Paramus Catholic High School’s Student Life, Campus Ministry, and Extracurricular Program Offerings

Possessing a quality education is an invaluable part of the foundation of every young adult. Today, students must be given every opportunity to become their best selves in order to be successful in life. In addition to providing a challenging college preparatory curriculum that prepares students for academic success, Paramus Catholic High School offers a wide variety of extracurricular activities, campus ministry programs, service opportunities, and athletic programs. These opportunities help students discover their interests, develop their talents, share their faith, build their character, cultivate new relationships, and make memories that last a lifetime. These programs, coupled with PC’s staff, vision, environment, facility, and technology, lead young people to reach their fullest potential.

With 27 varsity athletics, over 40 clubs, vibrant performing arts programs, active campus ministry teams, travel opportunities, and fun social events, PC has something to offer everyone. We pride ourselves on being a “home away from home” for our students. We don’t lock our doors at 3:00 pm. Hundreds of students stay on campus long into the evening to participate in extracurricular activities, meet with teachers, complete their homework, celebrate their faith, serve their communities, and visit with friends. With a diverse student body that comes from over 125 towns in New Jersey and New York, PC is an easy place to congregate after classes have ended.

We invite you to come and experience the sense of camaraderie, school spirit, and faith that fills our building every day.

All roads may lead you to Paramus Catholic!

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Paramus Catholic is a spiritual place where the Catholic faith truly comes alive. We take great pride in encouraging our students and faculty to become involved in the life of faith – both inside and outside the school community. Our dedicated and caring staff, two Priest Chaplains, one Religious Sister, a vibrant Campus Ministry program, two beautiful chapels, monthly all school Masses, a scenic campus reflective of God’s natural beauty, and the numerous religious artworks and artifacts that adorn our building, all combine to create a strong sense of Catholic identity within our school. We are more than just a building with a cross on the wall. Our authentic Catholic faith is infused in all dimensions of the school.

PC strives to give our students the foundations of faith they will use throughout their lives. As a school based upon faith in Jesus Christ, we infuse authentic Catholic teachings into our curriculum, culture, daily operations, and spiritual life. We believe that school activities promoting service and social justice will encourage students to live out the Gospel message, and we help our students realize that it is in these moments of experiencing God in others that great memories, friends, and lifelong relationships are born.

Retreats Guide Students On Their Own Spiritual Journeys

PC students participate in a variety of retreats that meet the ever-changing needs of our spiritual and multicultural community. Students come together to pray, reflect on God’s presence in their lives, serve others, share their faith, and celebrate together. Here is a sample of the many retreats PC offers.

Freshman Retreat Experience

It is normal for freshmen to have some anxiety about starting high school. Some of their biggest concerns are, “Will I make new friends? Will I fit in? Will I get lost in the shuffle?” PC’s freshman retreat experience puts these fears to rest. Every 9th grade religion class participates in an evening of reflection, which is led by PC upperclassmen who serve on the PC Retreat Team or are taking PC’s Peer Ministry Leadership course. The retreat consists of prayer, icebreakers, activities, witness talks, small group discussions, praise, and celebration. This retreat experience brings the freshman class closer together and closer to God. It also inspires them to get involved with Campus Ministry activities early in their high school careers, instead of waiting until they are juniors or seniors.

Retreat participants get to know each other, explore the topic of friendship, and discuss how to make the most out of their high school experiences.

Students, Retreat Leaders, and Faculty members have fun praising God and worshiping together.
All School Retreats

PC’s All School Retreats, which are held at the beginning of each school year, allow students and faculty to reflect on their personal relationship with God and worship with their peers. The retreats begin with a guest speaker who leads the retreatants in praise, personal stories, and song. Past speakers have included renowned worship leaders, Jesse Manibusan, Steve Angrisano, Chris Padgett, Tony Melendez, and Sean Forrest. Students also celebrate Mass and attend workshops on various topics, such as homelessness and service. The workshops are led by students on PC’s Campus Ministry team, who share their own personal stories, perform skits, and lead their peers in prayer and worship.

Gateway Retreat

PC’s Assistant Director of Campus Ministry, Michael Shea, developed the Gateway Retreat specifically for PC students. At the beginning of the retreat, each student receives a set of keys, which they use to “unlock” the Gateway Door. Inside, they discover personal, spiritual messages from their Retreat Leader. Through these messages, witness talks, music, group discussions, prayer, and worship, students participating in the Gateway Retreat discover the meaning of the Gateway Door. Namely, that all things are possible with God and that with Him, they have the power to change the world.

Service Retreat

This overnight retreat gives students the opportunity to reflect on their own personal commitment to community service and better understand how they serve God by serving others. Over the years, service retreatants have volunteered their time at local food pantries, soup kitchens, and homeless shelters. They have also cleaned up local parks and played Bingo with local veterans and nursing home residents. At the end of a long and productive day of service, students reflect on their experiences and have a big sleepover at PC.

Circle of Life Retreat

PC students explore the relationship between God and nature at the Circle of Life Retreat. This off-campus retreat, which is attended by over 85 students, allows students to step outside the hustle and bustle of everyday life and reflect on their personal responsibility to all living things and to the planet. Students depart from PC at 7:00 pm on a Friday and are taken to the Lindley G. Cook 4-H Youth Center for Outdoor Education in Branchville, NJ. There, they listen to witness talks, engage in small group discussions about topics such as nature, trust, forgiveness, finding themselves, and Christian living, and listen to inspirational songs that help them experience a deeper connection with God. There is also plenty of time for personal reflection, prayer, and recreation before they return to PC on Sunday afternoon.

The Search Experience

This retreat helps students find a deeper connection with God, themselves, and others. Over 40 students attend this retreat, PC’s 2nd biggest, which is held over the course of a weekend. Students engage in icebreakers, prayer, praise, worship, witness talks, reflection, and small group discussions to realize the presence and importance of God in their lives. The climax of the retreat is the “Trust Walk,” where students engage in activities that encourage them to put their trust in God, themselves, and in others.

Where is God? Retreat

The spiritual energy of youth is a powerful thing to witness, and it comes alive during the “Where is God?” retreat at Seton Hall University, where over 40 PC students join with teens from other area schools to discover God and to have fun through the skills of teens committed to the quest for God, meaning, and joy. This retreat includes icebreakers, music, theatrical mimes of Jesus’ parables, witness talks, faith sharing, and the Sacraments of Reconciliation and Eucharist. Students also watch clips from popular films, such as *Dark Knight* and *Superman*, to reinforce the principles that action defines character, redemption is available to all, real heroes are needed in the church, and we all must answer the call to heroism.
Tent City Homeless Experience

For the past 6 years, Paramus Catholic’s Tent City Homeless Experience has been one of the school’s most powerful and popular retreats. Over 350 students have participated, giving up the comfort and warmth of their homes to experience what it’s like to be homeless for 28 hours.

Students arrive on the PC campus at 12:00 pm on Saturday and begin setting up their tent city. They are permitted to bring only the clothes on their backs, a large cardboard box, and a large tarp. Comfort items, such as toiletries, cell phones, and iPods are not permitted. Students spend the day building their homes and participating in community service projects, such as preparing meals for local homeless shelters. They also participate in group discussions about homelessness and the importance of serving others. They celebrate Mass together, eat modest meals served soup kitchen style, and use donated blankets, coats, and sleeping bags to try and keep warm as they sleep outside in their tent city overnight. During past retreats, temperatures have reached as low as 30 degrees. Students often huddle together and light bonfires to keep warm.

At 6:00 am on Sunday, students wake up (although many find it hard to sleep at all), wash their faces and brush their teeth using a garden hose, eat a small breakfast, and reflect on what they learned. Then, they head out for a day of community service. This past year, students went to Cheesequake State Park in Matawan, NJ, where they participated in clean-up initiatives, rebuilt wildlife habitats, and cleared trails. They also collected, sorted, and delivered food for the North Jersey “Action Against Hunger” food drive, which is sponsored by The Record, Herald News, (201) and the Community Newspapers and Magazines of North Jersey Media Group.

PC’s 2012 Tent City Homeless Experience was featured on the MSG Varsity network. You can view the story online at: http://topics.msgvarsity.com/new-jersey/paramus-catholic-high-school.htm.

PC Students Appreciate the World of Religious Art

As you walk through the hallways at PC, you will notice the numerous artworks and religious artifacts that adorn our walls. We are proud to display this artwork, as it represents the diversity, as well as the Catholic faith, that permeates every facet of life at PC. PC is very much like an art museum, where students learn to interpret, understand, and appreciate religious art in all its forms.

Framed Talavera Porcelain tile of Our Lady of Guadalupe from Nogales, Mexico.

Flemish tapestry from Belgium, depicting the adoration of the Magi. PC students visit Belgium during their annual Europe Trip.

Carved olive wood crucifix and statue of Jesus from Bethlehem.

Michael Shea, Assistant Director of Campus Ministry, talks to the participants about homelessness.

A group of girls gets ready for a long night in the cold.

Students light bonfires to keep warm. The low temperature reached 30 degrees during the 2012 retreat.

About 60 students set up their tent city using cardboard boxes and tarps.
PC Students Build “Bridges”
To Help the Homeless

For the past 13 years, PC students have participated in the Bridges Outreach program, where they distribute brown bag lunches, blankets, coats, toiletries, and other necessities to the homeless. Since the program’s inception, hundreds of PC students have crossed over the George Washington Bridge to help those in need. This year alone, about 300 total students will make 18 “runs” as part of the program. Beginning at 4:00 pm on the day of a run, about 20 students make at least 200 sandwiches and pack numerous bins filled with clothing and other necessities. At 7:00 pm, a PC bus transports the students to Battery Park, NY or Newark, NJ, where they distribute the food and items to the homeless. PC’s Bridges Outreach Program, which is run in partnership with Bridges Outreach Inc. of Summit, NJ, is open to all PC students. Over the past 13 years, PC students have made over 140 runs and have packed more than 24,000 brown bag lunches for the homeless. We are pleased that some other schools have chosen to follow our lead in this.

Did you know? PC students are required to enroll in a religion course and complete community service hours every year they attend PC. Community service hours count towards 10% of the student’s course grade each quarter. Freshmen are required to complete 25 hours of community service, sophomores complete 30 hours, and juniors and seniors complete 40 hours. Seniors in the Aquinas Scholarship Program complete 80 hours. Community service opportunities are available through PC, but students may also pursue their own community service projects through their local parishes, elementary schools, and other charitable organizations.
Sacraments and Worship

PC students and faculty have the opportunity to celebrate daily Mass in one of PC’s two chapels. Monthly all-school Masses help to foster a sense of who we are as a Catholic school, providing students with opportunities to serve as Extraordinary Ministers of the Eucharist, Lectors, Altar Servers, Choir Members, Leaders of Song, and Musicians so that they may grow in their own journey of faith. Masses are also held for all Baccalaureates, as well as all athletic teams at the opening of their respective seasons. Opportunities for individual and class prayer are provided throughout the year, and Reconciliation is offered during the Lenten season, or anytime from one of our two priest chaplains.

Did you know? PC students rallied together to help the victims of Superstorm Sandy. The effort began on the evening of Monday, November 5, 2012, when PC used its Honeywell Instant Alert messaging system to invite members of the PC community to bring emergency relief supplies to the school and to volunteer to deliver them. Even though there was still no school on Tuesday, November 6th, PC was overwhelmed with supplies and with about 40 student, parent, and staff volunteers. They helped to empty out PC’s food service of beverages and canned goods. They cleaned out the school’s supply of bleach, sanitizing solutions, mops, garbage bags, filtering masks, and paper supplies, and they even tapped into the school’s inventory of spirit wear in the bookstore. They filled 3 PC buses with these supplies and headed out to their first stop, the Shop-Rite in Rochelle Park, where they picked up about $2,000 more of products with a generous discount from Shop-Rite. Next, they delivered the supplies to the relief center that was set up at St. Margaret’s in Little Ferry. When they arrived at St. Margaret’s, PC families were already working there, helping their neighbors who had lost their homes. One PC student accompanying them was a uniformed member of the Moonachie rescue squad, whose family was also hit hard by the storm. By early that evening, the supplies, food, and clothing were in the hands of those in need in Little Ferry and Jersey City. Collections and distributions have continued since.

In addition, on Sunday, November 4th, six members of PC’s football team helped with the cleanup effort in Rockaway Beach, NY. They helped several families remove debris, move furniture, rip up carpets, shovel sand, and many other strenuous tasks.

PC has also set up a relief fund at the school for the victims of Superstorm Sandy. Proceeds raised go directly and immediately to local needs, including the needs of some of our own PC families.

Religion Class Offerings

- 21st Century Christology
- AP World History/World Religions
- Christian Life Choices
- Church Alive
- Faith in Media
- Morality
- Peer Ministry
- The Revelation of Jesus Christ
- Scripture
- World Religions

All of PC’s religion courses incorporate the new USCCB curriculum.
Some of PC’s Service Projects and Trips include:

- Blanket, Clothing, Coat, Food, and Toiletries Drives
- Boys and Girls Club of Paterson/Passaic
- Bridges Outreach NYC
- Camp Snowflake
- Christmas Family Adoptions
- Community Blood Center of NJ
- Community Food Bank of NJ
- Compassionate Care Hospice
- Eva’s Kitchen
- Grade School Tutoring
- Habitat for Humanity
- HUMC Cancer Center
- Hurricane Sandy Relief Programs
- Jersey Cares
- March for Life
- Oasis
- “Pink Out” to benefit cancer research
- Relay for Life
- Rockleigh Nursing Home
- Saint Paul’s Men’s Shelter
- Saint Peter’s Haven Food Bank
- Toys for Tots
- Veterans Memorial Home
- YMCA Mentoring

PC Students Bring Good Tidings for Christmas

At PC, we never forget that, “Jesus is the reason for the season!” Students celebrate our Lord’s birth at the annual Christmas Concert and Tree Lighting Ceremony, where members of the Campus Ministry team reenact the Nativity. During the season of Advent, priests from area parishes visit PC to preside over intimate Masses in the Main Chapel with our religion classes. PC students, in partnership with Catholic Charities of the Archdiocese of Newark, spread the Christmas spirit to those in need by participating in the Christmas Family Adoption program, where homerooms work together to organize and purchase all new gifts for their “adopted” families. Students also participate in the U.S. Marine Corps’s Toys-for-Tots program, where they donate new, unwrapped toys to children in need.

PC Life Club / March For Life

Every January, members of the PC Life Club participate in the March for Life in Washington, DC. PC students join with thousands of other schools, groups, and right-to-life supporters in their march from the steps of the Supreme Court, down Constitution Avenue, past the Capitol Building. The march ends at the Mall in Washington, where participants rally to preserve and protect the dignity of all human life, including the rights of the unborn.
Blood Drives

PC students participate in various Blood Drives. Through our partnership with The Community Blood Center of NJ, students have the opportunity to donate blood 2-3 times per year. Donating blood is very convenient, as the center brings its mobile unit directly to PC.

Food and Clothing Drives

Food, Clothing, Toiletry, Coat, and Blanket Drives abound at PC. Students, faculty, staff, and administration all participate by regularly bringing in items for these drives. We even invite the local community to participate by reaching out to the local media to help us publicize these events.

PC Students Skype with Archbishop Myers

Throughout the year, PC students have the opportunity to “connect” with Archbishop John J. Myers via the Internet using a Skype telephone connection. They “chat” for more than an hour about matters of faith, spirituality, vocations, and his daily life as Archbishop. Students also receive a “Cyber Blessing.”

Pictured is PC's Stained Glass Window, entitled, “Our Lady of the Paladins.” The window, which was constructed in 2004, adorns one of our chapels and represents 45 years of PC tradition. The world map signifies PC's diversity and the global vision we instill in our students. The map of New Jersey represents the 125 towns from which PC students come. The 3 crosses, which were prominent in the seal of the PC Boys' High School, represent the Calvary and the triumph of the cross, which challenge us to follow Christ. The 3 wavy lines symbolize the “Three Rivers,” which was the Native American name for Newark, and represent our commitment to carry out the mission of the Archdiocese of Newark. The year 1965 signifies the founding year of PC. The gold circle and dove reflect the Papal altar of St. Peter's Basilica in the Vatican and symbolize our Catholic identity, commitment to Catholic teachings, and devotion to the Holy Father. The image of the Blessed Mother, which was modeled after the shield of the PC Girls' High School, depicts her nurturing and protecting several PC students and represents our commitment to our students. The shamrocks symbolize the Archdiocese’s original cathedral, St. Patrick, and the Fleurs de Lys symbolize the emblem of the Paladins, our school's mascot.
PERFORMING ARTS

PC offers a wide variety of Performing Arts programs. While some schools have reduced or eliminated their Performing Arts offerings, PC remains committed to providing students with numerous music, dance, and theatre opportunities. Over 150 students participate in PC’s Performing Arts programs each year. The school boasts an 830-seat auditorium with a new, professional sound system and a state-of-the-art LED lighting system, as well as two music rooms.

Drama and Musical Productions

PC students have the opportunity to perform in three major theatre productions each year: the fall drama, winter comedy, and spring musical. Auditions are held prior to each show, and students who are cast should expect eight weeks of intense rehearsals. Students who want to learn the technical side of theatre arts may join the stage crew, set design, lighting design, and/or audio crews. They may also help with publicity. Recent productions have included: *Sweet Charity, Stage Door, Guys and Dolls, The Tempest, The Man Who Came To Dinner, A Funny Thing Happened on the Way to the Forum, Fahrenheit 451, 12 Angry Jurors, Rehearsal for Murder,* and *Anything Goes.* Performances are open to the public and a terrific way for students to share their talents with the community.

PC holds Christmas and Spring Concerts, as well as two major drama productions and one full musical each year. All of the cast, crew, musicians, and directors who work on PC’s performances are members of the PC student body and staff. Students in our bands and choirs also perform at various PC school functions, Masses, and other community events. By participating in PC’s Performing Arts programs, students exercise self-discipline, learn self-expression, expand their imaginations, build their self-esteem, and collaborate with their peers to create beautiful performances that teach, entertain, and inspire the PC community.

Students perform in three major theatre productions each year: the fall drama, winter comedy, and spring musical.

Over 90 PC students took center stage during their spring performance of the hit Broadway musical, *Sweet Charity.*
Marching Band and Drum Line

The PC Marching Paladins made their debut in September of 2010 and have since grown to 31 instrumentalists and 4 color guards. PC is the only Catholic school in New Jersey to offer a marching band. PC's Drum Line is a continuation of the Marching Band's percussion section. This past year, the Marching Paladins showcased their talents at all of PC's football games, the Hackensack Columbus Day Parade, the St. Patrick's Day Parades in New York City and Pearl River, NY, the Wyckoff Memorial Day Parade, and the Hasbrouck Heights Santa Parade. They even participated in the USSBC Marching Band Competition, where the Drum Line won 2nd Place, and the Drum Corps International Marching Band Competition, where they won 4th place. Their 2012 field show is entitled, "Jersey Fresh," and features music by NJ artists, such as Bon Jovi, Bruce Springsteen, Whitney Houston, and The Four Seasons.

Show Choir

Inspired by the TV show, “GLEE,” the PC Show Choir was formed in 2010 by popular demand of interested students and has grown to 31 members. This singing/dance-based performance group practices twice a week and performs at the Christmas Concert, Spring Concert, Graduation, and other special events. They hope to enter a Show Choir competition later this year.
Concert Band, Concert Choir, and Orchestra

Students in the Concert Band and Concert Choir perform at the Christmas Concert, Spring Concert, and other special events. They are comprised mostly of students who are enrolled, or who have been enrolled, in PC’s Concert Band and Concert Choir courses, although anyone with a love of music may join. The PC Orchestra is formed from the Concert Band, with the purpose of accompanying the Spring Musical. Band members also perform at PC’s All School Masses.

Did you know? Over 150 students participate in PC’s Performing Arts Programs each year. Students may perform on stage or work behind the scenes as members of the stage, set design, lighting, and audio crews.

PC’s 85-Member Concert Band performs at the annual Christmas Concert & Tree Lighting Ceremony, as well as at the Spring Concert.

PC’s Band and Choir members provide the music for PC’s All School Masses.

PC band members showed their “funky” side at their 1st Annual Jazz Night, which was held in March, 2012. The Main Chapel was transformed into a coffee house, where over 70 people enjoyed a café-style atmosphere while listening to the sounds of PC’s jazz musicians.

Madrigal Choir

PC’s Madrigal Choir is a singing performance group that performs classical repertoire, a capella. The Madrigal Choir practices once a week and performs at the Christmas Concert, Spring Concert, and other civic activities that require a choir. The Madrigal Choir also performs at PC’s All School Masses and Community Day celebrations.

PC’s Madrigal Choir performs classical music selections, a capella.
Students who are enrolled in PC’s Dance and Theatre for Performing Arts course perform at the Christmas and Spring Concerts.

**Paladin Palooza**

PC students have the opportunity to display their many talents during “Paladin Palooza,” PC’s annual talent show. The event, which is sponsored and organized by PC’s Student Council, features a number of live and choreographed dance acts. Past shows have featured single and group vocalists, rappers, rock and roll bands, comedic skits and dance acts. Winners are selected by a panel of judges, consisting of PC teachers. Students are judged in a number of categories, including stage presence, technical ability, appearance, creativity, level of difficulty, and overall entertainment value. The Overall Best Act may get a chance to appear on MSG Varsity’s Talent Show, which airs throughout the tri-state region. With grand opening performances by PC’s Dance and Cheerleading teams and many additional students helping with the stage crew, ticket sales, promotions, make-up, refreshments, and filming, about 150 total students work together to make “Paladin Palooza” a great success.

PC students performed for sold out crowds totaling about 1500 family members, friends, students, teachers, and members of the PC Community at the 2012 Paladin Palooza Talent Show.
Dozens of clubs, activities, and interest groups keep hundreds of PC students on campus into the evening each day. Everything from language and environmental clubs, to science and math leagues, to Model United Nations and the video club – whatever interests you have, you will find an outlet at PC!

And, if you don’t see your club or interest listed here, be the first to start it! Many of our clubs were founded by popular demand of interested students. Just find at least 15 classmates to join your club and a teacher to moderate it, and your club can become a reality.

**Student Government and Social Studies Clubs**

**Ambassadors and Diplomats**

Students who possess a strong sense of school pride and an in-depth knowledge of PC’s school offerings are invited to apply for the Ambassadors and Diplomats Club. Ambassadors and Diplomats represent PC to prospective students and their families. They give tours of the school during Open Houses, attend grade school visits with the Vice President of Admissions, and accompany 7th and 8th grade students to classes during PC’s freshman visit-for-a-day program. They also attend important PC events, such as the Freshman Social, Parent-Teacher Information Night, Report Card Pick-Up Night, and PC Class Reunions, to direct visitors around the school and answer their questions. Ambassadors and Diplomats must have good grades, excellent records of conduct and participation in school activities, and school spirit. They must also be open to sharing their PC experiences with others.

**History Club**

Students who love studying the past and using what they’ve learned to solve tomorrow’s problems will find a home in the History Club. The club meets regularly to discuss historical people, places, and events and the impact they have on our world today. Students watch movies that document various historical periods and visit local places of historical significance, such as the New Jersey Naval Museum in Hackensack.

**Student Council**

Through PC’s Student Council, students gain experience in democracy and government, while building their leadership skills. The Council, which consists of a President, Vice President, Secretary, Treasurer, Director of Activities, and Class Representatives, are responsible for presenting the student body’s interests, concerns, and ideas to the school’s administration. Students campaign for election by designing posters, banners, and slogans and appearing on PNN, PC’s morning television newscast, to deliver their campaign messages to the student body, which votes at the end of the year. The Student Council is also responsible for organizing spirit events and school dances, hosting “Paladin Palooza,” the annual PC Talent Show, coordinating PC’s annual “Pink Out,” which benefits various breast cancer organizations, and running our annual “Christmas Family Adoption” project, which collects Christmas gifts for families in need.

**Mock Trial**

The PC Mock Trial Club gives students the opportunity to gain a working understanding and appreciation for the American legal system. Club members discuss pressing legal issues in the media and prepare for the NJ State Bar Foundation’s Vincent J. Apruzzese Mock Trial Competition, which is held at the Bergen County Superior Courthouse in Hackensack in January. Students review mock trial materials, prepare both sides of the case, and act as attorneys and witnesses, with a Bergen County Judge or Senior Attorney presiding over the trial. The club’s moderator, Ms. Marlena Johnston, earned her JD from the University of San Francisco School of Law and served as an employment litigator before joining PC as an English teacher.
Model United Nations

Students in the Model United Nations Club spend the year preparing for the St. Peter’s College High School Model UN Competition in March, where they represent ambassadors of specific countries. During the two day competition, students must speak, mediate, write working and resolution papers, debate issues, build alliances, and find solutions to problems, all in the way a real ambassador from that country would do. Judges oversee the entire process and award both individual and committee team awards to the most prepared, most impressive delegates. PC has won an award every year since the team was founded in 1987.

Model UN participants at the 2012 St. Peter’s College Competition, where they won 2nd place for the Security Council delegation and an award for best written positions paper.

Model Congress

Students in the Model Congress Club learn how members of the Federal Government work together to create our nation’s laws. They spend most of the school year preparing for the University of Pennsylvania Model Congress Conference in March, where over 800 students from across the country gather in Philadelphia to participate in simulated sessions of the U.S. Congress. They write legislation, debate, modify, and vote on various bills in both committee and full sessions. PC students have won numerous awards at the competition, including the Golden Gavel for Best Delegate, one of the competition’s highest honors.

Did you know? Najaah Daniels, PC Class of 2011, was one of a few students who were chosen to represent St. John’s University at the October 16th presidential debate at Hofstra University. She was St. John’s official ambassador and had the opportunity to address the candidates directly. Najaah is attending St. John’s University on a full four-year scholarship through the Gates Millennium Scholarship Program, which was established in 1999 and is funded by a $1 billion grant from the Bill and Melinda Gates Foundation. We are very proud of her accomplishments!

Social Studies Course Offerings

- World History
- U.S. History 1, U.S. History 1 Honors, AP U.S. History 1
- U.S. History 2, U.S. History 2 Honors, AP U.S. History 2
- AP European History
- AP Psychology
- AP World History/World Religions
- Criminal Justice
- Independent Study in International Culture
- Political Science
- Psychology
- Sociology

The founders of PC’s founding religious orders: Saint Elizabeth Ann Seton, Foundress of the Sisters of Charity and Patron of the U.S. Catholic School System (top photo), and Saint John Baptiste De La Salle, Founder of the Christian Brothers and Patron of all teachers (bottom photo).

PC’s Model Congress Club celebrates its victories at the University of Pennsylvania Model Congress Conference.
Math and Science Clubs

Robotics Club
The PC Robotics Club was founded in 2009 by two students who wanted a challenging club that merged the fields of science, mathematics, and engineering. With the help of a $10,000 grant from the Exxon/Mobil Corporation, the club has purchased instructional texts, supplies, parts, and kits for various robotics projects. They meet weekly to design, assemble, test, and run their robots, and they hope to enter a Robotics competition in the future.

Students in the Robotics Club design, assemble, and test their robots.

Math League
PC is a proud member of the Math League of New Jersey. The League’s main goals are to bring challenging mathematics materials to students and to promote math as a fun activity. Students in the Math League take six exams, which are developed, distributed, and scored by the League, throughout the year. The test is timed, so students must work quickly and accurately. Schools and individuals who score the highest on the exams receive awards and recognition for excellence in mathematics. PC has received recognition for placing in the Top 10 schools on past exams.

Astronomy Club
Students in the PC Astronomy Club know how to reach for the stars! They study images and data from active missions in planetary science and have the opportunity to view planets, moons, stars, and other celestial objects through PC’s very own telescope with GPS for star location. The club meets after school, as well as various evenings, throughout the school year for “Star Parties.”

Biology Club and Science League
Students who possess a love of science and a desire to expand their knowledge of Biology are welcome to join the Biology Club. Club members explore the scientific method, cell biology, genetics, human biology, animals, and ecology. They also perform more complicated dissections than regular class time allows. Biology Club members may also participate in the Science League of New Jersey, where they compete against other high schools in the state by taking four standardized exams throughout the year. Individuals and teams who score the highest on these exams receive formal recognition by the Science League.
Environmental Club

God calls all of us to be good stewards of the earth, and students in the Environmental Club are heeding that call. The club’s main goal is to raise environmental awareness both within and outside the school community. This past year, about 20 club members planned, planted, and cultivated a garden with 240 different plants and herbs. Their efforts produced a bountiful harvest of over 600 pounds of fresh vegetables and herbs, which were donated to local community organizations and used for school lunches in the cafeteria. Environmental Club members also maintain PC’s “Go Green” recycling program, maintain the salt water tropical fish and coral tank in the PC lobby, clean-up local parks and beaches, go on nature hikes, and study the school’s pond and area wetlands.

Students in PC’s environmental club learned about agriculture, math, health, nutrition, and community service by planning, planting, and maintaining PC’s new garden. Their efforts produced over 600 pounds of fresh vegetables and herbs.

PC students have fun studying marine ecosystems and completing hands-on projects using the salt water fish tank that is installed in PC’s lobby.

Did you know? Over 20 students are enrolled in PC’s new “Preparation for Careers in the Medical Professions” program, where they learn about topics related to Medicine, Nursing, Pharmacy, Physical Therapy, and more. Through the school’s partnerships with local medical professionals, PC students have the opportunity to gain various clinical and practical experiences in the field, as well as in the classroom.

PC has put “green” into action by installing solar panels on its roof. Students have the opportunity to study the solar panels, as well as other alternative energy sources, in their science clubs and classes. PC is expected to save about $350,000 over 15 years through the use of solar energy.
Literary and Fine Arts Clubs

Poetry Club

Students who are looking for an artistically supportive community where they can share their poetry and “workshop” their writing will find a home in PC’s Poetry Club. The club, which meets weekly, is open to all students with a love of the written word, a willingness to explore new ideas and reflect on complex and emotional work, and a desire to develop their own writer’s voice. Club members have won publication in various poetry contests, such as Princeton’s UnderAge Poetry Review. For the past two years, the Poetry Club has had the opportunity to hear and meet world-renowned poets and emerging voices at the Geraldine R. Dodge Poetry Festival in Newark’s Art District. The festival, which is the largest in Northern America, attracts over 6,500 high school students and teachers from across the country.

Paladin News Network (PNN)

The start of each school day wouldn’t be the same without the Paladin News Network (PNN). PNN, which was founded by the senior class in 2004 as an alternative to hearing the morning announcements over the PA, is a live television broadcast that is directed and produced solely by PC students. Members of the club learn how to operate a live newscast and gain experience in the field of video production. The “Tech” team works the cameras and all of the equipment in the control room, while the “Talent” team appears on camera and delivers our Morning Prayer and announcements. Thanks to PNN, our student body starts their day informed, connected, and entertained.

Broadway Club

Students who wish to experience the lights, music, talent, and excitement of Broadway have the opportunity to join the Broadway club. Members take a short bus ride into New York City, where they enjoy dinner and a Broadway show. Following the show, they discuss their opinions about the production and analyze its plot, climax, and themes. The club runs at least three trips to different shows throughout the year, and all students are welcome to join.

Paladin Pages

Paladin Pages is PC’s official school blog. The blog covers all things PC, from campus happenings and retreats to special events, athletics, and more. Book and music reviews, editorials, interviews, local and world news topics, and other features make for an informational and entertaining read. The blog is written, edited, and designed by students who are enrolled in PC’s Journalism course. Students in this club build their interviewing, reporting, and news writing skills and learn the importance of timeliness and accuracy.

Visit the Paladin Pages blog at: http://paladinpressnewspaper.blogspot.com

Oil painting of the Cathedral of Santa Maria la Menor in the Dominican Republic. Finished in 1540, it stands as the oldest cathedral in the Americas.
**Film Festival**

The PC Film Festival, which is held at the end of the school year, provides an “Academy Awards” style night for PC’s student filmmakers. Students who participate in the Paladin News Network club and Video Production classes, as well as those enrolled in PC’s Faith in Media course, produce various commercials, projects, and documentaries throughout the year. Students nominate the best films, and their work is showcased and awarded with “Pallies,” our version of the “Oscar” award, during the Film Festival. PC students produce the entire awards show, from the planning, writing, directing, and editing, to the lights, sound, video projection, and even the advertising. Many students who participate in the Film Festival go on to major in or work in film production after graduation.

**Yearbook Club**

Through the Yearbook Club, PC students contribute to one of the most important and cherished pieces of their high school legacy: their yearbook! Student photographers and reporters attend various activities, retreats, and events to document the day-to-day life at PC through photos and print. Editors select the best photos and proofread the copy, and designers layout the pages to make the yearbook come to life. Students in this club are given the unique opportunity to express their creativity, learn graphic design and typography, show their PC pride, and preserve their high school memories for many years to come.

**Art Club**

Students in the Art Club explore new concepts and exciting techniques that are too extensive for class time. They practice sculpture, pottery, architecture, painting, and 3-D art, as well as study famous artistic movements, artists, and works. Students also get the opportunity to display their work at Art Exhibitions and visit area Art Museums. All students with a passion for art and an open mind are welcome to join.

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**English Course Offerings**

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<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>English 1, English 1 Honors</td>
<td>English 1, English Honors</td>
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<td>English 2, English 2 Honors</td>
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<td>Advanced Placement English</td>
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<td>Creative Writing Honors</td>
<td>Creative Writing Honors</td>
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<td>Journalism</td>
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<td>Speech</td>
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<td>Study Skills</td>
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<tr>
<td>Theatre Arts</td>
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**Fine Arts Course Offerings**

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<tbody>
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<td>Advanced Drawing and Painting</td>
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<td>Advanced Studio Honors 1 and 2</td>
<td>Advanced Studio Honors 1 and 2</td>
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<tr>
<td>AP Studio Art</td>
<td>AP Studio Art</td>
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<td>Art Appreciation</td>
<td>Art Appreciation</td>
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<td>Basic and Advanced Photography</td>
<td>Basic and Advanced Photography</td>
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<td>Basic Elements of Design</td>
<td>Basic Elements of Design</td>
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<td>Computer Graphics</td>
<td>Computer Graphics</td>
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<td>Drawing and Composition</td>
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**Technology Course Offerings**

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<th>Course</th>
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<tr>
<td>AP Computer Science</td>
<td>Advanced Placement Computer Science</td>
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<td>Computer Applications</td>
<td>Computer Applications</td>
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<tr>
<td>Computer Programming 1 and 2</td>
<td>Computer Programming 1 and 2</td>
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<tr>
<td>HTML and Java Script Programming</td>
<td>HTML and Java Script Programming</td>
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<tr>
<td>Introduction to Advanced Video Production</td>
<td>Introduction to Advanced Video Production</td>
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<tr>
<td>Introduction to Computer Technology</td>
<td>Introduction to Computer Technology</td>
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</tbody>
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“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms.” (Peter 4:10)
Travel Opportunities and Culture Clubs

Annual Europe Trip

Students who have the desire to travel internationally and experience the culture, customs, and history of a foreign country first-hand are invited to participate in PC’s annual Europe trip. The trip, which is organized and conducted by PC President, James P. Vail, seeks to cultivate global cognizance among PC students, inspire future travel, and impart knowledge of world affairs. Students on the trip have the opportunity to visit a variety of countries, such as France, England, Belgium, Wales, and the Netherlands. In February, 2013, about 80 PC students and 12 parents will be traveling to Italy. They will spend five nights near Naples in Caserta, home of PC’s new partner school, and five nights in Rome. One of the trip’s highlights will be a private Mass in St. Peter’s Basilica, at the tomb of Saint Peter, beneath the Papal Altar, as well as a private after-hours tour of the Vatican Museum. 2013-14 will see a trip to PC’s partner school in China.

Freshman Class Trip

Towards the end of the school year, PC freshmen participate in a class trip. Students choose between a number of educational day or overnight trips, which are chaperoned by their teachers. Past trips have included Washington, DC, Boston, Philadelphia, and New York City. These trips are a wonderful learning experience and a terrific way to celebrate the end of freshman year and the new friendships that have been forged.

Did you know? With students and faculty representing over 65 countries, Paramus Catholic is one of the most diverse schools in the country. Students learn about tolerance and acceptance, enhance their global outlook, gain knowledge of other cultures, and develop an appreciation for diversity. PC offers language courses through the AP level in Italian, Spanish, and French. Three levels of Latin are also offered.

160 PC freshmen visited the Jefferson Memorial and other historical sites in the Washington, DC area in June, 2012.
Culture Clubs (French, Italian, Spanish, Irish, Japanese, Korean, and Multi)

Students who wish to celebrate and learn about different cultures, languages, histories, and traditions may join one or more of PC’s culture clubs. PC students welcome diversity and understand that learning about and respecting other cultures will help to prepare them for the real world. In this spirit, PC offers French, Italian, Spanish, Irish, Japanese, Korean, and Multi culture clubs that give students the opportunity to share their heritages and learn about the heritages of others.

Popular club activities include:

- Preparing and enjoying cultural cuisine at in-school luncheons
- Taking an end-of-the-year trip to a cultural restaurant and meeting the chefs
- Celebrating important festivals, such as the Italian Carnevale (Mardi Gras) Festival
- Participating in a “Culture Shock” event, where students and special guests perform songs and dances from cultures all over the world
- Listening to guest speakers talk about their immigration experiences
- Discussing the geography, landmarks, history, politics, and school systems of the region
- Playing cultural sporting games, such as Irish Hurling and Gaelic Football
- Giving presentations on artists, scientists, and important historical figures of the region
- Explaining the origins of and practicing various cultural traditions, such as Japanese Tea Ceremonies
- Enjoying cultural films, music, and poetry
- Learning and practicing the language through fun activities, such as Language Jeopardy
- Visiting Ellis Island, the Statue of Liberty, and other cultural museums
- Exploring scholarships that are available to students of various cultures
Honor Societies and Academic Clubs

National Honor Society (NHS)

PC students who demonstrate excellence in Scholarship, Leadership, Service, and Character may apply to the Paladin Chapter of the National Honor Society (NHS). Induction is determined by a committee of teachers and administrators. To be eligible, students must take at least two honors classes and maintain a GPA of 90 or above. They must participate in numerous extracurricular clubs and activities and volunteer their time to serve their school and local communities. They must also have outstanding records of conduct and behavior, demonstrate respect and responsibility, and receive teacher recommendations. NHS members organize numerous fundraising events and collections for charitable organizations throughout the year. They also volunteer their time to tutor other students in need of extra help.

Did you know? PC offers 126 college preparatory courses, including 27 Honors and 16 Advanced Placement Level. Recent incoming classes have averaged about 90 students who scored in the top 10% nationally on the Catholic high school entrance examination.

Each year, PC invites its top applicants to participate in the Aquinas Scholars Program - a rigorous, challenging sequence of courses designed for highly motivated, academically gifted students. Aquinas Scholars receive a substantial scholarship which is renewable, as long as they remain in the program. The program includes Honors or AP class in all subject areas except Religion and a special interdisciplinary seminar their senior year.

PC is proud of its affiliation with Seton Hall University’s Project Acceleration program. PC students have the opportunity to earn up to 22 college credits from Seton Hall for our approved courses taken at PC. These credits may be transferred to certain other colleges and universities.

International Language Honor Society (ILHS)

The International Language Honor Society recognizes the outstanding academic achievements of students in foreign languages. PC is a registered chapter of the Latin, French, Italian, and Spanish National Honor Societies. To qualify, students must obtain a minimum grade of 90 in the language they are studying and receive a teacher recommendation. During the ILHS Induction Ceremony, which is held in April, students pledge to promote the study of the language they have taken. They must also tutor students who need extra help learning the foreign language.

PC is a registered chapter of the Spanish, Italian, Latin, and French Honor Societies.

National Honor Society Tutoring Program

Students who are in need of additional academic support may request a peer tutor through the NHS Tutoring Program. Students may schedule weekly one-on-one or small group tutoring sessions, or they can just “walk-in” when they need extra help. Tutoring takes place every day except Friday, both before and after school, and is provided by members of the National Honor Society who have demonstrated strong academics, character, compassion, and understanding. Through this program, NHS tutors learn how to help their peers succeed academically, while gaining insight into different learning styles and sharpening their communication skills. Students requesting tutoring learn how to advocate for themselves, communicate their specific academic concerns, develop stronger study habits, and gain knowledge of the subject matter.
Congratulations to the six Paramus Catholic High School seniors who were named Commended Students in the 2013 National Merit Scholarship Program. They earned this honor by placing among the top five percent of more than 1.5 million students who entered the 2013 competition by taking the 2011 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®).

Quiz Bowl

For the past twenty years, students on PC’s Quiz Bowl Team have enjoyed meeting new people from other schools, while engaging in challenging competitions of the mind. The team participates in several academic tournaments throughout the year, the most important one being the “MSG Varsity Challenge” competition that is televised on the MSG network. PC’s 2012 Quiz Bowl Team advanced all the way to the quarter-finals and eventually finished 6th out of 48 teams. They meet several times a week to prepare for the competitions, which include questions from a variety of categories, such as literature, art, science, mathematics, and current events.

Chess Club

Students who are looking to have fun competing off the field, while improving their concentration, problem-solving, and logical thinking skills, will find the Chess Club a perfect fit. The club meets every week after school and is open to all students who have a desire to learn the game of Chess. Members of the club enjoy playing the game against each other, but they also hope to enter an interscholastic tournament in the future.

Students in the Chess Club enjoy the thrill of “Checkmating” their opponents, while improving their concentration and problem-solving skills.

Congratulations also go to Kenya Braxton, who received the National Achievement Merit Scholarship, which recognizes outstanding Black American high school students.
Service Clubs

Paladin Awareness Cancer Team (P.A.C.T.)

PC students have made a “P.A.C.T.” to cure cancer. P.A.C.T., the Paladin Awareness Cancer Team, is committed to promoting cancer awareness, providing support for people who have been affected by the disease, and raising money for a cure. The club, which was founded in 2009, meets every week and has over 40 members. Students in the club participate in many activities throughout the year, such as:

- Volunteering at the Center for Tomorrow’s Children at Hackensack University Medical Center, where they visit and do arts and crafts with pediatric cancer patients.

P.A.C.T. members made over 1700 pink ribbons, which were worn by PC students and faculty during the October, 2012 All-School Mass, which was held in honor of Breast Cancer Awareness month.

Paladin Disability Awareness Group

The Paladin Disability Awareness Group is one of PC’s newest clubs. Founded in September, 2012, its main goals are to broaden the PC community’s understanding of the world of disabilities and create avenues that allow students to better serve and love those who are disabled. The club meets every other week and helps students become aware of the truths about disabilities, rather than the stigmas.

- Selling LIVESTRONG bracelets, pins, and pens to raise money for various cancer organizations.
- Supporting PC students, families, and friends who are struggling with the disease by making cards and praying for members of the PC Community who have cancer, who have lost someone to cancer, or who know someone who is battling cancer.
- Participating in PC’s Relay for Life Event, which raises money to benefit the American Cancer Society, and other cancer walks, runs, and bicycle tours.
- Educating the PC Community about different types of cancers by handing out pamphlets, bracelets, and pins.

Habitat for Humanity

Through their work with the national Habitat for Humanity program, PC students go on “builds,” where they put the finishing touches on homes for local families in need by painting, sanding, spackling, and even installing insulation. Recently, ten students painted a three-bedroom condo in Paterson for a disabled mother and her family. To help raise money for the organization, students wrap Christmas gifts at the Bergen Town Center during the holiday season. They also run in-school fundraising projects in the spring. Habitat for Humanity is open to all interested students. You don’t have to be “handy” to lend a helping hand!

PC students raised over $38,000 to benefit the American Cancer Society during their 2nd Annual Relay for Life. Over 300 students, faculty, alumni, and friends walked around the PC outdoor track for 12 hours to show their support for finding a cure.

Peer Mediation

Under the direction of the Guidance Department, PC’s Peer Mediators promote peace, harmony, and mutual respect among students. They work with a team of peers to effectively discuss, diffuse, and mediate situations. When an issue or conflict arises between students, a teacher, administrator, or staff member can refer them to Peer Mediation. Peer Mediators then meet with the individuals to conduct a mediation, where they help resolve misunderstandings and develop win-win solutions for both parties. Students must have excellent interpersonal skills, records of conduct, and teacher recommendations to be considered for the program. Once selected, they undergo hours of training, learning about effective communication and the ability to listen, empathize, and assist their peers to resolve conflicts and disagreements.
Other Clubs

Yoga Club

What do you get when you cross a downward facing dog with a happy baby, a dolphin, and a warrior? The PC Yoga Club, of course! Students in the Yoga Club meet weekly to exercise their mind, body, and spirit. They experience the overwhelmingly positive benefits of practicing Yoga, including increased flexibility, improved strength, better concentration, straighter posture, and greater stress relief. The club is also an excellent way for students who are not athletic to feel comfortable exercising, to develop a positive body image, and to be part of a team.

Weight Training and Conditioning

PC boasts a 2,200 square foot Weight Training and Conditioning Complex. The facility, which is air-conditioned, offers treadmills, elliptical machines, free weights, weight machines, and other state-of-the-art conditioning equipment for student use. The facility is used during physical education classes and is also open to all students after school. While many of PC’s athletic teams use the facility for training, you do not need to be a member of an athletic team to workout there.

Ultimate Frisbee

The Ultimate Frisbee Team is one of PC’s newest clubs. Founded in September of 2011, over 45 students have already signed up. The team plays intra-squad games during the fall and winter at nearby Dunkerhook Park, and they even compete against other schools. Students with a willingness to learn the rules of a new and exciting sport, who desire respectful athletic competition, and who exemplify good sportsmanship are welcome to join the team.

Health and Physical Education

Course Offerings

Physical Education 1/Health
Physical Education 2/Driver’s Education
Athletic Performance

PC boasts a 22,000 square foot air bubble over its four tennis courts, which serves as an impressive venue for all winter activities.

PC’s state-of-the-art Weight Training and Conditioning Complex is open to all students after school.

Students enjoy a fun and competitive game of Ultimate Frisbee on PC’s outdoor fields.
Homecoming

Homecoming is a yearly favorite at PC. Students, faculty, alumni, and friends of PC enjoy a fun, fall afternoon watching PC football. Once the sun sets, it’s time for the Homecoming Dance. Over 1200 students and guests attend the “themed” dance each year, where they dance, eat, hang out with friends, select their Homecoming King and Queen, and pose for pictures. Recent themes have included: Get Your Game On, Time Travel, PC on Broadway, PC Goes Hollywood, Mardi Gras PC Style, and Around the World. Special thanks to PC’s Cheerleaders and their parents, who do a phenomenal job decorating the hallways, cafeterias, and gym for the dance.

Freshman Picnic and Orientation

Incoming 9th graders begin their transition into PC the summer before school starts. In June, freshmen and their families are invited to a fun, family picnic where they meet other students and start making friends. The first day of school is Freshman Orientation. Freshmen meet their teachers, find their classrooms, participate in field day activities with their classmates, and enjoy a barbecue lunch.

Student vs. Faculty Volleyball and Basketball Game

Teachers have a fun time showing their students that they rule outside, not just inside, the classroom at PC’s annual Student vs. Faculty Game Night. Students have a good time, and a lot of laughs, competing against their teachers in highly spirited games of volleyball and basketball. The games are highly anticipated and highly attended every year.

PC Teacher and Head Basketball Coach, Holland Mack, goes for the layup while challenged by PC students in the annual Student vs. Faculty Basketball Game.

The first day of school is Freshman Orientation, where new students participate in fun field day activities and meet their classmates.
School Spirit and Pep Rallies

Paramus Catholic is proud to show its school spirit! PC students attend sporting events en masse to cheer on and support their fellow classmates. They celebrate the start of each athletic season with a pep rally, where they show their Paladin pride, cheer on their friends, and have a good time watching performances by PC’s marching band and dance teams. Students also participate in fun games to compete for dress down days and other fun prizes.

Paramus Catholic High School
“LIVIN NATION”

Welcome to Paramus Catholic’s “LIVIN NATION.” We are the PC community and our “LIVIN” philosophy is to always support each other, motivate each other, lift each other up when we are down, and help others do the same.

The “LIVIN” philosophy was developed by PC’s football team and has since evolved into the PC way of life. It’s the idea that we are always “LIVIN” and that, when times are tough, you need to look deep inside yourself, remember that you are part of the PC LIVIN NATION, and pull out the strength and spirit that being part of that family gives you. We invite you to come and experience the strength, support, and solidarity of the PC LIVIN NATION.

Over 1300 PC students, faculty, and fans packed the stands at an away football game in October, 2012, to cheer on the PC football team.
Dances and Proms

From the Freshman Social Dance the first week of school to the Senior Prom, students “dance” their way through four years at PC. PC holds numerous dances throughout the year, where students dress up and enjoy each other’s company in a fun, social setting. The most popular dances include the Freshman/Sophomore Semi-Formal and the Junior and Senior Proms. Over 800 students attended PC’s 2012 proms, which were held at the Glenpointe-Marriott Teaneck.

Senior Week

The week before graduation is Senior Week. It’s a time to reflect on your academic and personal achievements, celebrate the friendships you’ve made, and wonder where your four years of high school went! Students participate in a number of exciting, organized events. Highlights include the Senior Class Trip to Great Adventure and the Senior Luau, which is held on the PC campus.
Fashion Show
PC students have fun showing off the latest fashions at PC’s Annual Fashion Show. Over 300 students, parents, and members of the PC Community attend the event, which is run by the PC Parents’ Council to raise money for the school.

Did you know? Members of the PC Class of 2012 earned about $30 million in scholarships and grants and were accepted into such prestigious colleges and universities as: Boston University, Brandeis, Juilliard, Fordham, Fairfield, George Washington, Georgia Tech, Marist, New York University, Northeastern, Rensselaer Polytechnic Institute, Rutgers, Seton Hall, Stevens Institute of Technology, Syracuse, University of Miami, University of North Carolina, Villanova, and Virginia Tech.

Graduation
PC holds its Graduation Ceremony at the IZOD Center in the Meadowlands. Students may invite an unlimited number of guests to come and celebrate their special day with them. About 4,000 people attended the Class of 2012 graduation ceremony. For those who cannot attend in person, a live internet feed is available on the PC website.

PC’s Class of 2012 Valedictorian earned a 99 GPA and a 2130 on her SAT’s. She is currently attending Stevens Institute of Technology.

About 4,000 people attended the Class of 2012 Graduation Ceremony at the IZOD Center. The ceremony was also video-streamed live over the Internet.
ATHLETICS

PC offers a wide range of male and female athletic teams that enjoy the benefits of a supportive administration and knowledgeable coaches. We believe that competition and individual achievement are important in building a strong, healthy character. That is why we strive to have one of the best athletic programs in the state.

PC offers freshman, junior varsity, and varsity teams for many sports. Placement is determined by skill level, not by grade level. All interested participants with strong academic records, including those with no prior experience playing sports, are encouraged to tryout. PC is a member of the New Jersey State Interscholastic Athletic Association’s (NJSIAA) Big North League, United Division.

PC knows that having quality athletic teams requires first-class training facilities. In recent years, we completed a $2.5 million dollar overhaul of the entire athletic complex, including: a 40 station fitness/weight training field house, improved and expanded fields (all irrigated), a 1500 seat stadium bleacher complex, a renovated gymnasium and bleachers, and a training center. Plans to install an artificial turf field and renovate our outdoor track are currently in progress and targeted to be completed by September, 2013. PC also boasts a 22,000 square foot air bubble over our four tennis courts, which serves as an impressive venue for all winter activities. We are proud to be the only school in the state and one of the very few in the world to have such a superb facility.

Students who participate in PC’s athletic programs will find an atmosphere that encourages hard work, teamwork, fair play, respect, and discipline, both on the field and off. PC’s sports teams share their faith during team Masses, which are held at the beginning of each season. Many teams organize and participate in food drives, clothing drives, collections, and other community service events throughout the year. While PC is firmly committed to its athletic programs, sports do not drive the mission of the school. PC is first and foremost a religious, college preparatory school. Our student-athletes are held to the same academic and disciplinary standards as the rest of the student body, and they must succeed in the classroom in order to be eligible to play sports.

Volleyball

PC offers freshman, junior varsity, and varsity volleyball teams for women. Under the leadership of Head Coach, Jaime Marzocchi, who was named the 2011 Coach of the Year for the Big North United Division, recent team members have received numerous All-League and All-County accolades.

Cross Country

PC’s Cross Country team is known for keeping its stride year after year. Under the direction of veteran coach, Patrick Martin, recent teams have enjoyed success at both the League and Bergen County Group Championships. PC offers junior varsity and varsity Cross Country teams for both men and women.
Football

PC’s football program has experienced renewed growth and success under the leadership of Head Coach, Chris Partridge ’98. The 2012 team won the New Jersey State Championship title by defeating Bergen Catholic at MetLife Stadium on December 7th, 37-34. They finished their season 10-2, with wins over Delbarton, Demarest, Ridgewood, DePaul, St. Joe’s, Northern Highlands, and Friendship Academy (Washington, DC). They clinched the number one seed going into the state playoffs for the first time in the school’s history, and they defeated Pope Paul VI and Saint Peter’s Prep in the early rounds of the state playoffs. PC offers freshman, junior varsity, and varsity football teams. Recent football team graduates are playing Division 1 football at Colgate, Rutgers, Tusculum, University of Massachusetts, U.S. Military Academy at West Point, and Wagner.

2012 NJ State Champions

Ice Hockey

PC offers junior varsity and varsity Ice Hockey teams for men who enjoy the challenge of a fast-paced sport. The 2012 Ice Hockey Team enjoyed a winning season, finishing with an 18-5-3 record, ranking 2nd in the Big North Gold Division, and qualifying for the State Tournament. The team plays at the Ice House in Hackensack.

Did you know?

PC’s 22,000 square foot air bubble is used for athletic team practices and physical education classes during the winter months.
**Soccer**

PC boasts one of North Jersey’s most respected soccer programs, with freshman, junior varsity, and varsity teams for both men and women. Under the leadership of Head Coaches, Len Lewandowski (boys’ team), and Bill McPartland (girls’ team), PC’s soccer teams have enjoyed numerous winning seasons, earned many All County and All State honors, and have consistently qualified for the County and State Tournaments. The boys’ soccer team has shared the league title for the last three years, and recent players have been named Big North United Player of the Year and invited to play in the Bergen County All Star Game. As of press time, the 2012 girls’ soccer team was 10-8 with big wins over Holy Angels, DePaul, Mount St. Dominic, and Old Tappan.

**Tennis**

PC offers junior varsity and varsity tennis teams for both men and women. The teams, which practice and compete on four tennis courts, have enjoyed wins over top-tier opponents and earned numerous All League honors.

**Lacrosse**

PC offers junior varsity and varsity Lacrosse teams for young men who are interested in a physically demanding sport that requires endurance, strong hand-eye coordination, and speed. PC’s lacrosse players consistently display hard work and dedication. A re-institution of Girls’ Lacrosse is under study for 2013-14.

**Golf**

Men and women who enjoy spending time “on the green” are encouraged to try out for the varsity Golf Team. The team practices at the Paramus Golf Course, where they work on their short game, putting, bunker play, and course management. Their matches are nine holes in length, and they play up to four matches per week during the season. PC Golf has had strong showings in numerous league, conference, and county tournaments, with many players earning All League honors.
What is a Paladin?

PC’s mascot is the “Paladin.” Paladin was one of Charlemagne’s twelve peers. Its meaning has been expanded to a knight of distinctive virtue. A Paladin represents hope and inspires courage. He/she is a person of outstanding qualities who pursues ideals, corrects social injustices, and remains firm in loyalty to faith and country.

Wrestling

Athletes who enjoy physical, one-on-one competition will find a home on the PC Wrestling team. PC offers junior varsity and varsity wrestling teams. The teams have a permanent practice place in the bubble.

Bowling

PC offers junior varsity and varsity Bowling teams for men and women. The 2012 girls’ team finished 1st in the League with a 10-2 record, placed 3rd in the County Tournament, took 1st in the State Sectionals, and qualified for the State Finals. The boys’ team finished 2nd in the League and captured 3rd Place in the Group 4 North 1A Sectional Championships. The teams practice at Bowler City in Hackensack.

Swimming

PC offers varsity swim teams for both men and women. The teams, which practice at the Lodi Boys and Girls Club, have enjoyed much success under the leadership of 8-year Head Coach, Ralph Manno, who was named the Bergen Record’s Coach of the Year in 2007. In 2012, the boys’ team finished 3rd in the league, 10th in the county, and 9th in the state for parochial schools. The girls’ team qualified for the State Tournament and finished their season 2nd in the league and 7th in the county.
Basketball

It's nothing but net for PC basketball! PC offers freshman, junior varsity, and varsity teams for both men and women. The 2012 boys’ team finished their season 15-8, enjoyed an 8 game winning streak, and qualified for the State Tournament. Holland Mack ’02 will serve as the new Head Coach for the 2012-13 season. Under the direction of Coaches Al Roth and Kate Drumgoole ’01, the 2012 girls’ team finished their season 15-13 and qualified for the County and State Tournaments for the 21st year in a row. They advanced to the Final 4 in the County Tournament and received the award for Best Team Sportsmanship in the Division. Lady Paladins’ Head Coach, Al Roth, who has been coaching PC girls’ basketball for 21 years, was recently inducted into the New Jersey Scholastic Coaches Association Hall of Fame. Recent PC Boys’ and Girls’ team graduates are currently playing Division 1 basketball at Quinnipiac University, Norfolk State, Wagner, and the University of Connecticut.

Cheerleading

PC Cheer consistently lives up to its reputation as a cheering powerhouse. Under the direction of 15-Year Head Coach, Heather Messer, the team has won six varsity state titles, three junior varsity state titles, and has traveled across the country for national tournaments in such locales as San Diego, Las Vegas, San Antonio, New Orleans, Orlando, Minneapolis, and Myrtle Beach.

In 2012, the Varsity and JV Cheerleading Teams won National Titles at the Xtreme Spirit Championships in Ohio. They also took over the NJ State Championships, winning the JV State Championship, the Varsity All Music Division, and the Non Public Division. Since the competition began 20 years ago, PC is one of only three teams to win three titles in the same year. The 2012 team graduated 18 seniors, some of whom are currently cheering at such powerhouses as Quinnipiac, Valdosta State, Coastal Carolina, Elmira, West Virginia, Montclair State, Rutgers, High Point, Rowan, and Northeastern.

PC’s cheerleaders are also champions of their local communities. They complete 1,000 hours of community service every year, volunteering with Jersey Cares, at Breast Cancer walks, and at local Catholic elementary schools.

PC offers 4 Cheer teams: Freshman Football, Junior Varsity Football, Junior Varsity Competition, and Varsity Competition. To qualify for the competition teams, cheerleaders must be able to perform a standing back hand spring (junior varsity) and standing tuck (varsity).

Did you know? Every year, PC Cheerleading holds a special Alumni Night, where PC Cheerleaders from the past and present return home to reminisce, watch the current team’s competition routines, and celebrate the success of the cheerleading program they helped to build.

Paramus Catholic Cheer, Tradition Live On. Now and Forever, One Heartbeat Strong

Photo by John Temones
Baseball
PC offers freshman, junior varsity, and varsity teams for young men who enjoy America’s favorite pastime: Baseball. Under the direction of Head Coach, Scott Luna, PC baseball has enjoyed numerous winning seasons. Recent graduates were selected to play on the Under Armour Pre-season All American Team, at SelectFest 2011, and at the NY Yankees Area Code tryout game and have gone on to play at Kings College, St. Peter’s College, and Nyack College.

Softball
PC has one of the most respected softball programs in the area and its teams consistently earn All League and All County honors. Under the direction of Head Coach, Frank Baldino, who is enjoying his third year coaching at PC after a career record of more than 420 wins, the team enjoyed another winning season and finished with a 15-10 record. Three of its Class of 2012 graduates earned scholarships and are playing softball at Rutgers, St. Thomas Aquinas, and St. Joseph’s. PC offers freshman, junior varsity, and varsity softball teams.

Track
PC offers Winter and Spring Track teams for men and women. Under the leadership of Head Coach, Scott Langan ’85, PC’s Vice Principal of Student Activities and Athletic Director, the 2012 team had 13 athletes qualify for the State Group Meet, 6 advance to the State Meet of Champions, and 10 compete in the County Meet of Champions. The girls’ 4x100M team qualified for Tri-State at the Penn Relays for the 4th consecutive year and won the county title for the 5th consecutive year. They also placed 3rd in the State Sectionals and won the Big North Sportsmanship award. The boys’ team set the school and sectional records in the 100M.

Dance
Students who enjoy raising school spirit, performing at sporting events, and competing can find a home on PC’s Dance Team. The junior varsity and varsity dance teams practice, perform, and compete all year long, while the freshman team performs at PC sporting events. In 2012, the PC Dance Team brought home many trophies, winning and placing at numerous local and state competitions. They finished their season at EDA Nationals in Myrtle Beach, SC, where they received several awards, including 2 National Championship Titles for JV Pom, 2nd Place for Varsity Hip Hop, and 3rd Place for Varsity Pom.
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