TWIBCS

CRUSADERS – NJ TEAM OF YEAR
PORTER – OFFENSIVE POTY
SEVEN CRUSADER GRIDDERS EARN ALL-STATE HONORS

FIRST TEAM ALL STATE OFFENSE

Quincy Porter - junior wide receiver

Porter is considered New Jersey's most coveted recruit in the Class of 2025. Size and speed make the 6-4, 200-pounder a threat to score every time he touches the ball, and he had 53 receptions for 1,110 yards and 19 TDs. He had seven catches for 97 yards as the Crusaders (11-1) three-peated as Non-Public A titlist with a 24-14 win over Delbarton. Porter has more than 20 major Division I scholarship offers.

Marcus Linder - senior lineman

Linder was the cornerstone of a balanced offense that averaged more than 330 yards per game and never scored fewer than 21 points. The 6-1, 255-pounder helped the Crusaders (11-1) pound their way to a third consecutive Non-Public A championship, as they pushed past Delbarton in the second half for a 24-14 victory. Linder is as hard-working off the field and is committed to Johns Hopkins.

2nd TEAM - Nyier Daniels, senior lineman

HONORABLE MENTION - Dominic Campanile, junior quarterback

FIRST TEAM ALL STATE DEFENSE

Elijah Kinsler - senior lineman

Kinsler was the driving force for a defense that helped hold 10 of 12 opponents to 15 points or less. The 6-4, 255-pounder had 63 tackles, including eight for losses and 3.5 sacks, for the Crusaders (11-1). He had five tackles as the defense shut out Delbarton in the second half en-route to winning a third consecutive Non-Public A title with a 24-14 victory. He is committed to West Virginia.

Kaj Sanders - senior athlete

Sanders could be first-team All-State on either side of the ball, and that's the reason Rutgers is thrilled to have his commitment. The 6-2, 190-pounder is a fleet-footed defensive back who had 35 tackles and the ball was rarely thrown in his vicinity. He also showed his power while rushing 125 times for 1,053 yards and 17 TDs, and he ran for 110 yards and two scores in the Non-Public A title win over Delbarton.

2nd TEAM - Naiim Parrish, junior defensive back

3 CRUSADER SOCCER PLAYERS EARN ALL-STATE HONORS

1st Team – Sebastian Ortega – senior forward

Ortega had an outstanding senior campaign, leading the Crusaders in Points, Goals and Assists (62, 25, 12). In two years of varsity action for BC, he ranks 7th all-time in career goals (39) and 10th in career assists (22).

2nd TEAM – Cosimo Tristani – senior defense

3rd TEAM – Joe Lee – senior defense

WINTER SPORTS PREVIEWS START ON PAGE 5

HOCKEY IMPROVES TO 2-0 WITH WIN OVER SETON HALL

DECEMBER 11 – WEST ORANGE, NJ – The Crusaders remained unbeaten in two attempts as they travelled to #13 ranked Seton Hall Prep at the Codey Arena on Monday night. Matt Maglio's two goals led BC scorers, four of whom found the back of the net. Alex Frassetto recorded a goal and an assist and cousin Nick Frassetto earned a pair of assists in the victory.

Allessandro Capano turned away 22 of 24 shots to earn the victory for the #8 ranked Bergen team.

TEAM	1	2	3	OT	FIN
Bergen Catholic (2-0)	2	1	2	-	**5**
Seton Hall Prep (0-1)	1	1	0	-	**2**

GOALS: , Matt Maglio (2), Alex Frassetto (1), Will Schlechtweg (1), Kyle Brooks (1)
ASSISTS: Alex Frassetto (1), Nick Frassetto (2), Quinn Scribner (1), Carter Edmonds (1)
SAVES/GA/SAV%: Alessandro Capano (W) (22/2/.917)

BOWLERS OPEN DUAL MATCH SEASON WITH VICTORY

DECEMBER 12 – HACKENSACK, NJ – Stephen Paul led BC with a high series 542 and high game 204 over DePaul Catholic on Tuesday. The Crusaders knocked down 2,003 total pins to the visitors' 1,408. As a result, they took 2 points for winning each game (1, 2, 3) and 1 point for total pins, giving them a 7-0 victory on the day.

BOWLER	G1	G2	G3	TOTAL
Stephen Paul	157	181	**204**	**542**
Sean McKechnie	133	124	X	**257**
Calvin Villanueva	201	165	165	**531**
Andy Lee	152	172	182	**516**
John Brignola	X	X	157	**157**
BERGEN CATHOLIC	**643**	**642**	**718**	**2,003**
DEPAUL CATHOLIC	497	488	423	1,408

JV FOLLOWS SUIT WITH SWEEP

DECEMBER 12 – HACKENSACK, NJ – Robert Reynoso had a strong performance, leading the JV to 2 wins and most pins over DePaul Catholic on Tuesday at Bowler City. He and Nick Brignola teamed up for high games of 174 in game 2 as the Crusaders took a 5-0 victory.

BOWLER	G1	G2	G3	TOTAL
John Brignola	157	162	X	**319**
Nick Brignola	136	174	138	**448**
Robert Reynoso	147	174	145	**468**
Nick Rossig	149	133	160	**442**
Matt Pulis	119	106	79	**304**
Matt Morin	113	94	89	**296**
Steven Kane	123	132	108	**363**
Sean McKechnie	X	X	164	**164**
BERGEN CATHOLIC	**589**	**645**	**607**	**1,841**
DEPAUL CATHOLIC	**387**	**416**	**437**	**1,240**

SWIMMERS IMPROVE TO 2-0 WITH VICTORY OVER PCTI

DECEMBER 12 – WAYNE, NJ – The Swim Team took their show on the road and defeated Passaic County Tech 102-68. Doyee Kim earned four first places in his senior debut and perhaps the race of the day, between Bergen guys, was the 500 Free as Raymond Stelmark out-touched Jeremiah Tomioka by 37 hundredths of a second. Stelmark finished the day with three firsts and a second and Tomioka finished with a first and three seconds.

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Ryan Choi, Doyee Kim, Jeremiah Tomioka, Eric Yoo	1:40.60	**1**
Yuriel Lee, Duncan Skogerson, Eric Kwon, Kevin Son	1:46.15	**3**
Ryan Kwon, Andy Kwon, Daniel Cassella, Harrison Kazimir	1:56.86	**6**
200 FREE		
Raymond Stelmark	1:45.48	**2**
Eric Yoo	1:47.11	**3**
Kevin Son	1:59.48	**4**
200 IM		
Doyee Kim	1:56.44	**1**
William Mulder	2:05.43	**4**
Duncan Skogerson	2:09.83	**5**
50 FREE		
Yuriel Lee	23.44	**2**
Andy Kwon	24.59	**4**
Ryan Kwon	24.83	**5**
100 FLY		
Ryan Choi	0:52.55	**2**
Jeremiah Tomioka	0:57.56	**3**
Eric Kwon	0:59.29	**4**
100 FREE		
Eric Yoo	0:49.60	**1**
Ricky Wright	0:54.57	**4**
Adrian Stoika	0:55.49	**5**
500 FREE		
Raymond Stelmark	4:59.38	**1**
Jeremiah Tomioka	4:59.75	**2**
Kevin Son	5:10.73	**4**
200 FREE RELAY		
Yuriel Lee, Raymond Stelmark, William Mulder, Eric Yoo	1:32.60	**2**
Andrian Stoika, Ricky Wright, Andy Kwon, Eric Kwon	1:38.35	**3**
Charles Borkowski, Alexander Tong, Jonas Haro, Parker Day	2:08.30	**6**
100 BACK		
Ryan Choi	0:53.90	**1**
Yuriel Lee	0:58.89	**3**
Duncan Skogerson	1:01.05	**5**
100 BREAST		
Doyee Kim	1:03.85	**1**
William Mulder	1:06.32	**3**
Andrian Stoika	1:10.15	**4**
400 FREE RELAY		
Ryan Choi, Raymond Stelmark, William Mulder, Doyee Kim	3:26.44	**1**
J. Tomioka, R. Wright, A. Stoika, D. Skogerson	3:51.96	**3**
Joseph Trione, Nicolas Gomez, Harris Kinnear, Daniel Cassella	4:02.39	**5**

HOCKEY BLITZES HOLY GHOST

DECEMBER 13 - HACKENSACK, NJ - The Crusaders got things rolling early and often as Holy Ghost Prep visited the Ice House on Wednesday. Seniors Matt Maglio and Alex Frassetto rang the bell in the first five minutes to put the Crusaders up by a pair of goals. Maglio's goal was assisted by linemates, Jacob Carver and Harrison Udis. Frasetto was unassisted. Late in the period, Maglio found sophomore Will Schlechtweg pulled up in transition, blasting a wrist shot glove-side high to put Bergen up three after one period.

The Firebirds had a power play early in the second period, but the Crusader penalty killers scored a man-down goal three minutes into the period. Holy Ghost showed why they are coming off a state championship season, quickly answering with a power play goal to finish that penalty. Quinn Scribner, Alex Frassetto, Thomas Keough and Udis played solid defense in front of Erez Yacobi and killed off a second two-minute penalty by the Crusaders and the home team needed to change momentum.

After missing a scoring opportunity right in front of the net, BC overcommitted offensively, allowing for a Ghost skater to break away off a rebound. He translated his one-on-none into a goal and the lead was cut in half 4-2 halfway through the period.

BC was unable to take advantage of a power which ended around the 5-minute mark. Maglio had a wide-open look after receiving a pass from Declan Quinn, but the goalie made a phenomenal save, keeping Prep in the game.

The Crusaders got some nifty passing to register their fifth goal with just 33.9 seconds left in the middle period. Maglio centered the puck from the wing to Schlechtweg who slid the puck forward to Keough who converted the tic-tac-toe, giving BC a 5-2 advantage and momentum heading into the third period.

The Firebirds finally inched closer with a goal at the 6:10 mark, making the score 5-3. Yacobi made a dazzling stick save and was helped by Quin Scribner, playing crease defense and knocking a centering pass to the side.

The final ninety seconds saw a flurry of shots, but Yacobi was lights-out, turning away all six including a break away, a couple of point-blank wrist shots and two rebounds.

TEAM	1	2	3	FIN
Holy Ghost Prep (PA)	0	2	1	**3**
Bergen Catholic (3-0)	3	2	0	**5**

GOALS: , Matt Maglio (2), Alex Frassetto (1), Will Schlechtweg (1), Thomas Keough (1)
ASSISTS: Maglio (2), Jacob Carver (1), Harrison Udis (1), Declan Quinn (1), Schlechtweg (1)
SAVES/GA/SAV%: Erez Yacobi (W) (26/3/.897)

HOOPS SCORES BIG OVER TECH

DECEMBER 14 – PARAMUS, NJ – Back-to-back 15-3 quarters helped the Crusaders jump out to a 30-6 halftime lead over the Black Knights of Bergen Tech by halftime. From there, Bergen Catholic cruised to an opening evening 70-36 victory at Tech's Paramus Campus. Declan Wucherpfennig led Crusader scorers with 13 points and sophomore Anthony Williams added an even dozen with four field goals and perfect 4-for-4 shooting from the line.

TEAM	1	2	3	4	FIN
Bergen Catholic (1-0)	15	15	22	18	**70**
Bergen Tech (0-1)	3	3	14	16	**36**

NAME	PTS	FG	3PT	FTA	FTM	FT%
Naiim Parrish	6	-	2	-	-	-
Nehemiah Snell	4	1	-	2	2	1.000
AJ Williams	12	4	-	4	4	1.000
Jaylen Bushell-Robinson	6	1	1	1	1	1.000
Jakub Lomicka	5	1	1	-	-	-
Jayden Brown	9	3	1	-	-	-
Declan Wucherpfennig	13	6	-	4	1	.250
Alex Nuenzig	2	1	-	-	-	-
Julius Avent	9	2	1	2	2	1.000
Jeremiah Kinsler	4	2	-	2	0	.000
TOTALS	**70**	**21**	**6**	**15**	**10**	**.667**
OPPONENT	**36**	**4**	**8**	**10**	**4**	**.400**

JV HOOPS TAKES OFF ON THE RIGHT FOOT

DECEMBER 14 – PARAMUS, NJ – Jake Behrens and Devin Hasan each scored eleven to lead the Crusaders in their opening night victory over Bergen Tech in Paramus. Julian Paradise knocked down a pair of threes and finished with nine points in the 58-45 win.

TEAM	1	2	3	4	FIN
Bergen Catholic (1-0)	15	11	16	16	**58**
Bergen Tech (0-1)	-	-	-	-	**45**

NAME	PTS	FG	3PT	FTA	FTM	FT%
Jake Behrens	11	4	1	-	-	-
Sean Cahill	2	1	-	-	-	-
Jack McCann	5	1	1	-	-	-
Andy Castillo	2	1	-	-	-	-
Anner Hernandez	1	-	-	2	1	.500
Marcus Brown	4	2	-	-	-	-
Logan Sarza	4	2	-	4	2	.500
Joe Gugliotta	6	3	-	-	-	-
Julian Paradise	9	1	2	2	1	.500
Kris De La Cruz	3	-	1	-	-	-
Devin Hasan	11	4	1	-	-	-
TOTALS	**58**	**20**	**6**	**8**	**5**	**.500**
OPPONENT	**45**	**-**	**-**	**-**	**-**	**-**

BC BOWLS OVER DONS

DECEMBER 15 – HACKENSACK, NJ – Stephen Paul led BC with a high series 647 and Andy Lee rolled a high game 257 over the Ironmen on Friday. The Crusaders knocked down 2,316 total pins to Bosco's 2,007 giving them their second 7-0 sweep of the week.

BOWLER	G1	G2	G3	TOTAL
Stephen Paul	209	202	**236**	**647**
Sean McKechnie	128	X	X	**128**
Calvin Villanueva	186	186	176	**548**
Andy Lee	153	257	207	**617**
Robert Reynoso	X	189	187	**376**
BERGEN CATHOLIC	**676**	**834**	**806**	**2,316**
DON BOSCO PREP	641	704	662	2,007

JV TAKE FIVE FROM DBP

DECEMBER 15 – HACKENSACK, NJ – Robert Reynoso's 194 gave him a fast track to the varsity match as the JV continued on to defeat the Ironmen 5-0.

BOWLER	G1	G2	G3	TOTAL
John Brignola	133	116	X	**249**
Nick Brignola	143	159	X	**302**
Robert Reynoso	194	X	X	**194**
Nick Rossig	143	160	X	**303**
William Smith	103	134	112	**349**
Vinny Nobile	X	X	192	**192**
Keegan Galliger	X	X	123	**123**
Noah Esposito	X	X	87	**87**
Matt Kovacs	X	X	97	**97**
BERGEN CATHOLIC	**613**	**587**	**499**	**1,699**
DON BOSCO PREP	**386**	**422**	**441**	**1,268**

FROSH AND JV HOOPS (2-0) AFTER DEFEATING ST. BENEDICT

DECEMBER 16 – NEWARK, NJ – Both the freshmen and junior varsity basketball squads earned their second wins of the young season against the Gray Bees of St. Benedict's Prep. The Freshmen opened their season with a 60-38 victory over Bergen Tech on Thursday and won on Saturday in similar fashion, 54-38 over St. Benedict's. The JV earned their second win as well with a 59-46 decision over the Prep.

BIRD OF THE WEEK
BALD EAGLE

NOVEMBER 26 – GREENWICH, CT AND DECEMBER 8 – GALLOWAY, NJ– Br. Fagan entered Greenwich Point Park in November and we did not need to go far in order to spot a beautiful adult Bald Eagle sitting in a dead tree near the entrance to the first parking lot. To our amazement, many of the visitors to the park did not see the bird until we pointed it out, reminding me of one of the great truths in birding: the more you look, the more you see. This is an adult eagle, 6-years old or more.

The second bird I encountered as I travelled Edwin B. Forsythe NWR in Galloway, NJ. Notice the color of its bill and the colors of the feathers on its head and tail. They suggest that this is a two-and-a-half-year-old bird.

Want to learn more about birds? Join the Birding Crusaders OR visit https://www.allaboutbirds.org

TWIBCS

WINTER SPORTS PREVIEW EDITION

DECEMBER 2023 – ORADELL, NJ – This winter, some 300+ Bergen Catholic student-athletes will be participating in 7 interscholastic sports for the Crusaders. With some returning names and new faces, this is sure to be an exciting season of BC sports!

BASKETBALL

VITALS:

HEAD COACH:	BILLY ARMSTRONG	13TH YEAR	232-85 (.732)
1st YEAR OF BC BASKETBALL:	1957-1958		
OVERALL W-L RECORD:	1,180-503 (.701)		
FIRST WIN:	1/3/58	St. Patrick's (Eliz)	55-46
LAST WIN:	2/7/23	Don Bosco Prep	76-70
MOST POINTS SCORED:	12/20/79	Nanuet (NY)	116
FEWEST POINTS SCORED:	1/5/07	St. Anthony's (JC)	24
MOST POINTS ALLOWED:	1/8/12	St. Benedict's Prep	98
FEWEST POINTS ALLOWED:	12/27/11	Pace (FL)	11
STATE CHAMPIONSHIPS: TOTAL FIRST, LAST:		5 1978	2022
SECTION CHAMPIONSHIPS: TOTAL FIRST, LAST:		10 1978	2022
COUNTY JAMBOREE TITLES: TOTAL, FIRST, LAST:		11 1977	2022
LEAGUE CHAMPIONSHIPS: TOTAL, FIRST, LAST:		17 1960	2021
1,000 POINT SCORERS (LAST):		17	Will Richardson '22
MOST POINTS (CAREER)		1,579	Will Richardson '22
ATHLETES OF THE WEEK, (LAST):		13	Doug Edert 2019
KEY RETURNERS:	Jaylen Bushell-Robinson, Tyler, McQuaid, Naiim Parrish, Declan Wucherpfennig		
WHO'S NEW:	Julius Avent, Jakub Lomika , Jeremiah Kinsler, Nehemiah Snell, AJ Williams		
KEY DEPARTURES:	Brandon Benjamin, Terry Copeland		

SAVE THE DATE:

JAN 2	RAMAPO	HOEHL GYMNASIUM
JAN 11	DON BOSCO PREP	AWAY
JAN 13	SETON HALL PREP	CALDWELL COLLEGE
JAN 14	ST. FRANCIS PREP	MOUNT ST. MICHAEL'S (NY)
FEB 6	DON BOSCO PREP	HOEHL GYMNASIUM

BOWLING

VITALS:

HEAD COACH:	LARRY FIERRO	19TH YEAR	265-42 (.863)
1st YEAR OF BC BOWLING:		1959-1960	
STATE CHAMPIONSHIPS, FIRST, LAST:		2 1998	1999
SECTIONAL CHAMPIONSHIPS, FIRST, LAST:		7 1998	2023
COUNTY TITLES, FIRST, LAST:		10 1993	2009
LEAGUE CHAMPIONSHIPS, FIRST, LAST:		30 1960	2023
FIRST 300 GAME BY HS BOWLER IN NORTH JERSEY:			Pete Mylenki 1961
300 GAMES (LAST):		4	Simon Lezaja 2012
800 PIN SERIES (LAST):		3	Tad Jones (2) 1999
ATHLETES OF THE WEEK, (LAST):		3	Tad Jones 1999
KEY RETURNER:	Stephen Paul		
WHO'S NEW:	Andy Lee, Calvin Villanueva		
KEY DEPARTURES:	Liam Chin, Justin Martin		

SAVE THE DATE:

DEC 15	DON BOSCO PREP	BOWLER CITY
DEC 18	ST. JOSEPH REGIONAL	BOWLER CITY
JAN 25	DON BOSCO PREP	MONTVALE LANES
FEB 2	ST. JOSEPH REGIONAL	BOWLER CITY

ICE HOCKEY

VITALS:

HEAD COACH:	TOM KEOUGH	6TH YEAR	55-41-9 (.567)
1st YEAR OF BC HOCKEY:		1967-1968	
STATE CHAMPIONSHIPS, FIRST, LAST:		2 2001	2003
COUNTY TITLES, FIRST, LAST:		4 1978	2020
GORDON CUP TITLES:		2 2003	2004
LEAGUE CHAMPIONSHIPS, FIRST, LAST:		10 1975	2020
ATHLETES OF THE WEEK, LAST:		4 Aram Minnetian	2021
KEY RETURNERS:	Matt Maglio, Alex Frassetto, Nick Frassetto, Harrison Udis, Declan Quinn, Kyle Brooks, Quinn Scribner, Max Wright		
NEW PLAYERS:	Alessandro Capano, Jacob Carver, Carter Edmonds, Will Schlechtweg, Erez Yacobi		
KEY DEPARTURES:	Ryan Henry, Gavin Shoernstein,		

SAVE THE DATE:

DEC 21	DON BOSCO PREP	ICE HOUSE
DEC 22	DON BOSCO PREP	ICE VAULT
JAN 29	DELBARTON	ASPEN ICE

INDOOR TRACK

VITALS:

HEAD COACH:	MIKE BEGEN	4TH YEAR	
1st YEAR OF BC INDOOR TRACK:	1956-1957		
STATE CHAMPIONSHIPS, FIRST, LAST:	3	1963	1976
COUNTYCHAMPIONSHIPS, FIRST, LAST:	12	1986	2023
LEAGUE CHAMPIONSHIPS, FIRST, LAST:	12	1964	2023
ATHLETES OF THE WEEK, LAST:	5	Allan Hilton Clarke	2023

BC RECORDS	RESULT	ATHLETES	YEAR
High Jump	6' 7"	Kevin Bostick	2008
Pole Vault	14' 0"	Paul Wilson	1983
Long Jump	**22'4"**	**Andrew Boakye**	**2023**
Triple Jump	**44' 8.5"**	**Jason Lessieu**	**2023**
4x60 yd HH	30.8	O'Connor, Keeney, Sherlog, Braun	1979
4x55 m HH	30.8	T. Gray, T. Dilworth, A. Go, E .Wingate	2010
4x220 yd	1:34.3	S. Scialabba, T. D'Amico, D. Jacobs, T. Lanzilotti	1971
4x200 m	1:30.5	E. Wingate, B. Leonard, D. Dixon, T. Gray	2010

BC RECORDS	RESULT	ATHLETES	YEAR
4x400 yd	3:29.1	P. Gobell, D. Jacobs, S. Scialabba, E. Korkuch	1972
4x400 m	3:24.4	E.Wingate, T. Gray, D. Dixon, B. Leonard	2010
4x880 yd	7:54.0	T.McCarthy, L.Ciaccio, M.Scarbrough, F.Courtney	1972
4x800 m	7:55.95	J. Ludwig, T. Selvaggi, M. Morano, D. Lynch	2014
Spr. Medley 1 Mi	3:40.2	D. Fiume, D. Ciaccio, B. Muehl, K. Byrne	1975
Spr. Medley 1600m	3:32.16	A. Taffe, J. Blair, R. Johnson, B. Fiume	2019
Dist. Medley 2.5 Mi	10:28.2	K. McKeon, K. Maher, J. Malone, B. Leonard	1977
Dist. Medley 4000m	10:23.43	B. Fiume, K. Deloughry, C. Secora, C. Shaia	2017
4xMile	17:58.1	L. Ciaccio, F. Noto, F. Courtney. M. Scarbrough	1972
4x1600 m	18:06.0	B. Rabah, B. Fiume, C. Shaia, C. Secora	2017
60m Dash	6.77	Fabian France	2022
55m/60yd Dash	6.32	Fabian France	2022
55m/60yd HH	7.4	Robert S. Zetelski (1967), Josiah Swasey (1990)	2x
100yd	10.5	Remo Biagioni	1977
200m	21.68	Rahmir Johnson	2019
300yd	33.0	Jack Mostyn	1958
440yd	50.2	Ed Korkuch	1972
400m	48.44	Tarique Gray	2011
500m	68.7	Greg Meletta	1996
600yd	1:13.7	Kenny Sinkovitz	2003
600m	1:20.0	Kenny Sinkovitz	2003
880 yd	1:56.4	Frank Courtney	1972
800 m	1:53.22	Kenny Sinkovitz	2003
1000 yd	2:16.8	Frank Stanton	1977
1000 m	2:32.4	Kenny Sinkovitz	2003
1600 m	4:23.8	Harry Carle	1985
1500 m	4:06.6	Sean Gormley (1980), Braeden Fiume (2019)	2x
1 Mile	4:15.6	Kevin Byrne	1975
3200 m	9:20.41	J.R. Meloro	1991
3000 m	8:45.03	Harry Carle	1985
2 Mile	9:14.8	Mike Scarbrough	1972
Pentathlon	**3,085**	**Tristan Oliver**	**2023**
Shot Put	60' 4.25"	Shawn McGregor	1996
25-lb Weight Throw	60' 9.75"	Garrett Hessman	2015
KEY RETURNERS:	Nick Shortridge, Jason Lessieu, Teddy Hughes, Andrew Boakye, Tristan Oliver		
KEY DEPARTURES:	Gabe Beidelman, Logan Casey, Allan Hilton-Clarke, Joe Griffith, James Hughes, Justin King, Tom Rogers, Sean Coll, Kaj Sanders		

SAVE THE DATE:

JAN 22	BERGEN COUNTY RELAYS	168TH ST ARMORY
JAN 28	NJCTC CHAMPIONSHIPS	OCEAN BREEZE
FEB 14	BERGEN MEET OF CHAMPS	168TH ST ARMORY
FEB 16	STATE GROUP CHAMPIONSHIPS	BENNETT CENTER (TOMS RIVER)
MAR 3	STATE MEET OF CHAMPS	BENNETT CENTER (TOMS RIVER)
MAR 7-10	NATIONALS	BOSTON, MA

SKIING

VITALS:

HEAD COACH:		JOE DIFILIPPO	3RD YEAR
1st YEAR OF BC SKIING:		2013	
TOP RETURNING SKIER:	Nate Park, Will Dodds		
KEY DEPARTURES:	Aiden Hickey, Carter Pontone, Nick Napolitano, Nick Wheaton		

SAVE THE DATE:

JAN 8	OPENING RACE	MOUNTAIN CREEK
FEB 20	RACE OF CHAMPIONS	MOUNTAIN CREEK
FEB 23	STATES	MOUNTAIN CREEK
FEB 27	STATES	MOUNTAIN CREEK

SWIMMING

VITALS:

HEAD COACH:	LIA KUNNAPAS	8TH YEAR	67-24 (.736)
1ST YEAR OF BC SWIMMING:	1980-1981		
OVERALL W-L RECORD:	398-74-5	(.840)	
FIRST WIN :	1982	Teaneck	102-54
SECTIONAL TITLES, FIRST, LAST:	16	1985	2002
COUNTY TITLES, FIRST, LAST:	7	2003	2023
LEAGUE CHAMPIONSHIPS, FIRST, LAST:	34	1984	2023
ATHLETES OF THE WEEK, LAST:	2	Gary Grant	2003

BC RECORDS	TIME	SWIMMERS	YEAR
200 MED RELAY	1:33.92	J. Sembrano, R. Cannarozzi, J. Om, L. Kelly	2014
200 FREE	1:43.66	Austin Lee	2016
200 IM	1:53.28	Andy O'Grady	1987
50 FREE	21.41	Gary Grant	2001
100 FLY	49.69	John DeBoyace	1994
100 FREE	46.08	Gary Grant	2003
500 FREE	4:33.44	Rich Murphy	1993
200 FREE RELAY	1:29.04	A. Bradshaw, L. Boswell, R. Cannarozzi, J. Om	2015
100 BACK	50.18	Josh Sembrano	2014
100 BREAST	56.75	Ralph Cannarozzi	2015
400 FREE RELAY	3:11.14	G. Perez, D. Kim, A. Rose, A. Mazzaca	2022

KEY RETURNERS:	Doyee Kim, Raymond Stelmark, Eric Yoo
WHO'S NEW:	Ryan Choi, Yuriel Lee, William Mulder, Jeremiah Tomioka
DEPARTURES:	Gavin Perez

SAVE THE DATE:

JAN 4	BRIDGEWATER-RARITAN	BRIDGEWATER YMCA
JAN 18	WESTFIELD	WESTFIELD YMCA
JAN 20	BERGEN COUNTY MEET OF CHAMPS	FELIX FESTA MS (NY)

WRESTLING

VITALS:

HEAD COACH:	DOM SANTOLI		1st YEAR
1st YEAR OF BC WRESTLING:	1975-1976		
OVERALL W-L RECORD:	567-202-6 (.735)		
FIRST WIN:	1976	Msgr. Farrell	36-27
NATIONAL CHAMPIONSHIPS:	1	2019	
STATE CHAMPIONSHIPS, FIRST, LAST: 15	1991	2022	
SECTION CHAMPIONSHIPS, FIRST, LAST:	25	1990	2022
COUNTY TITLES, FIRST, LAST:	26	1991	2022
LEAGUE CHAMPIONSHIPS, FIRST, LAST:	34	1990	2022
DISTRICT CHAMPIONSHIPS, FIRST, LAST:	44	1982	2023
100 BOUT WINNERS (LAST):	37	3 in 2023	
BEST OVERALL CAREER RECORD:	159-0	Nick Suriano '16	
FOUR TIME STATE CHAMPION	1	Nick Suriano '16	
STATE CHAMPIONS (LAST):	24	Joe Cangro '22	
REGIONAL CHAMPIONS (LAST):	122	4 in 2023	
DISTRICT CHAMPIONS (LAST):	286	13 in 2023	
ATHLETES OF THE WEEK (LAST):	21	Joe Cangro 2022	

KEY RETURNERS:	Nathan Braun, Brian Melamud, Chris Nucifora, Noah Kochman, Joey Canova, Ryan Ford, Jayden Iznaga, Leo Varga, Benjamin Shue
WHO'S NEW:	Gentri Idrizi, Mason Marck, Joe Tramontozzi
KEY DEPARTURES:	Chris Bacchione, AJ Fricchione, Justin Onello, Aidan Wallace

SAVE THE DATE:

DEC 16-17	BEAST OF THE EAST	UNIVERSITY OF DELAWARE
DEC 29-30	POWERADE TOURNEY	CANON-MCMILLAN HS
JAN 3	ST. PETER'S PREP	ST. PETER'S PREP
JAN 6	QUAD	HOEHL GYMNASIUM
JAN 15	MLK QUAD	HOEHL GYMNASIUM
JAN 19	DON BOSCO PREP	DON BOSCO PREP
JAN 20-21	BCCA TOURNAMENT	GARFIELD
JAN 26	ST. JOSEPH REGIONAL	ST. JOSEPH REGIONAL
FEB 17	DISTRICTS	HOEHL GYMNASIUM
FEB 23-24	REGIONALS	WEST ORANGE
FEB 29-MAR 2	STATES	ATLANTIC CITY

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

Philippians 4:13

I can do all things through Christ who strengthens me.

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 sunshine 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.

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.

LITURGICAL CALENDAR 2023-24

- ADVENT (Dec 3 – Dec 24)
- CHRISTMAS (Dec 25 – Jan 7, 2024)
- ORDINARY TIME (Jan 6-Feb 21)
- ASH WEDNESDAY (Feb 14) LENT
- HOLY WEEK (Mar 25-29)
- HOLY THURSDAY (Mar 28)
- GOOD FRIDAY (Mar 29)
- EASTER (Mar 31)
- ASCENSION (May 9)
- PENTECOST (May 19)
- ORDINARY TIME (May 20 – Nov 30)

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 Golden Rule

Love one another as I have loved you.