

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

Steve Angeli '02 Verbally Commits to Notre Dame

March 5 - Oradell, NJ - Quarterback, Steve Angeli became the first BC Quarterback since Matt Lovecchio '00 to commit to play QB for the fighting Irish of Notre Dame.

Let's hope that Angeli builds upon the same type of success Lovecchio reached at the helm as the former BC signal caller.



Lovecchio put together back-to-back state championship seasons to finish his high school career at BC and then led Notre Dame to a record-setting season and Fiesta Bowl berth during his true-freshman campaign in 2000-01.

Steve is amassing a tremendous career for himself, putting together a 5-1 season and NJ #1 ranking during this Covid-19 impacted year. In his career, he completed 69% of his passes for 1,173 yards, 8 touchdowns and just 3 picks. He is a very dangerous runner who can beat you with his feet as well. Angeli added 3 rushing touchdowns on 246 yards (4.2 yards per carry.)

But for Angeli, it's more than just a fine university with an opportunity to compete at the highest level nationally. Steve's great-uncle played for a National Championship team in South Bend. Maybe that's just what the Irish need to get them over the hump, a real-life Angel!

Excellent Second-Half Effort for Frosh Hoops Falls Short

By, Joe Duffy

March 1 - Oradell, NJ - The Bergen Catholic Crusaders welcomed Don Bosco in a rematch from their matchup the week before. In a well-played game, BC showed improvement in a week, but fell 62-50.

The first quarter was reminiscent of the first matchup. The size of the Ironmen would prove to be problematic as they were excellent on the boards and did a solid job not allowing the Crusader guards to penetrate. Xavier Valerio did a solid job handling the Ironmen pressure and limiting turnovers, which was a huge reason for the loss the week before. Bergen looked much more up to the task in the first quarter this time around, and despite their struggles on offense, they were able to trim the score to 21-9 with a strong finish.



The Crusaders seemed much more confident in their game after the first quarter and they showed it in their efforts on both ends. BC did a much better job of competing on the glass and in the paint with a bigger Ironman team. They also turned it up on the defensive end, forcing the visitors to take tough shots every time down the floor.



Tristan Oliver

Good defense would lead to opportunities on offense, but the Crusaders continued to struggle to finish. Bergen Catholic would hold Don Bosco to just 11 second quarter points with a great defensive effort, but if they wanted to come back the offense that would have to turn it around in the second half.

A strong offensive effort was needed in the second half from the Crusaders and they absolutely delivered. Evan Brown started the half on fire, scoring the first 6 points of the third quarter for the Crusaders and forcing the Ironmen to call a timeout as the lead was trimmed down to 10. Tristan Oliver and Brown would feed off each other all quarter, highlighted by a transition basket right out of the Don Bosco timeout they would cut the lead to 8.

BC proceeded to drill a barrage of threes as Brown, Valerio, and Billy Nichols were all in on the action, making it a 43-39 game at the end of the third quarter. Bergen Catholic erased a 15-point deficit and had all the momentum heading into the fourth quarter down just 4 points.

Evan Brown and Billy Nichols continued their strong play on the offensive end at the start of the quarter as Nichols would get to the line off a strong drive to make it a 3-point game, and Brown would follow an Ironmen basket with a strong drive to the rim himself.

Don Bosco hit a critical three to extend its lead to 6 and after several strong defensive stands, they stretched the lead to 8 and force a Crusader timeout. Bergen Catholic would continue to push on offense getting opportunities, but ultimately it was not enough as time expired.

Impressive First Half Not Enough as JV Hoops Fall in Season Finale

By, Joe Duffy

March 1 – Oradell, NJ – BC hosted Don Bosco Prep in a rematch from the week before. Bergen played a terrific first half, but was unable to hold on through the second half as they fell to DBP for the second time.

The Crusader offense got rolling early as they broke the Ironmen press and found Gianluca Phelan wide open for three to get things started.

BC continued to break the press well all quarter and they moved cleanly and with purpose without the ball on offense, leading them to open looks.



Alex Wohlrab -
It's gotta be the shoes.



Logan Casey ready to drive.

The defensive effort would match the offensive effort in the quarter, as they competed well with DBP on the inside early on. Evan O'Reilly made a huge block on the inside early and knocked down a three on the other end, keeping the Crusader momentum going. This led to an 11-3 run, but the gap closed at the end of the first quarter, making it just a 4-point game.

Bergen Catholic continued to play strong defense at the start of the second quarter, forcing turnovers, and contesting almost every shot taken by the Ironmen. Don Bosco matched their energy on the defensive as they amped up the pressure, but BC had no trouble beating the double teams and pressure applied by the Ironmen.

Tommy Sullivan and Dylan Mazzola knocked down a pair of shots from beyond the arc to extend the Bergen Catholic lead. Because of their ability to rebound and create second and third chances, Bosco kept the game close in the quarter

despite being out-played. Both teams really cranked up the pressure towards the end of the half, trading turnovers back and forth, but a beautiful give-and-go from Anthony Brown to Abe Pogue would end BC's scoring drought and take the Crusaders into the half with a 27-23 lead.

The Ironmen got out to a 12-3 run to start the third quarter and they would not look back from there. The defensive performance in the second half was impressive from the Ironmen, holding Bergen Catholic to just 12 points after a 27-point, well-played first half.

Varsity Ice Hockey vs. DBP Gordon Cup Semifinal

March 2 - Hackensack, NJ – Suffice it to say, it was not our day. The Crusaders played a highly motivated Ironman squad and did not have it from the opening puck drop. Within 4 minutes, it was 2-0 Bosco. The avalanche of goals continued 4-0 at the end of one, 8-0 at the end of two and ultimately 9-0 was the final.



Gavin Shoenstein and William Walsh.
Two big reasons for BC's success this season.

This was not the way BC was hoping to end the season as they enjoyed a very strong year, losing the first and last games and going unbeaten in the eleven in between. That said, it was a terrific season for the Crusaders who finished 10-2-1 and second in the regular season Gordon Conference play behind only Gloucester Catholic.

Crusaders Thunder Past Birds

March 2 – Oradell, NJ – In the final week of the



John DelJuidice

2021 Bowling Season, the Crusaders shot down the Mahwah HS Thunderbirds 4-3 in three very competitive games.

John DelJuidice rolled the high game with a 235 and high series of 596. Other notables Paul Brignola rolled a 219, Ethan Gayam rolled a 218 and Liam Chin rolled a 205.

Crusader Seniors Shine as #2 BC Defeats PC 96-51

March 3 – Oradell, NJ – It was an all-senior starting five as Kevin Cahill, Nick Caggiano, D’Ari Duncan, Kishan Sahu and Chris Traphagen took the floor against neighboring Paramus Catholic High School on Wednesday Night and helped the state’s second-ranked Crusaders to remain undefeated on the season.



Sahu, Cahill, Caggiano, Traphagen and Duncan set the tone for Coach Armstrong on Senior Night at the Hoehl Gymnasium.

Caggiano got BC rolling and led his classmates with twelve points on a pair of threes and six baskets from the charity stripe. Nick also pitched

in two rebounds, assists and steals as he had one of the strongest showings in his career.

Kevin Cahill recorded a pair of threes, on his way to a six-point evening. He pitched in a rebound and an assist in the victory as well. Kishan Sahu pitched in a basket, two assists a rebound and a block and Chris Traphagen blocked a Paladin shot as the Crusaders held PC to just 27 first half points.

Junior Julian Brown led the Crusaders with 18 points on the evening. He was followed by partners in crime, Will Richardson (15), and Elliot Cadeau (7) who between the three of them stole the ball from the Paladins a dozen times.

Terry Copeland and Elijah Flournoy each scored eight points for BC and recorded two blocks apiece. Copeland grabbed 7 rebounds as well and Flournoy picked up a pair to boot.



Sniper Elias Espinosa knocked down a three and workhorse Joe Scrivanich added four points and four rebounds. Freshman Brandon Benjamin scored five points for BC who are preparing for a big weekend vs. #20 Don Bosco Prep on Friday night and #5 Roselle Catholic on Saturday. Both games are at the Hoehl Gymnasium and both games may be seen on Local Live.

The Crusaders are 7-0 on the season. That win streak actually extends to 11, going back to March 6, 2020 when BC defeated Union Catholic 76-60 in the first round of the NJSIAA Non-Public Tournament.

Bowling vs. DePaul Catholic

March 3 - Oradell, NJ - The Bowling team entered the final few matches of Big North United Red Division competition and fell 4-3 to the Spartans of DePaul Catholic. Ethan Gayam rolled the high series for BC with a 577 and also the high game with a 226. Paul Brignola rolled a 202 and Freshman John Brignola rolled a 203.



Ethan Gayam

FR Hoops vs. St. Peter's Prep

March 4 - Oradell, NJ - The Marauders travelled to the Hoehl Gymnasium from the corner of Grand and Warren to take on the BC frosh in an inter-county battle. This contest went to the visitors 43-57 in a hard-fought battle.



Xavier Valerio driving to the hoop.

Eleven Crusaders scored in the game led by Xavier Valerio with 11 points. Tristan Oliver pitched in seven, followed by: Mike Del and Nicolò Romana (4 pts each); Tyler Ferris, Riley

O'Dowd and Billy Nichols each with three and Rohan Hingorani, Alejandro Fernandez, Sean Irving, and Giovani Moscatello, who each pitched in a pair.

Bowling vs. DePaul/DBP

March 4 - Hackensack, NJ - The Crusaders finished their 2021 campaign on a mixed note, falling to DePaul Catholic 7-0, but defeating Don Bosco Prep 7-0.

John DelJudice rolled the high series of 657 and high game 276 and Liam Chin added a 190.

The team finished second in the Big North Conference United Conference as a result. Congratulation Coach Larry Fierro and all members of the team on a fine season!

Frosh Hoops Team Takes Care of Business in Finale, 71-45

March 5 - Oradell, NJ - In one of their most complete games of the season, the freshman Crusaders put it all together to finish on a high note, dismantling Paramus Catholic at Hoehl Gymnasium on Friday night.

Rohan Hingorani and Brendan O'Rourke got the Crusaders off and running, scoring seven of BC's eight points in the first quarter.

Xavier Vilario scored six points and Billy Nichols knocked down a



Liam Chin

John DelJudice rolled the high series of 657 and high game 276 and Liam Chin

Billy Nichols eyeing up the situation.



pair of threes in the second quarter as BC exploded for 25 points and a big lead at half.

Tristan Oliver continued with a hot hand, knocking down 5 field goals and two three pointers on his way to a 16-point night. He got great help from Nichols (13 points), Valerio (9), Gio Moscatello (7), Dan Spierer (6), Sean Irving and Evan Brown with four apiece, John Keyes (3) and Tyler Ferris two points.

Marc Blair and Riley O'Dowd were instrumental in the victory, as BC dominated statistically in rebounds and caused turnovers.

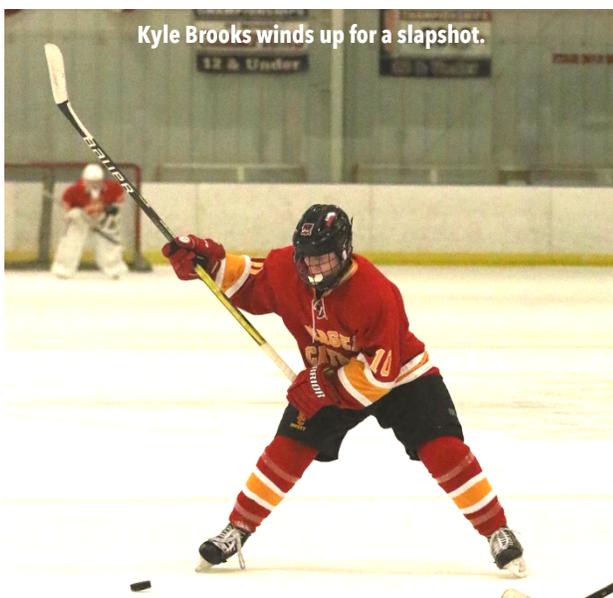
Congratulations to BC's newest group of Freshmen Alumni Hoopsters! You gave us a lot to cheer about throughout this interesting and entertaining season!

SPIRITUAL THOUGHT FOR THE WEEK

The reason I choose not to sin is NOT because I am afraid of what God may do TO ME
 But because I am afraid of what God may not be able to do THROUGH ME.

JV Helps Ice Hockey Program Hit 20 Win Mark in Shortened Season

March 5 – Wayne, NJ – The Crusaders JV Ice Hockey Team helped the Crusader Hockey



Kyle Brooks winds up for a slapshot.

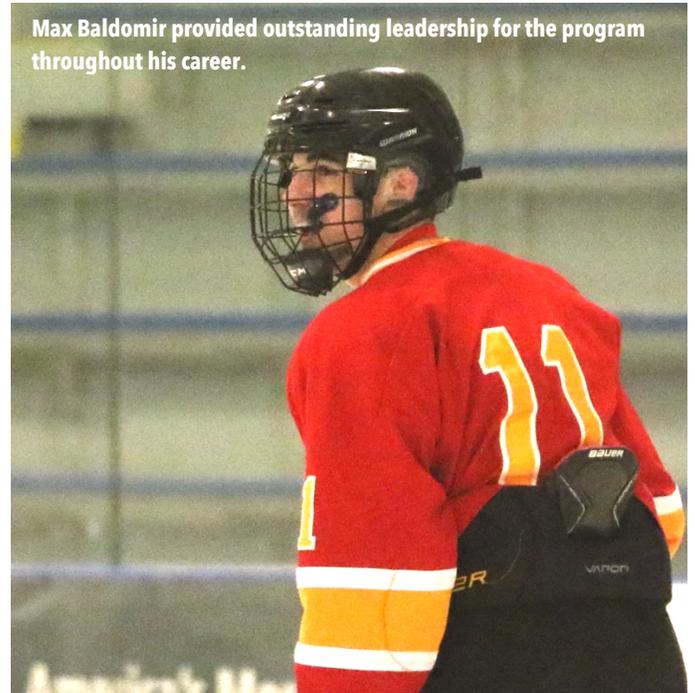
Program finish with an over-all record of 20-4-2 as they defeated Mahwah HS 6-0.

Both Varsity and JV teams went 10-2-1 on the season, a remarkable feat. Congratulations to Coach Keough and the entire program on a fantastic season of competitive and exiting hockey!



Cody Arnold

Max Baldomir provided outstanding leadership for the program throughout his career.



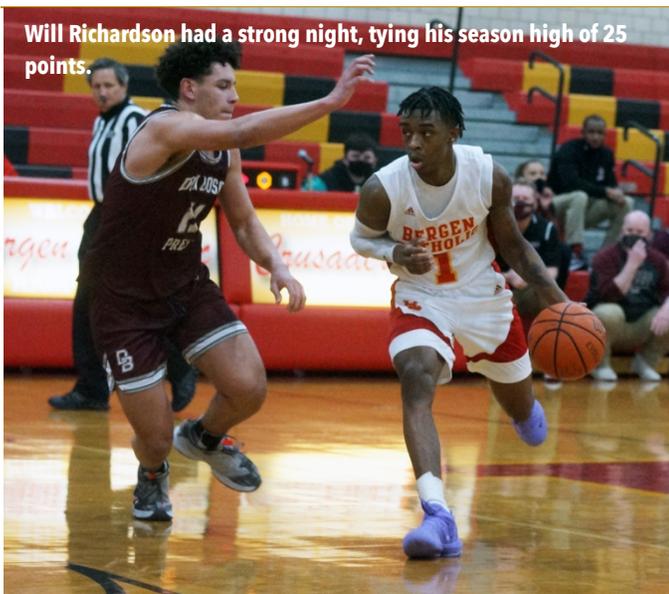
Crushing Defeat Breaks Undefeated Streak

By, Joshua Jung

March 5 – Oradell, NJ – It was a nail-biting game on Bergen Catholic's home court against their rivals, Don Bosco, broke the Crusaders' undefeated streak and season. The Crusaders played their hardest to the very end, but came up just short, losing 56-54 to the Ironmen.

The top scorers of this game were Will Richardson with 29 points and 2 assists, Julian Brown with 8 points, 6 rebounds, and 2 assists, and DiAri Duncan with 10 points, 7 rebounds, an assist, and a block.

Will Richardson had a strong night, tying his season high of 25 points.



Elliot Cadeau pitched in 4 points, a steal and an assist, and Elijah Flournoy scored 4 points, grabbed 7 rebounds and added a steal, an assist, and a block.

The Crusaders started out the first quarter on fire creating a considerable 15-point lead. Bosco fought back and by the end of the first quarter, tied the score at 18-18. Elliot Cadeau also picked up three fouls in the first quarter, putting the Crusaders in an awkward situation.

The big senior, D'Ari Duncan, played some of his best ball for the end of the season.



At the start of the second quarter, Bergen came out a little sloppy, but picked it up with their defense and closed the gap to 33-30 by the half.

The start of the second half, Bergen gained a lead with the help of DiAri Duncan's insane rebounding and strong put-backs, and the Bosco's coach picking up a technical foul. The third quarter was played perfectly by the Crusaders as a whole. The team defense and offense ran smoothly, giving them a lead into the fourth quarter, 46-43.

Going into the fourth quarter with four fouls on both Brown and Cadeau, the Crusaders had a difficult time trying to play their hardest while not fouling. But the Crusaders still kept the battle heated with buckets being tossed back and forth, keeping everyone on their toes.

In the frantic final seconds of the game, Will Richardson appeared to be fouled. No call was made as he dished the ball to D'Ari Duncan. Duncan put up a shot, that got caught between the basket and the backboard as time expired as BC lost 56-54, ending their undefeated season.

The Crusaders are now 7-1 on the season and hope to recover quickly for tomorrow's game against #5 Roselle Catholic.

A Quick Note on the Streak

This eleven-game-win streak was Coach Armstrong's third longest winning streak as a coach behind two seventeen game streaks (2017-18 and 2018-2019) and tied with another (2016-2017). As a player, Coach Armstrong led BC to the school's longest winning streak, 21 games in 1993-94. Looking forward to a new streak starting soon!



Varsity Hoops vs. Roselle Catholic

March 6 – Oradell, NJ – Time away from play can



Freshman Double Team: Elliot Cadeau (3) readies to take the charge as Terry Copeland (5) blocks the shot.

unsettle things. BC's schedule was seriously hampered by the Covid-19 issue, with the Crusaders only playing 9 of their possible 15 games.

The Crusaders had an interesting tenor to most of their games as they won the first seven games of the season. Most of the time, the game started with a close-fought first half, followed by BC blowing the doors off their opponents.

After a quick 15-point lead vs. Bosco,

BC eventually succumbed to a DBP comeback. Much in the same way, BC pounced on Roselle Catholic just 20-hours later. The Crusaders went up 27-15 after one quarter and extended their lead to 39-22 at the half.

At that point, the faucet turned off. BC was outscored 15-4 and 14-8 in the third and fourth, but fought enough in the final seconds to force overtime, the first of the season. Unfortunately, the scarlet and gold just could not



Julian Brown led the Crusaders in scoring, but also showed some slick distributing skills along the way.

contain Roselle Catholic as the visitors scored 13 points en route to a 64-58 in the final game of the season. BC Finishes at 7-2 on the shortened season.

Bests of Swimming 2021

Here are the best times from swimmers this season.

EVENT 1: 200 Medley Relay	TIME	OPPONENT
Alex Rose, Andrew Mazzacano, Ben Vester, Sam Hughes	1:48.12	RIDGEWOOD
EVENT 2: 200 Freestyle		
Doyee Kim	1:53.24	RIDGEWOOD
EVENT 3: 200 Individual Medley (IM)		
Andrew Mazzacano	2:03.88	RIDGEWOOD
EVENT 4: 50 Freestyle		
Alex Rose	24.24	RIDGEWOOD
EVENT 5: 100 Butterfly		
Alex Rose	0:57.76	RIDGEWOOD
EVENT 6: 100 Freestyle		
Sam Hughes	0:50.44	RIDGEWOOD
EVENT 7: 500 Freestyle		
Tom Haemmerle	5:09.31	RIDGEWOOD
EVENT 8: 200 Freestyle Relay		
Alex Rose, Alex Vester, Doyee Kim, Andrew Mazzacano	1:39.72	PARAMUS CATH.
EVENT 9: 100 Backstroke		
Sam Hughes	0:57.97	RIDGEWOOD
EVENT 10: 100 Breaststroke		
Doyee Kim	1:06.16	RIDGEWOOD
EVENT 11: 400 Freestyle Relay		
Doyee Kim, Raymond Stelmark, Sam Hughes, Tom Haemmerle	3:37.70	PARAMUS CATH.

JOIN THE BC CREW!

VIRTUAL CREW MEETING.

The **Bergen Catholic Crew Team** is holding a meeting on **Tuesday, March 9th at 7:00pm** for anyone who may be interested in joining the Crusader Oarsmen.

Beginners are WELCOME!

Please e-mail Team Moderator and Assistant Coach, Mr. Saunders at rsaunders@bergencatholic.org for a link to the Zoom meeting.

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

T

O

O

L

B

O

X

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Blessed Edmund Rice Prayer

O God we thank you for the life of Blessed Edmund Rice. He opened his heart to Christ present in those oppressed by poverty and injustice. May we follow his example of faith and generosity. Grant us the courage and compassion of Blessed Edmund as we seek to live lives of love and service. Amen.

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

The Golden Rule

Love one another as I have loved you.

DO YOU WANT TO FAST THIS LENT?
 In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

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.

Deus Vult

Jn 6:39

Bird of the Week: Fox Sparrow



ABOUT THE FOX SPARROW

Lyndhurst, NJ - In the middle of a moment alone, I came across a bird, red like the fox. Aptly named, the fox sparrow, this guy is slightly larger than many of those LBJs (little brown jobs) you see on the ground. Sadly, fox sparrows can have distinctly different colorings, so finding a red one is especially a treat, I suppose. This is a bird that is found in NJ during winter months and then it is off to the great white north, where it will breed in the summer.

Like most sparrows, fox sparrows really enjoy scratching around for food on the ground. You will often see sparrows UNDER your feeders, while cardinals, blue jays, finches, starlings and other backyard birds, sloppy at times, knock seed onto the ground.

One characteristic I often notice about fox sparrows is their scratching habits. They are often quite conspicuous jumping and dragging both claws backward in the ground as they search for insects.

To read more about the Fox Sparrow, check out Cornell's site here: https://www.allaboutbirds.org/guide/Fox_Sparrow.

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.

Deus Vult
Jn 6:39

LOOKING FOR A FEW GOOD MEN!

Anyone interested in competing in the 2021 World Series of Birding, please contact Mr. Haemmerle at jhaemmerle@bergencatholic.org. We are hoping to put a couple of teams together to raise awareness and have fun in this annual NJ competition on May 8, 2021.

Interested in weekend birding? Car caravan trips to Jersey hotspots occur just about every weekend. No experience necessary.

PEENT - PEENT - PEENT!

Lyndhurst, NJ - So there is some discussion about the name of this endeavor of identifying birds. And while some refer to it as "birdwatching," that is too limited a definition as eyes are not always your best tool. "Birding" is the more common and modern name as a "birder" uses more than just vision, but also, listening skills, understanding of movement, feeding habits, geography, habitat and more to identify birds.

Using those tools is how we identified an American Woodcock. Listening for its call, around 6pm in the phragmites as it calls for a mate, we heard two in the darkness. Life bird #408. Read more about the Woodcock here: https://www.allaboutbirds.org/guide/American_Woodcock/