CREW	TBA	Manny Flick #5	PA	N	Philadelphia, PA
Be sure to check www.bergencatholic.org/athletics for any schedule updates!					

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.