THIS WEEK IN BERGEN CATHOLIC SPORTS

A SWEEP IN THE 500 FREE AND STRONG 1-2 FINISHES IN THE 200 FREE, 100 FLY & BREAST PULL BC TO 17th SECTIONAL TITLE

FEBRUARY 19 – NEPTUNE CITY, NJ – In one of the most exciting and enjoyable sporting events of the school year, BC defeated Seton Hall Prep for the first time since 1991! That's the year 2024 Hall of Fame Inductee Bryan Kelly swam for the Crusaders, 33 years ago.

Now it's the Stelmarks, the Kims and the Melnikovs of the world that have brought a sectional title back to Oradell with a 90-80 victory over the Pirates.

After the 200 Medley Relay (the first race of the meet), BC found itself trailing SHP 6-8. Raymond Stelmark and Eric Yoo placed 1-2 in the 200 Free and Jeremiah Tomioka placed 4th to give BC a 12-4 advantage in the heat scoring and a lead of 18-12 in the meet.

Dimitri Melnikov took second in the 200 IM and BC maintained a 25-21 lead. Doyee Kim swam the 50 Free at 22 flat and the lead changed for the second time, with SHP taking a 30-32 advantage.

Doyee came right back in the following event, 100 FLY and recorded a 52 flat to take first. Ryan Choi finished second at 52.9 and that one-two punch helped the Crusader retake the lead 40-38. Seton Hall, who swam its fourth fastest meet in school history, took the 100 FREE to tie the score at 47 with just five races to go.

FIVE HUNDRED FREE. This was the race that opened things up for the Crusaders. Stelmark, Tomioka and Kevin Son all swam sub-five-minute times to sweep the event and pick up a 10-point advantage over the Pirates 60-50. SHP got a big chunk of that back in the 200 Free Relay, taking 1st, 3rd and 5th, but BC held onto a 64-60 lead after eight events.

The Pirates were hoping to methodically steal the meet and outscored Bergen 9-7 in the 100 Back. Yuriel Lee, Ryan Choi and Eric Lee placed 2-4-5, which created only a 2-point difference and Bergen led 71-69.

Dimitri Melnikov won the 100 Breast with a 57.9 and William Mulder finished second to push BC's lead back up to 82-74 and all but seal the meet for the Crusaders. Then the 400 Free Relay Team of Raymond Stelmark, Eric Yoo, Dimitri Melnikov and Doyee Kim sealed the victory with a winning time of 3:15.9.

Congratulations to the Head Coach Kunnapas and her staff, BC Alumni Mr. Schlereth and Mr. Baydar for helping to bring BC's 17th Sectional Title home and the school's first since 2002.

TEAM	SCORE
Seton Hall Prep (10-2)	**80**
Bergen Catholic (9-2)	**90**

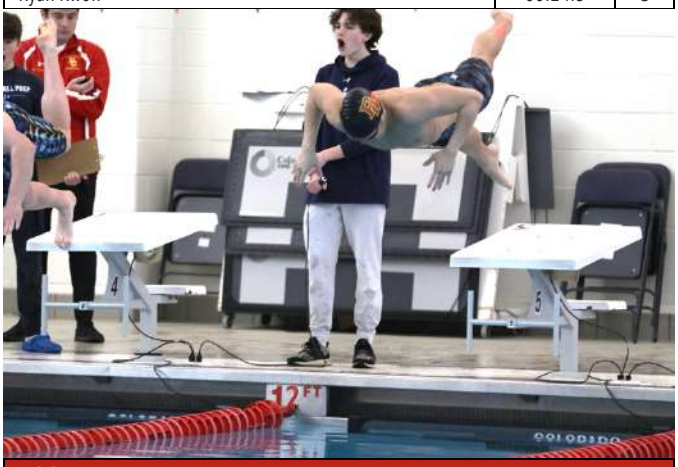
RACE RESULTS

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Ryan Choi, Dimitri Melnikov, Doyee Kim, William Mulder	01:35.9	2
Yuriel Lee, Andy Kwon, Jeremiah Tomioka, Kevin Son	01:42.0	3
Alexander Herrera, Alexander Tong, Joseph Trione, Elyun Lim	02:22.0	6

200 FREE		
Raymond Stelmark	01:44.7	1
Eric Yoo	01:46.8	2
Jeremiah Tomioka	01:49.6	4

200 IM		
Dimitri Melnikov	01:57.5	2
William Mulder	02:03.0	4
Duncan Skogerson	02:04.5	5

50 FREE		
Doyee Kim	00:22.0	2
Kevin Son	00:23.8	5
Ryan Kwon	00:24.3	6



100 FLY		
Doyee Kim	00:52.0	1
Ryan Choi	00:52.9	2
Eric Kwon	00:56.7	6

100 FREE		
Eric Yoo	00:49.2	2
Yuriel Lee	00:49.6	4
Duncan Skogerson	00:51.4	5

500 FREE		
Raymond Stelmark	04:45.1	1
Jeremiah Tomioka	04:54.0	2
Kevin Son	04:57.6	3

200 FREE RELAY		
Ryan Choi, William Mulder, Raymond Stelmark, Eric Yoo	01:30.6	2
Ryan Kwon, Ricky Wright, Harris Kinnear, Andy Kwon	01:38.7	4
Daniel Cassella, Harrison Kazimir, Nicolas Gomez, Parker Day	01:50.6	6

100 BACK		
Yuriel Lee	00:53.2	2
Ryan Choi	00:56.0	4
Eric Kwon	00:57.1	5

100 BREAST		
Dimitri Melnikov	00:57.9	1
William Mulder	01:00.3	2
Andy Kwon	01:05.1	5

400 FREE RELAY		
Raymond Stelmark, Eric Yoo, Dimitri Melnikov, Doyee Kim	03:15.9	1
Kevin Son, Duncan Skogerson, Yuriel Lee, Jeremiah Tomioka	03:26.0	4
Ricky Wright, Jack Cummings, Ryan Kwon, Harris Kinnear	03:49.9	6

SECTIONAL CHAMPS!

WINTER CHAMPIONSHIPS

Bowling
- League
- JV County

Ice Hockey
- League
- County

Wrestling
- District

Swimming
- League
- County
- NPA No. Section

Track
- League
- County Group
- County Relays

MAGS TAKES COMMAND HOCKEY ADVANCES AFTER OVERTIME THRILLER

FEBRUARY 22 – HACKENSACK, NJ – Senior Matt Maglio recorded a natural hat-trick (3 goals in a row), two in the third period and the game-winner in overtime to lift BC to a 6-5 victory over St. Joseph Metuchen in the first round of the NJSIAA Non-Public "A" Hockey Tournament.

The Falcons took off with just 41 seconds remaining in the first period to grab a 1-0 lead before the first intermission. As the second period began, SJM's Jake Drumm scored a pair of goals to put BC in a 3-0 hole.

The Frassetto cousins rushed to BC's aid, first with Alex scoring assisted by Nick and Jacob Carver and then Will Schlechtweg scored assisted by the cousins, pulling BC to within a goal of their guests.

Drumm scored his third of the game, stretching SJM's lead which lasted just over a minute before goalkeeper Erez Yacobi picked up his first assist of the season, hitting Max Wright for his 8th goal of the year and BC was within a goal once again, 4-3. But the Drumm kept pounding, this time for his fourth goal of the period with 1:46 remaining and his team brought a 5-3 advantage into the second intermission.

This was when senior Matt Maglio took over. Mags scored his 19th goal of the season 1:57 into the third period, assisted by Declan Quinn and Schlechtweg but he wasn't finished yet. Maglio scored with 4:17 remaining in regulation, assisted by Jacob Carver and Schlechtweg. Finally, the score was tied, for the first time since just 41 seconds into the game.

As the Crusaders went to overtime Schlechtweg and Carver found Maglio who scored his 21st goal of the season with 6:28 remaining in the first overtime period to send BC to the next round of the states.

Team	1	2	3	OT	FIN
#St. Joseph (Metuchen) (13-5-3)	1	4	0	0	5
#6 Bergen Catholic (14-7)	0	3	2	1	6

GOALS: Matt Maglio (3, 21st), Alex Frassetto (1, 10th), Will Schlechtweg (1, 12th), Max Wright (1, 8th)

ASSISTS: Jacob Carver (3, 9th), Nick Frassetto (2, 9th), Will Schlechtweg (1, 18th), Declan Quinn (1, 18th), George Wiener (1, 5th), Alex Frassetto (1, 12th), Erez Yacobi (1,1st)

SAVES/GA/SAV%: Erez Yacobi (17/5/.773) – season (313/37/.894)

REGION III GRAPPLING YIELDS 9 STATE TOURNEY TRAVELERS

FEBRUARY 23-24 – WEST ORANGE, NJ – Senior Ryan Ford won his 100th Career Bout with a 18-2 Technical Fall at 2:40 to secure his gold medal in the Region III Championships at 157 pounds.

Classmates Chris Nucifora, Noah Kochman, Jayden Iznaga and Ryan Ford and Sophomore Nathan Braun took home Regional Gold, and four others took silver as Bergen Catholic qualified nine wrestlers for the Individual State Wrestling Championships next weekend in Atlantic City.

Genti Idrizi, Leo Varga, Mason Marck and Benji Shue all placed second in a very good weekend of wrestling for the Crusaders. Good luck to all 9 of you who will be moving onto the states.

Congratulations on a fine season to Chad Sadaka and Daniel Washburn, both of whom won bouts to reach the consolation rounds in the regions.

113	NATHAN BRAUN	
Quarterfinal	**Semifinal**	**Final**
WP 3:32	WP 4:21	WTF (15-0) 4:18
120	**CHRIS NUCIFORA**	
Quarterfinal	**Semifinal**	**Final**
WP 4:42	W-FORFEIT	WD 7-4
132	**CHAD SADAKA**	
Quarterfinal	**Consolation Quarterfinal**	**Consolation Semifinal**
LD 7-0	WD 10-4	LD 5-1
138	**NOAH KOCHMAN**	
Quarterfinal	**Semifinal**	**Final**
WD 8-2	WP 5:03	WP 5:40
144	**DANIEL WASHBURN**	
First Round	**Quarterfinal**	**Consolation Quarterfinal**
WD 11-5	LP 1:23	LP 5:48
150	**JAYDEN IZNAGA**	
Quarterfinal	**Semifinal**	**Final**
WTF (16-0) 3:15	WMD 11-1	WTF (15-0)
157	**RYAN FORD**	
Quarterfinal	**Semifinal**	**Final**
WTF 20-5 (3:22)	WTF (21-5) 3:02	WTF (18-2) 2:40 **Career Win #100**
165	**GENTI IDRIZI**	
Quarterfinal	**Semifinal**	**Final**
WD 3-1	WD 9-3	LD 11-9
190	**PANTALEO VARGA**	
Quarterfinal	**Semifinal**	**Final**
WP 3:24	WP 1:08	LD 8-3
215	**MASON MARCK**	
Quarterfinal	**Semifinal**	**Final**
WP 0:50	WD 4-3	LD 4-3
285	**BENJAMIN SHUE**	
Quarterfinal	**Semifinal**	**Final**
WP 0:46	WP 1:17	LD 4-2

ALL BERGEN JAMBOREE TEAM

Congratulations to Declan Wucherpfennig and Naiim Parrish, both named to 1st Team All-Tournament. Julius Avent earned Honorable Mention All-Tournament and Tyler McQuaid earned the Yennie Award for the 2024 Jamboree.

CRUSADERS DEFEAT PIRATES ADVANCE IN STATE TOURNEY

FEBRUARY 23 – ORADELL, NJ – In the 57th meeting between BC and Seton Hall Prep, the Crusaders improved their winning streak over their Essex County rivals to four with a 79-58 victory on Friday night.

Julius Avent was team-high scorer with 22 points, a career high for the sophomore and seventh highest total for a Crusader this season. Naiim Parrish continues to score, dropping in 17, Jaden Brown scored 15 second-half points and Declan Wucherpfennig scored fourteen.

BC will take on St. Benedict's Prep on Monday, February 26th at 6:00 pm in Newark.

TEAMS	1	2	3	4	FIN
Seton Hall Prep (11-14)	12	18	16	12	**58**
Bergen Catholic (21-7)	19	23	14	23	**79**

SCORING

CRUSADER	2PT	3PT	FTM	FTA	FT%	PTS
Naiim Parrish	7	1	-	-	-	17
AJ Williams	1	2	1	2	.500	9
Declan Wucherpfennig	6	0	2	2	1.000	14
Julius Avent	7	2	2	2	1.000	22
Jaden Brown	7	0	1	3	.333	15
Tyler McQuaid	1	0	-	-	-	2
TOTALS	**29**	**5**	**6**	**9**	**.667**	**79**

BOTW: BLACK BILLED MAGPIE

FEBRAURY 22– CRESTED BUTTE, CO – The magpie is a relative to jays and crows that live in western North America. It has a close relative, the Yellow-Billed Magpie, that lives in California's Central Valley.

BBM's slender body and long-tail helps it to slither through tree branches in a graceful way.

- The Black-billed Magpie makes a very large nest that can take up to 40 days to construct. It's a lot of work, but a study found that it only used about 1% of the daily energy expenditure of the pair. Laying eggs, on the other hand, takes 23% of the female's daily energy budget.
- Historical records of the American West indicate that Black-billed Magpies have been associates of people for a long time. Magpies frequently followed hunting parties of Plains Indians and fed on leftovers from bison kills. On their expedition, Lewis and Clark reported magpies boldly entering their tents to steal food.
- Like most members of the jay family, the Black-billed Magpie is a nest predator, although eggs and nestlings make up only a tiny portion of the bird's overall diet.
- The Black-billed Magpie frequently picks ticks from the backs of large mammals, such as deer and moose. The magpie eats the ticks or hides some for later use, as members of the crow and jay family often do with excess food.
- The longest-living BBM on record was at least 9 years, 5 months old when recaptured and rereleased in Saskatchewan in 2021.

HABITAT: Black-billed Magpies live among the meadows, grasslands, and sagebrush plains of the West. Their nesting territories often follow stream courses. Though they like open areas and are not found in dense woods, they stay close to cover for protection from raptors. Magpies don't avoid human development, often spending time near barnyards, livestock areas, and grain elevators where they have ready access to food.

FOOD: Like other corvids (members of the jay and crow family), Black-billed Magpies have a wide-ranging diet. They eat wild fruit and grain, as well as grasshoppers and beetles that they find while foraging on the ground (they sometimes find beetles by flipping cow dung). They also kill small mammals such as squirrels and voles, and raid birds' nests. Carrion is also a main food source, as are the fly maggots found in carrion. Sometimes they steal meat from the kills of coyotes and foxes. Magpies also land atop large animals, such as cows or moose, and pick ticks off them. When they find an abundant food source, magpies will cache food for short periods.

SOURCE: https://www.allaboutbirds.org/guide/Black-billed_Magpie

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 8, 2024)
- ORDINARY TIME (Jan 9-Feb 13)
- 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.

The Brotherhood