

TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

IN THE

ZONA

SUPER SENIOR

NOW BC'S 15TH

1,000 PT

SCORER



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Hockey Finds Tough Sledding to Start New Year vs. Hermits

January 6 – Hackensack, NJ – The state’s #3-ranked Crusaders dropped a tough decision to St. Augustine Prep, ranked #6 in NJ, in a Gordon Conference Ice Hockey Game. The Crusaders fell behind 5-2 through the majority of three periods, but rallied with two goals, the fourth coming at the 0:15 mark, unfortunately falling just short of the mark.



Varsity Bowling Takes All Seven Points vs. PC

January 6 – Hackensack, NJ – The Crusaders started off the new decade with a solid win 7-0 over neighboring town’s Paladins. Mike Bellifemini led the way with high game 224 and series 591. John DeJuidice led the way in game 1 with a 200 even, finishing with a 534 series.



Tommy Muir bowled a 437 series followed by Tyler Butkera (302 in 2 games) and Paul Brignola finished game 3 with a 158. BC won total pins 2022-1688 over Paramus Catholic.

JV Bowling Shuts Out PC

January 6 – Hackensack, NJ – Brady Menapace led BC’s JV off the line with a high game 153 in the first game of the JV, two game set. He led BC as the Crusaders defeated the Paladins in two straight games and took total pins, 966-829.

The Crusaders had a solid team effort with Paul Brignola, Liam Chin, Sean McEnery and Anthony Liggio all pitching in for the victory.

JV Hoops Tested by Lions

January 6 – Roselle, NJ – The JV hoops team was halted by a strong Roselle Catholic team 37-53 on Monday. As in all games vs. strong opponents, the Crusaders needed to step up their defense and while it was a solid effort, The Lions played a little more lights-out on D. The Crusaders will look to rebound Tuesday at Paramus Catholic.



Frosh Hoops Tame Lions

January 6 – Roselle, NJ – The Freshmen Basketball Team continued their outstanding season, dismantling one of the state’s premier programs on the road. The team improved to a perfect 7-0 on the season. The Frosh are averaging an incredible 79.1 points per game, while holding opponents to just 47.4.

Zona’s Body of Work Reaches Thousand-Point Milestone

January 7, 2020 – Paramus, NJ – Typically, we don’t include the year as we start an article, but when a student-athlete reaches a milestone, it may be a good time to do so. In leading BC to a 31-point victory over Paramus Catholic, the captain dropped in two free throws, points 999 and 1,000 in the first quarter to become Bergen Catholic’s fifteenth player in school history to accomplish this feat.

CRUSADER BASKETBALL 1000 POINT CLUB (14)			
Rank	Player	Grad Year	Points
1	Sean Banks	2003	1,519
2	Mark Jerz	1999	1,200
3	Mike Pedone	1989	1,180
4	George Dennerlein	1976	1,161
5	Joe Sandberg	2003	1,153
6	Zachary Freemantle	2019	1,152
7	Jim Moye	1974	1,125
8	Justin Salem	2015	1,114
9	Joe Colletta	1977	1,079
10	Robin James	1991	1,065
11	Nick Vier	2006	1,043
12	Taj-Malik Benning	2017	1,024
13	Nadi Beciri	2014	1,017
	Doug Edert	2019	1,017

The Crusaders exploded to a 21-9 first quarter lead and 38-15 half-time margin that continued to expand well through the third. Will Richardson led all scorers with 20 points. Zona pitched in 12 (putting him at 1,007 in his career). Other scorers included: Julian Brown (9 points), Elijah Flournoy (8), Jahsiem Davis (7), Raejon Figures (5), Nick Caggiano (4) and J. Lattarullo and Chase Jackson, each with three.

With the 71-40 victory over the Paladins, the Crusaders are now 8-1 on the season and undefeated in the Big North Conference.

BIG NEWS!!!

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Coach Armstrong the Crusader Bench and Will Richardson look on as Zona shoots for point #1,000.



Jahsiem Davis driving to set up room for a pull-up jumper in the first quarter in Paramus.

JV Hoops Breaks PC Press

January 8 – Paramus, NJ – The Paladins may have wanted to stop the Crusaders from starting by employing a full-court press, but it only created more space for the speedy Crusaders to attack, en route to a dominant 60-40 win over their hosts.

Carsten Sabathia continues to develop into a stronger player every game. His athleticism and decision-making are continually improving. The other half of BC's twin towers, Carlos "Big Los" Elters, Jr. got back on the board, showing he is not only a strong rebounding and defensive presence, but has a nice eye and touch on his shot.

Kevin Cahill plays the role of Mr. Always-in-the-right-spot, working hard in BC's press as Kishan Sahu, Christian Ross, Christopher Traphagen provide simply too much depth for most opponents.



Elias Espinosa has that "all-around-athlete" skill set. It is evidenced every time he touches the ball and you can see that smooth middle-infielder/point guard in those great true athletic types. He boasts a terrific shot and hustles to play great defense, always anticipating the next pass and the next cut.

Gianluca Phelan is a clutch shooter for the Crusaders. He was solid from three-point range and at the free-throw line. All-in-all, the team seems to be moving in a very positive direction as it continues its BNC United Red Division play this month.

Crusader Frosh Pick PC Apart 86-52

January 8 – Paramus, NJ – The freshman basketball team put out a solid performance vs. Paramus Catholic on Tuesday afternoon.

Big men Sydir Mitchell, Vaughn Foster and Jack Comeau dominated the inside and were essential in helping BC defeat the Paladin press. Playing the



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center in their 2-1-2 break, they were constantly in position and able to find open teammates quickly before double-teams collapsed.

Rocco Gratale and Austin Sargenti showed off some terrific vision and selflessness, making the most of scoring opportunities when they arose, shooting and dishing the ball.

Montique (Monty) Nedd, Jr. was smooth as glass and Saeed StFleur shows exceptional athleticism, skill and vision as he operated from the point.

Sergio Santiago and Dylan Mazzola gave some very strong minutes, playing solid defense and helping BC to build its lead. Jack Deleon showed some nice ability to penetrate and Jalen Sams and Matt Tupikin ran BC's triangle offense, using sound vision and respecting the ball.



108-69 and winning 8 of 11 events. Here are the details of races:

200 Medley Relay - Alex Rose (SO), Tim Anderson (SR), Julian Chun (SR), and Ben Rose (SR) won the first event.

200 Freestyle - Alex Vester (JR) and Matt Semelsberger (FR) took 1st and 2nd place.

200 IM - Tim Anderson (SR) and Alex Rose (SO) took 1st and 2nd place.

50 Freestyle - Tyler Perrino (FR) and Ben Vester (FR) took 2nd and 3rd place.



100 Butterfly - Julian Chun (SR) took first place.

100 Freestyle - Sam Hughes (SR) and Jaden Lee (FR) took 1st and 2nd place.



500 Freestyle - Matt Semelsberger (FR) and Chris LaBianco (SR) took 1st and 2nd place.

200 Freestyle Relay - Ben Vester (FR), Christian Skaff (SO), Alex Vester (JR), and Alex Mazzacano (FR) took second place and with Tyler Perrino (FR), Ben Collins (SR), Logan Andrade (SO), and Brodie Kinnear (JR) took 3rd.

100 Backstroke - Gavin Perez (FR) took 1st place with Chris LaBianco (SR) taking 3rd.

100 Breaststroke - Christian Skaff (SO) took 3rd place.

Bowlers Showing Greater

Consistency and More Winning

January 8 – Hackensack, NJ – Bowlers rolled five games



over 200 on Wednesday, which is the strongest showing this season. Mike Bellifemini rolled three over 200, finishing with a

team high 615 series. John DelJuidice rolled a team high single game of 214, finishing with 559 pins and Tommy Muir knocked down 201 (455 series). Paul Brignola pitched in 408 pins of his own to help BC take all three games and total pins 2037-1906.

JV Bowlers Ride the Mustangs 5-0

January 8 – Hackensack, NJ – Sean McEnery led BC's JV squad on Wednesday with a 364 as he and his teammates defeated Clifton 2-0 and total pins (1428-1309). Ethan Gayam was just a pin behind his teammate, collecting 363 pins and Brady Menapace had a high single game for the squad with a 131 (353 series). William Chin bowled solid with all three games over 100 (333) and Anthony Liggio finished with a 103.3 average on the day as well.

Swimmers Sink Paladins 108-69

January 8 – Lodi, NJ – The Crusader Swimmers continued their winning ways, remaining undefeated with a 6-0 record after decisively defeating Paramus Catholic



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400 Freestyle Relay – Our teams took 1st and 2nd place with the Gavin Perez (FR), Ben Vester (FR), Alex Vester (JR), and Sam Hughes (SR) in the first team and Jaden Lee (FR), Matt Semelsberger (FR), Chris LaBianco (SR), and Christian Skaff (SO) in the second team.



Thanks to all the parents who attended and especially those who volunteered to help time! Go Crusaders!!!

Crusaders Dominate Spartan Wrestlers 66-8

January 8 – Oradell, NJ – In BC's first home wrestling match of the new decade, the Crusaders took apart a sparse DePaul Catholic squad. Following are weight class and BC wrestlers listed first followed by result.

- 106: Aidan Wallace won by forfeit.
- 113: Joseph Cangro won by forfeit.
- 120: Nick Kayal won by forfeit.
- 132: William Mulligan won by forfeit.
- 138: Dylan Cedeño pinned Nico Scirocco, 0:32
- 145: Eric Broadie decision over Joe Calautti, 4-0.
- 152: Jake Zargo decision over J. Gerish, 6-4 (SV).
- 160: Adrian Pietri pinned John Villata, 0:48



- 182: Jack Patti pinned Linus Rodriguez, 0:43
- 195: John Fiore pinned Michael Orlando, 2:18
- 220: Nathaniel Lewis pinned K. Barahona, 1:05
- 285: Rafi Bailey won by forfeit.

Varsity Hockey Makes SHP's Pirates Walk the Plank

January 8 – Hackensack, NJ – It seems Coach Keough may have provided some special inspiration to the Crusader team following Monday's surprise upset at the hands of St. Augustine Prep. Right from the opening face-off, it was clear things would be different.



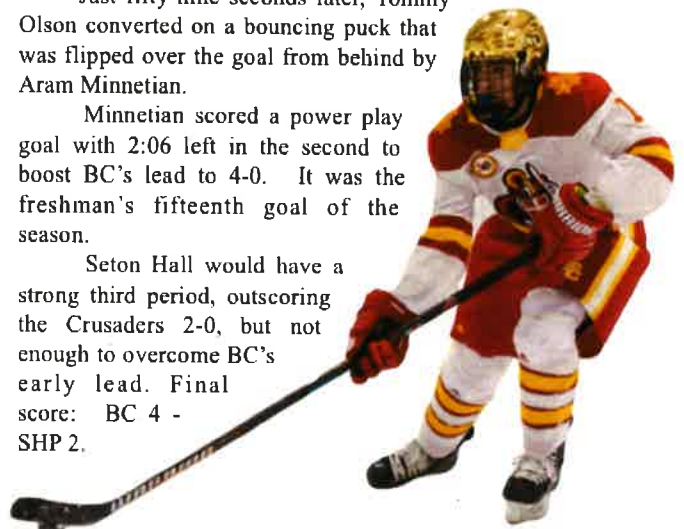
Aram Minnetian took the opening face-off and before the Pirates knew what his them, BC had its first goal of the afternoon on a Minnetian stick-side-high shot off a loose puck in the high slot.

While Seton Hall held BC in check for the remainder of the period, BC took care of business in the second. Nick Stoebling showed the value of forechecking as he intercepted a pass deep in the SHP zone and converted on a quick snap shot to give BC a 2-0 lead with 13:22 remaining in the period.

Just fifty-nine seconds later, Tommy Olson converted on a bouncing puck that was flipped over the goal from behind by Aram Minnetian.

Minnetian scored a power play goal with 2:06 left in the second to boost BC's lead to 4-0. It was the freshman's fifteenth goal of the season.

Seton Hall would have a strong third period, outscoring the Crusaders 2-0, but not enough to overcome BC's early lead. Final score: BC 4 - SHP 2.



Aram Minnetian is currently among NJ's state scoring leaders. He is #1 in NJ with game-winning goals (5) and tied for sixth with 15 goals.

Swimmers Take Out NJ #5 St Peters Prep with Depth Charge

January 9 – Jersey City, NJ – In what was easily the most anticipated meet of the season so far, the Crusaders sank NJ's 5th ranked Saint Peters Prep 96-74 last Thursday evening. St Peters ranking is well deserved as they are led by several seasoned veterans including one who has already

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qualified for this summer's 2020 US Olympic Trials. BC's depth and versatility were clear differences, especially when coupled with so many strong finishes into the wall by the Crusaders.



In each individual event, both schools entered the maximum 3 swimmers each. Despite St Peters winning 5 of the 8 individual events, they only outscored Bergen in 1 individual race as the 2nd and 3rd BC swimmers consistently outperformed their counterparts. In 5 of the 8 individual events, BC had 3 swimmers finish in the top 4 and no BC swimmer finished 6th in an event.

The Crusaders delivered a strong message to open the night, as junior Sam Hughes locked down a 1st place finish by swimming the anchor leg of the 200 Yard Medley Relay behind seniors Ben Rose, Julian Chun and Tim Anderson to take an early lead.



In the 2nd race, BC outscored the Marauders as they took home 2nd, 3rd and 4th in the 200 Yard Freestyle event with Julian Chun, Tim Anderson and junior Thomas Haemmerle, respectively. This trend continued in the Individual Medley as seniors Ian Liu, Ben Rose and sophomore Andrew Mazzacano finished 2nd, 3rd & 4th as the trio pulled away from the pack in the third leg with dominant breast stroke performances. Entering the 50 Yard Freestyle event, eyes were on the speedy Marauders, but the Crusaders were aggressive to the wall with just enough to finish 3-4-5 as Sam Hughes finished 3rd just ahead of

sophomores Alex Rose and Christian Skaff allowing the Crusaders to hold on to a narrow 32-30 lead.

The Crusaders then extended their lead in the next two races with 1st place finishes to go along with solid team performances. Alex Rose provided some outside smoke winning the heat from lane 6 as Tim Anderson and junior Alex Vester stepped up to finish 2nd and 4th. Then Julian Chun delivered the finish of the night out touching his St Peters opponent to win the 100 Yard Freestyle event followed by equally fantastic finishes from freshman Gavin Perez and Skaff who finished 3rd & 5th, respectively. These two races opened up a 54-40 BC lead.

The steady distance team of Haemmerle, Alex Vester and senior Chris LaBianco cruised to a 2-3-4 in the 500 Yard Freestyle event, leading into the 200 Yard Freestyle relay. In the relay Alex Rose, Ian Liu, Tim Anderson and Sam Hughes finished 2nd, while a strong closing leg from Haemmerle pulled ahead of St Peters' 2nd team enabling the Crusaders combination of Skaff, freshman Jayden Lee, LaBianco and Haemmerle to pull out a 3rd place finish which was helpful as there are no points for 4th place in relay events.



BC broke even in the 100 Yard Backstroke event with a 2-3-5 finish from Ben Rose, Sam Hughes and freshman Matt Semelsberger before the 100 Yard Breaststroke team of Liu, Mazzacano and Perez secured victory on the team race with a 1-2-3 finish putting the Crusaders up 90-66 with 1 relay event left. The balanced BC roster was not going to rest easy and secured both 2nd & 3rd in the 400 Yard Freestyle Relay event. The 2nd place team included Haemmerle, Chun and the Rose brothers, while 3rd place was locked up by Liu, Alex Vester, Mazzacano and Perez. This finished the scoring off as BC remained undefeated on the year with a 96-74 victory.

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Crusader Ski Opens 2020 With Giant Slalom Race

January 9 – Vernon, NJ – The Crusader Ski Team opened their 2020 campaign under the direction of first-year coach, Joe DeFilippo. Coach DeFilippo is a recent alumnus of BC who was the Crusaders top skier in the mid 2010s.



In their first action of the season, the team skied in the Giant Slalom Event among eight terrific schools that placed in the following order Don Bosco Prep, Pingry School, Blair Academy, BC, Jefferson Township, High Point Regional, Westfield and Pope John XXIII. The Crusaders had a strong showing, placing among the top half of their grouping.

Ian Lee was BC's top performer, recording his best individual run of 43.93 (4th overall) and a combined two-run time of 1:33.35 (9th overall). Pierce Collum was extremely consistent with runs of 47.76 and 47.44, good for a 12th overall place. Junior, Chris Wheaton, skied strong as well with runs of 50.84 and 50.51 taking a 19th place and Chris Kang (1:47.58 – 24th), Nicholas Napolitano (2:05.67 – 31st) and Aiden Hickey (1:08.44 best run) all skied well for BC.

Frosh Hoops Team Gets Party Started

January 9 – Oradell, NJ – The Freshman team played in the four o'clock game on Thursday, knocking off DePaul Catholic by a score of 93-52. The Crusaders continue to remain undefeated, now at (8-0).



JV Hoops Overwhelms DePaul

January 9 – Oradell, NJ – The JV basketball team defeated DePaul Catholic 67-41 on Thursday evening, improving their record to 6-2.

Crusaders vs. DePaul Catholic

January 9 – Oradell, NJ – Coach Armstrong celebrated his sixth player to reach the 1,000-point mark. Shortly

after, that player, Matt Zona, recorded another double-double to help BC cruise past DePaul, 71-55.

Zona finished with 22 points and 17 rebounds for Bergen Catholic (9-1). Will Richardson added 19 points and Julian Brown scored 16. Jahsiem Davis and Joe Scrivanich each pitched in 5 points in the victory.



Coach Armstrong with Matt Zona and his family. Second from right is Matt's Grandmother, Angela Hickey, BC's first female Athletic Director, responsible for starting the lacrosse program and helping to expand BC's Athletic programs.

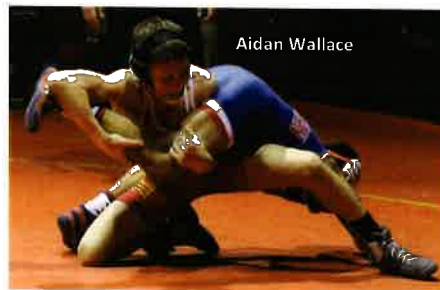
Crusaders Pin Paladins 60-11

January 10 – Paramus, NJ – While the Paramus Catholic wrestling program is making improvements, Friday night showed that BC is still eons ahead of their neighbors to the west, taking eleven out of fourteen bouts.

Aidan Wallace earned bonus points with a technical fall of his opponent, just twenty-five seconds into the second period. Joe Cangro and Nick Kayal followed up with pins, putting BC ahead 17-0.

After a PC victory, it was a run of bonus point bouts including Dylan Cedeño (132 lbs – pin), Eric Broadie (138 lbs – major decision 15-1), Joe Zargo (145 lbs – pin) and Alex

Strashinsky and Nate Camiscioli both won by forfeit. Justin Onello won by pin fall at 170 lbs as did Jack



Patti at 182. John Fiore won BC's final bout of the evening by decision and BC could rest up for its National Tri-Team Match on Saturday morning at BC.

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JV Hockey Stifles SJR

January 10 – Oradell, NJ – The Crusader JV Team exploded for five goals, taking out the Green Knights at the Ice House. Michael Illardi scored BC's opening goal, assisted by JT Verdino and Zachary Cestero, just 2:31 into the game.

Garrett Kata dropped in a power play goal assisted by Ryan Kelly, Steve Saxton and Ryan Henry and Cestero scored another power play goal assisted by Kata to give BC a 3-0 lead entering the final period.

Both teams were struggling for an advantage when late in the third period, Kata received a pass from Jake Barnes with just 3:04 remaining. He converted that into a short-handed goal. Finally, Michael Spinelli scored one minute, twelve seconds later to finish off SJR 5-0.

BC Defeats St. Anthony 74-3

January 11 – Oradell, NJ – In BC's first match of its National Tri, the Crusaders faced the Friars of St. Anthony from Long Island. It is not unfair to say the Friars did not have an enjoyable morning in

Oradell. After losing to Buchanan 84-0 in about 19 minutes, the Friars were exorcised by the Crusaders in short order as well.

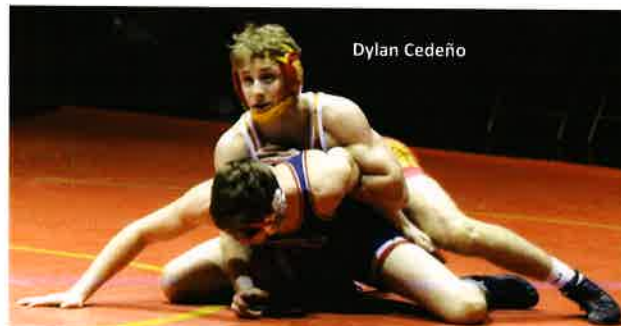
Joe Cangro started things off at 113 lbs with a tech fall. He was followed up by Nick Kayal (120 lbs – pin), __ Mulligan (126 lbs – tech fall), Dylan Cedeño (132 lbs – tech fall), Eric Broadie (138 – pin), Joe Zargo (145 – tech fall), Alex Strashinsky (152 lbs – pin), Nate Camiscioli (160 lbs – pin), Justin Onello (170 – pin), Jack Patti (182 – pin), Anthony Fiore (195 – pin), Rafi Bailey (285 – pin) and Aidan Wallace (106 – pin).



Two National Powers Spar as Grapplers Wrestle with Bears

January 11 – Oradell, NJ – Buchanan High School from Clovis, CA visited the east coast, bringing a #3 National Ranking with them. It was clear that every point was going to be significant for the #7 ranked Crusaders in this match as Buchanan jumped out to a 3-0 lead.

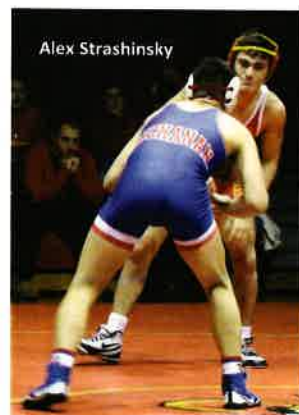
Dylan Cedeño tied the score at three, with a 6-2 victory at 132. Following a major decision for the Bears, Joe



Zargo won by decision, pulling BC within a point of Buchanan 6-7.

Alex Strashinsky became the only Crusader to earn bonus points, pinning his opponent and giving BC a lead at 12-5.

Nate Camiscioli won by decision and extended the Crusader lead to 15-7, but that would be all she wrote for Bergen. Riley Halal, Justin Onello, Jack Patti, John Fiore, Nick Fuccilli, Rafi Bailey, Aidan Wallace, Joe Cangro and Nick Kayal all wrestled tough for BC.



The Bears took the final eight weight classes, including five pins to win by a score of 47-15.

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LuHi Outlasts Crusaders 75-61

January 11 – Bronx, NY – The Crusaders fought hard against at talented Long Island Lutheran squad on Saturday afternoon, but after a 17-16 first-quarter lead, were never able to grab a lead from the New York squad. LuHi outscored BC to go into halftime 34-33 and then extended their lead by 5 in the third and 8 in the fourth to hand BC only its second loss this season.



Matt Zona led Crusader scorers with 16 points while grabbing 9 rebounds. Julian Brown deposited 15 points and Will Richardson and Raejon Figures each scored ten. Jahsiem Davis pitched in 8 points and six rebounds and Elijah Flournoy deposited a bucket.

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words by Joe D'Amico

February 7th, 8th and 9th
Friday & Saturday - 7:30pm
Sunday - 3:00pm

Hackensack
Performing Arts Center
102 State Street
Hackensack, NJ

General Admission: \$15
Students and Seniors: \$12

Purchase tickets at:
www.hacpac.org/events/list
bergenatholic.org

Crusaders Post Some Impressive Times at Paul Schwartz Invitational

January 11 – Hackensack, NJ – BC's runners picked 'em up and put 'em down at FDU on Saturday. Fabian France ran well in the Varsity 55M dash, placing second with a 6.84. Allan Hilton Clarke won his 55M race at the freshman level with a blazing 6.94 seconds time.

Clarke followed up with a first in the 300M as well, running a 39.24. Joe Griffith took 6th in the 800M (2:22.80) and Owen McCarthy took 6th in the 1000M, running 2:47.50.

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BOTW: Rufous Hummingbird

January 11 – Bergen County, NJ – Hummingbirds in January are rare. Rufous hummingbirds in Bergen County in January? Well, that's really, really rare (not sure that's a scientific measurement, but I hope it will suffice).



Normally, Ruby-throated hummingbirds are the only species that occur in the eastern portion of the country. With winds and migration their clockwise migration pattern, however, these three-inch wonders can get blown off-course and in this part of the country. Their normal migration flight moves from Alaska, 3,900 miles to Mexico. When they head back north, they will fly along the Pacific Ocean Coast.



I took these two photos and shared to compare the greenish coloration of its primaries (at feeder), but when in flight (wings moving 52-62 beats per second) its rufous sides become more conspicuous. This bird is a female. Males are primarily orange/rufous colored.

PHOTOS AND CONTENT WANTED

If you have stories/photos of BC Sporting Events and or Birds for our BOTW column, you are welcome to share by e-mailing them to: jhaemmerle@bergenatholic.org.

All Male Choral Festival



Date: Saturday, February 1st
Time: 7:30 pm
Place: Academy of The Holy Angels
315 Hillside Avenue
Demarest, NJ

Featuring:

Participating Choirs



Purchase Tickets at
BCHS.booktix.com

Next Week in Bergen Catholic Sports

<u>Day/Date</u>	<u>Time</u>	<u>Sport</u>	<u>Opponent</u>	<u>Location</u>
Monday, January 13	7:00 PM	Varsity Wrestling	Paramus	Hoehl Gymnasium
Monday, January 13	4:00 PM	V/JV Bowling	Paterson Eastside	Bowler City
Tuesday, January 14	4:15 PM	V/JV Bowling	Passaic	Bowler City
Tuesday, January 14	4:00 PM	Fr Basketball	Hackensack	Hoehl Gymnasium
Tuesday, January 14	5:30 PM	JV Basketball	Hackensack	Hoehl Gymnasium
Tuesday, January 14	7:00 PM	Var Basketball	Hackensack	Hoehl Gymnasium
Wednesday, January 15	5:00 PM	Indoor Track	BNC Championships	Ocean Breeze (NY)
Wednesday, January 15	5:00 PM	JV Wrestling	Clifton	Clifton
Wednesday, January 15	6:00 PM	Varsity Wrestling	Clifton	Clifton
Thursday, January 16	3:30 PM	Swimming	Bridgewater-Raritan	Bridgewater YMCA
Thursday, January 16	4:00 PM	Fr Basketball	St. Joseph Regional	St. Joseph Regional
Thursday, January 16	5:30 PM	JV Basketball	St. Joseph Regional	St. Joseph Regional
Thursday, January 16	7:00 PM	Var Basketball	St. Joseph Regional	St. Joseph Regional
Friday, January 17	6:30 PM	Swimming	DePaul Catholic	PCTI
Friday, January 17	7:00 PM	Varsity Hockey	Ridgewood	Ice Vault
Saturday, January 18	TBA	Wrestling	Beat the Streets	Illinois
Saturday, January 18	10:00 AM	Fr Basketball	St. Benedict's Prep	Hoehl Gymnasium
Saturday, January 18	11:30 AM	JV Basketball	St. Benedict's Prep	Hoehl Gymnasium
Saturday, January 18	TBA	Indoor Track	New Balance Games	168 th Street Armory (NY)

CURRENT TEAM RANKINGS

BASKETBALL WRESTLING HOCKEY SWIMMING



Prayer of Thanks for Blessed Edmund Rice

O God, we thank you for the life of **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 **Edmund** as we seek to live lives of love and service.

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