

# TWIBCS SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### Crusaders Battle Tigers for Top Spot in County Swimming

**March 14 – Tenafly, NJ** – In the most anticipated meet of this young season, the number one and two teams swam in a meet of the elite. In the end, BC's depth was too much for a very strong Tenafly High School team as Bergen prevailed 94-76 and making its case that it should be the #1 team in the County. More to come on this and the virtual meet vs. CBA which took place simultaneously next week...

### Big North Announces

#### All-United Bowling Team

**March 10 – Mahwah, NJ** – Twenty twenty-one was another strong year for the Crusaders who finished second overall in the Big North United Red Conference and seventh in the Bergen County Coaches Association Tournament.

Coach Larry Fierro 's squad brought showed some flashes of greatness throughout the year and there is great reason for optimism going into the 2021-22 season.

Here are some of the bowlers who received recognition for their outstanding seasons in 2021.

**John DelJuidice (JR)** This multi-talented and highly intelligent young man was the top bowler in the entire division with an overall 200 average. He competed in 100% of the possible league games (30), one of only three first-teamers to do so. In the entire Big North Conference, DelJuidice's 200 average was 10<sup>th</sup> overall. Six of the nine bowlers ahead of him will be graduating this spring, and he will have the highest average of any returning Bergen County bowler in

the conference, putting John in position to make some noise in 2022.

**Paul Brignola (JR)** Paul had a fantastic junior year as well, also competing in all 30 league games and rolling a league average 167.4, helping him to be BC's second First-Team All-United bowler.

**Srithan (Ethan) Gayam (JR)** Another member of Coach Fierro's terrific junior class, rolled a league average 164.9, the top average for Second-Team All League.

**William Chin (SOPH)** Chin's 160.1 average and perfect, 30 league games bowled, earned him a solid spot on the BNC United's second team.

**James Salazar (JR)** Salazar also earned second team All-BNC United, bowling 158.3 average in 30 league games.



### Arcaroli, Minnetian and Thompson Named to Jersey Sports Zone Team

**March 14 – Oradell, NJ** – Juniors Mick Thompson and Antonio Arcaroli and sophomore, Aram Minnetian, were all named to the Jersey Sport Zone Team for the 2021 season. All three contributed to one of the state's most feared first lines in hockey, helping BC to a 10-2-2 season.



# This Week and Beyond in America!

In this bizarre year, you may be looking for something to celebrate. Here's a list of the celebrations happening in our great country this week.

15MON	National Napping Day
16TUE	National Corn Dog Day World Social Work Day
17WED	Saint Patrick's Day Evacuation Day
18THU	Awkward Moments Day National Biodiesel Day
19FRI	St. Joseph's Day National Let's Laugh Day
20SAT	Spring Equinox (Start of Spring) International Day of Happiness National Proposal Day National Kick Butts Day
21SUN	World Poetry Day World Down Syndrome Day International Day of Forests National Common Courtesy Day National Fragrance Day National French Bread Day

# Bests of Swimming 2021

*Here are the best times from swimmers this season.*

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

**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.**



**Congratulations to Coach Armstrong  
and the team on a terrific season!**

### 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

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### 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: Northern Gannet



## STUMBLING ON THE GANNETS

**March 14 - Cape May-Lewes Ferry** – It was one of those days where your plans do not go as well, planned. 4:15 am rise and shine. 5:00 am departure. Now, let's find those Evening Grosbeaks! When we arrive in our destination, Upper Township, Cape May County, NJ, a gentleman opens his front door and approaches us.

"Are you looking for the grosbeaks?" he asks. It seems our binoculars, peering at the feeder in his backyard may have been a clue.

"Yes," we answered. So the fine home owner invited us to his backyard to wait for the birds.

After about 90 minutes, I asked myself, at what point is remaining beyond rude. At this point, in any other situation, you might have felt we had crossed that barrier with the whole looking at his feeder. But this is birding, a different community of people. We know he would not have been posting these birds repeatedly if he did not hope to receive some visitors.

In any case, there is so much to see in Cape May, we decided to depart without seeing the grosbeaks. For all we knew, they left for up north as part of their migration, anyway.

*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

As we took the scenic route, on our way to Cape May Point, we apparently took an incorrect right, which put us at the entrance to the Cape May-Lewes (DE) Ferry. We decided to look into making this a pelagic expedition and inquired about the next ferry ride.

The next boat was leaving in just minutes (10:30 am) so we needed to decide and board right away, which we did. As we were underway, we knew good things would happen. **1000-1500 Dunlin** swarmed in waves along the shoreline, creating alternating shapes of white and tan and amazing anyone looking with how quickly and agile they were, as they flew and changed direction.

**ONTO THE GANNETS.** We saw hundreds of these 3' birds. They have 6' wing spans and are the largest in the gannet family. They are outstanding flyers and can elevate and dive to catch fish. When they pull their wings back, they can hit the ocean at 62 miles per hour, allowing them to dive to 20 feet below the surface. With incredible strength and water-proof feathers, Northern Gannets can swim down another 60-85 feet below surface in order to reach the fish they were in search of. Gannets are a beautiful winter bird to watch. You can see hundreds diving from the shore in Sandy Hook and other locations throughout the winter months. Then it is back to the Arctic for these large fishers for summer breeding.

