



NOLAN CATHOLIC
HIGH SCHOOL

VIKING 101

A GUIDE TO BECOMING A NOLAN CATHOLIC FAMILY



REV. 07/2024



Since 1961
Offering a Tradition of
Intellectual & Moral Excellence



DEAR NOLAN CATHOLIC FAMILIES,

We are excited to introduce you to the “Viking” way — a journey inspired by our Catholic faith and our motto *Esto Dux*, “Be a leader.”

To accomplish this goal, this manual has been carefully crafted to guide you through the **ten things** you need to know to become a true Viking. Within these pages you will find valuable insights and practical advice on how to make the most of your Nolan Catholic journey, ensuring that you are fully prepared to embrace all that our school has to offer.

For our students:

The first thing that you will need to learn is that to be a student at Nolan Catholic means that you are guided by four pillars: Academics, Character Development, Faith Formation, and Leadership. These pillars are at the heart of everything we do, shaping our approach to your education and our commitment to nurturing the whole person.

For our parents:

As stated on page 16, to be a Viking-Parent means: “to possess an unflinching commitment to volunteering as a way of transmitting to our younger generation a concrete image of Christ-like leadership.” In other words, we look forward to seeing you engaged in our community!

For everyone reading this guide:

As you navigate through this manual, you will discover that each section is designed to help our students understand what it means to be a disciple of Christ and therefore a true Viking leader.

Please take special note of our alma mater and fight song (the 9th and 10th things you should know by heart), both located on the back cover of this manual. These songs are a cherished part of our school’s heritage and learning them is an important step in becoming a true member of the Nolan Catholic community.

We are committed to creating an environment where students can thrive both academically and personally. Our faculty and staff are here to support you every step of the way, and we look forward to partnering with you to ensure that your time at Nolan Catholic is both enriching and fulfilling.

We are thrilled to welcome you to the Nolan Catholic family and look forward to the many accomplishments we will achieve together.

Warm regards,

Oscar Ortiz
Head of School | Nolan Catholic High School

Meet Our Academic & Student Affairs Team



Oscar Ortiz
Head of School



Father Brett Metzler
Chaplain



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CJung@nchstx.org



Ryan Faller
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Athletic Director
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First Thing to Know: *Our 4 Pillars*

Nolan Catholic High School prides itself on being a premier choice for parents seeking a top-tier education embedded in the following four pillars: **academics, character development, faith formation, and leadership**. With a rich history of 62 years, our institution has consistently fostered academic excellence while nurturing leadership qualities in our students. Our motto 'Esto Dux,' meaning 'Be A Leader,' echoes throughout our curriculum and extracurricular activities, preparing our students not just for academic success, but also for becoming impactful leaders in their communities.

ESTO DUX | BE A LEADER

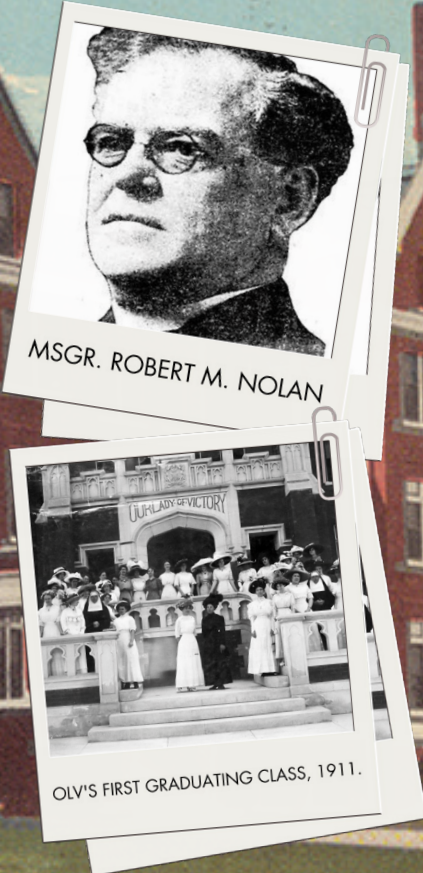
Our Mission

Nolan Catholic High School is a ministry of the Diocese of Fort Worth providing a college preparatory education and evangelizing students to be tomorrow's servant leaders through

EDUCATION IN FAITH, FORMATION IN HOPE, PERSEVERANCE IN CHARITY

"The philosophy of education at Nolan Catholic is based on the Catholic philosophy of life which embodies a complete conception of reality. Realizing that humans are not only physical, but also spiritual in nature, Christian education seeks to prepare the student to attain their goal. By maintaining a balance between scholarship and extra-curricular activities, the school seeks to develop the full potential of each student."

- NCHS Archives, 1967



Second Thing to Know: *Founded in 1961*

Our institution's name echoes the leadership and altruism of Msgr. Robert M. Nolan, setting a standard in our journey toward shaping tomorrow's Viking leaders. Demonstrating his altruism, Msgr. Nolan fearlessly rushed to aid the Fort Worth community during a devastating fire in 1909. Showcasing his remarkable impact as a leader, his work in the challenging neighborhood of Hell's Half-Acre led to a significant reduction in crime. His collaboration with unlikely allies for community improvement, despite political differences, exemplified his belief that as Catholics we are called to serve the greater good. For this reason, Msgr. Nolan's spirit continues to imbue our school with the virtues of courage, compassion, and unity as we shape tomorrow's leaders in his honor.

Nolan Catholic was the shared vision of the Sisters of St. Mary of Namur and the Marianist Brothers. Born from the root of Our Lady Of Victory Academy (an all-girls

Our Lady of Victory Academy Building | Fort Worth, TX

school), the school retained this name until it relocated to its present location thanks to the benevolence of Amon G. Carter's land donation. What started as a co-institutional enterprise (serving boys and girls in separate wings of the original campus), would one day become the premier coeducational choice for the families of Fort Worth.

Transitioning to the leadership of the Marianist Brothers in 1969, and for the next 45 years, Nolan Catholic High School continued to redefine educational paradigms, offering a holistic experience where academic rigor converged with artistic expression, athletic prowess, and ethical leadership. The Marianist dedication to embracing innovation, and championing individual potential earned us the distinction of being a top-choice institution in the area.

As the school came under diocesan administration in 2014, we remain steadfast in our commitment to nurturing future Christian leaders. Our corridors echo with the footsteps of more than 10,000 alumni who have carved their paths across global sectors, standing as testaments to our commitment to academics, faith formation, and leadership development.

Third Thing to Know: Our Lady of Victory, Patroness of our School

The legacy of Our Lady of Victory remains central to Nolan Catholic High School. The school wraps around a circle drive named in honor of OLV, with a statue of Our Lady at the heart of it all. This tribute serves as a constant reminder of the school's roots and the values it upholds.

Nolan Catholic's origins trace back to the collaborative efforts of two religious orders: the Sisters of Saint Mary of Namur and the Marianist Brothers. Each order brought its unique charism and spiritual gifts; yet, both found common ground in their deep reverence for Mary. This shared devotion laid the foundation for Nolan Catholic's enduring commitment to Our Lady of Victory.

The symbol of Our Lady of Victory is more than a historical relic; it is a living, breathing part of the school's daily life. It permeates every aspect of the school's culture, the impact of this devotion to Our Lady of Victory extends far beyond the years spent at Nolan Catholic. Graduates carry with them the lessons learned and the faith instilled during their time at the school. The values of perseverance, humility, and compassion, exemplified by Mary, become guiding principles in their personal and professional lives.

“Do Whatever He Tells You”
John 2:5

Students at Nolan Catholic High School gather around the Our Lady of Victory statue, praying the Stations of the Cross.



Fourth Thing to Know: The Battle of the Lepanto

Nolan Catholic's yearbook is named after the Battle of the Lepanto. Per the foreword of the 1962 yearbook, Nolan Catholic adopted this title for the following reason, "Oppressed by the threat of Turkish domination in the sixteenth century, the Church armed herself under the command of Don Juan of Austria and the spiritual guidance of Pope St. Pius V. Through Our Lady's intercession, the Christian forces defeated the Ottoman fleet at Lepanto, Greece, on October 7, 1561, thus ending the Turkish aggression. In commemoration of this battle the Holy Father instituted the feast of Our Lady of Victory.



The original 1962 yearbook design depicts a Christian banner triumphantly breaking a defeated Ottoman spear, with a Christian ship anchored in the distance. As quoted in the yearbook: "Let us march behind the shield of Our Lady of Victory, and look for the Church to vanquish the hammer and sickle which challenges the flag of Christ today."



The Church today is faced with a threat no less real, no less terrible - the threat of Communism. As Christian men and women, we must likewise arm ourselves against the grave temporal and spiritual dangers...The education we receive at [Nolan Catholic High School] prepares us for the fight against these dangers. But we are not merely taught what to fight against; we are given a cause to fight for — the cause of Christ."



Although the world has changed vastly since 1962, the essence of being a Viking remains steadfast. As Viking students, we continue to embody a fighting spirit and maintain an awareness of the new challenges we must be prepared for. For this reason, Our Lady of Victory remains our patroness and protector, guiding us through every era.

The 1962 yearbook was dedicated to Your Excellency, the Most Reverend Thomas K. Gorman, Bishop of the Diocese of Dallas-Fort Worth.

Fifth Thing to Know: Our Faith Life, the Center of it All

At Nolan Catholic, each of our four pillars is grounded in Jesus Christ. This means that unlike other academic institutions, at Nolan Catholic all student life is informed and guided by our Campus Ministry program. Our full-time Director of Campus Ministry and Chaplain lead a program that offers an authentic Catholic experience on campus. Through daily prayers, liturgy services, regular Reconciliation opportunities, and weekly adoration, students can deepen their faith and build a personal connection with Jesus Christ.

The LIFE team and our House System are just a couple of the things that set Nolan Catholic apart. The LIFE Team empowers students to lead the spiritual life of the school, fostering leadership and responsibility. The House System is more than just mentorship; it builds lasting friendships, creates a strong school identity, and fosters a faith community. Each student is assigned to one of our six houses, where they form deep bonds with peers and mentors, working together for the spiritual growth of our entire school.

At Nolan Catholic, we shape not just educated minds, but also compassionate and godly hearts, guiding each student toward a brighter future.

“Religion is not taught; it is communicated. Religion is installed more deeply in the spirits and hearts of the students through the atmosphere that permeates the school than through teaching.”

- Blessed William Joseph Chaminade,
founder of the Marianist Family.

Sixth Thing to Know: Our Daily Prayers

The Morning Offering

*Leader: In the name of the Father, and of the Son, and of the Holy Spirit. All: Amen
O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys,
and sufferings of this day
for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass
throughout the world,
for the salvation of souls, the reparation of sins, the reunion of all Christians,
and in particular for the intentions of the Holy Father this month.
Amen.*

The Angelus

*Leader: In the name of the Father, and of the Son, and of the Holy Spirit. All: Amen.
V. The Angel of the Lord declared unto Mary:
R. And she conceived of the Holy Spirit.
Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and
blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.
V. Behold the handmaid of the Lord:
R. Be it done unto me according to Thy word.
Hail Mary . . .
V. And the Word was made Flesh (all genuflect or bow): R. And dwelt among us.
Hail Mary . . .
V. Pray for us, O Holy Mother of God.
R. That we may be made worthy of the promises of Christ. Let us pray:
Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the
incarnation of Christ, Thy Son, was made known by the message of an angel, may by
His Passion and Cross be brought to the glory of His Resurrection, through the same
Christ Our Lord. Amen.*

The Three O’Clock Prayer

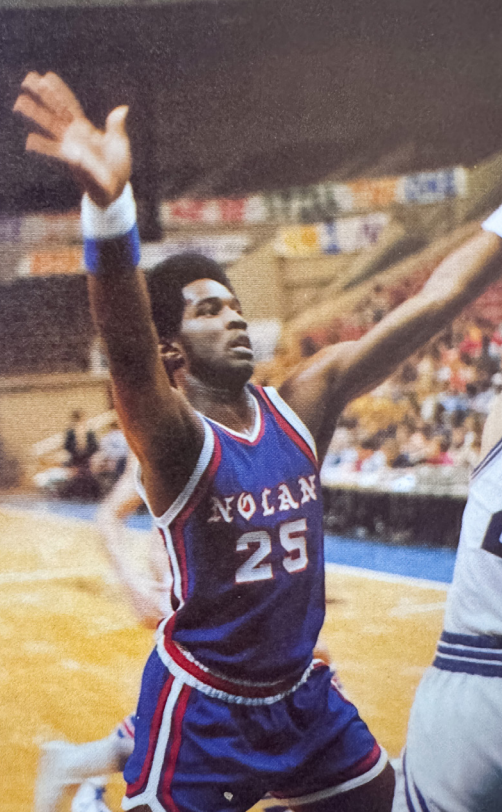
*Leader: In the name of the Father, and of the Son, and of the Holy Spirit. All: Amen.
Lord Jesus, we gather in spirit at the foot of the Cross
with your Mother and the disciple whom you loved. We ask your pardon for our sins,
which are the cause of your death.
We thank you for remembering us
in that hour of salvation
and for giving us Mary as our Mother.
Holy Virgin,
take us under your protection
and open us to the action of
the Holy Spirit.
Saint John,
obtain for us the grace of taking Mary
into our life as you did,
and of assisting her in her mission.
May the Father and the Son
and the Holy Spirit
be glorified in all places
through the Immaculate Virgin Mary.
Amen.*





Seventh Thing to Know: The Academic Core

At Nolan Catholic, our students collectively embark on a transformative journey to study the most important achievements of human history. This special program, called the "Core," is a shared educational pathway undertaken by all Nolan Catholic students, encompassing literature, history, philosophy, theology, economics, politics, science, mathematics, language, and fine arts.



Mathematics: Ranging from Algebra to Calculus, our students not only acquire mathematical skills, but also develop creative-thinking and problem-solving abilities, essential traits for effective leadership.

Science: A four-year sequence starting with Biology, our students develop a deep sense of wonder as well as responsibility towards the world, promoting ethical leadership in science and technology.

Theology: Laying the foundation in Scripture, our students explore the writings of the early and post-Nicene Fathers, while also developing a strong sense of their calling in the world. This deep scriptural understanding is essential for guiding their leadership decisions and actions.

Literature: Our literature courses expose students to a diverse collection of classics from different historical contexts, enabling them to relate to the experiences of others and develop leadership qualities rooted in compassion and empathy.

History: Our history program emphasizes the importance of understanding human affairs. By studying the events and decisions of the past, students gain insights into the consequences of leadership choices, empowering them to be thoughtful and responsible leaders in their own right.





Eighth Thing to Know: Parents Get Involved

What does it mean to be a Nolan Catholic parent?

It means embodying for our students our motto *Esto Dux* — “be a leader.” And what does this look like for our Viking parents? It is service: an unwavering commitment to volunteering, giving a concrete image of Christlike leadership.

The main goal of this Viking 101 Guide is to convey to our new families the profound significance volunteering has within our community, particularly in light of its enduring legacy and the pivotal role it plays in shaping our school ethos.

Nolan Catholic is a school for leaders.

For this reason, volunteering stands as a testament to our shared vision of Christlike leadership. It embodies our commitment to supporting one another and fostering a culture of kindness and understanding within our school community. By engaging in acts of service, parents not only offer support to the various clubs or extracurriculars in which our students engage, but also cultivate together the essential leadership qualities of consideration of others and empathy among our student body.

It goes without saying that volunteering holds a special significance within the context of our faith-based community. As followers of the Christian faith, we are called upon to exemplify the teachings of Christ, particularly the commandment to ‘love thy neighbor as thyself.’ Thus, volunteering emerges not only as a commendable endeavor, but as a sacred duty rooted in our religious convictions.

It is important to underscore the vital role that parents play in upholding and perpetuating Nolan Catholic’s legacy of service. Parents are uniquely positioned to instill the value of charitable works of service. Your active involvement not only enriches the experiences of our students, but also ensures the continuity and vitality of our various clubs, extracurriculars, and our shared mission.

In essence, volunteering transcends the realm of obligation—it represents our commitment as a Nolan Catholic family to making a positive impact and leaving a lasting legacy of service to our students. We ask that each of you consider how you can contribute to this noble endeavor and join us in shaping a brighter future for our school and community.

The Viking Club is a parent-led organization created to support all school-approved athletic teams, organizations, and clubs. Viking Club is a service ministry dedicated to raising funds in efforts to support Nolan’s mission. For more information contact vikingclub@nchstx.org.

Safe Environment Certification for Employees and Adult Volunteers is required prior to serving in ministry and must be renewed every two years. Volunteers must create a profile at www.virtusonline.org and add Nolan Catholic as a volunteer site. If you have any questions, contact Michelle Wessel, Nolan Catholic Safe Environment Coordinator at mwessel@nchstx.org; or search for a session www.fwdioc.org/training-sessions.

Contact your student’s coach or director for ways you can get involved with a specific organization.

Meet our Counselors

Our college counseling program is a testament to our commitment to molding young minds into leaders of tomorrow. With three dedicated counselors who work closely with each student cohort, we instill the values of leadership, integrity, and character from day one. Starting in 9th grade and guiding them through all four years, our counselors create a personalized educational journey that aligns with our students' unique aspirations. We understand that leadership goes hand-in-hand with academic excellence, and through our partnership with Naviance, an online portfolio and resume builder, we tailor college applications to highlight each student's leadership experiences and character development. Our legacy of placing leaders in the nation's top schools underscores our dedication to shaping the future leaders of our nation.



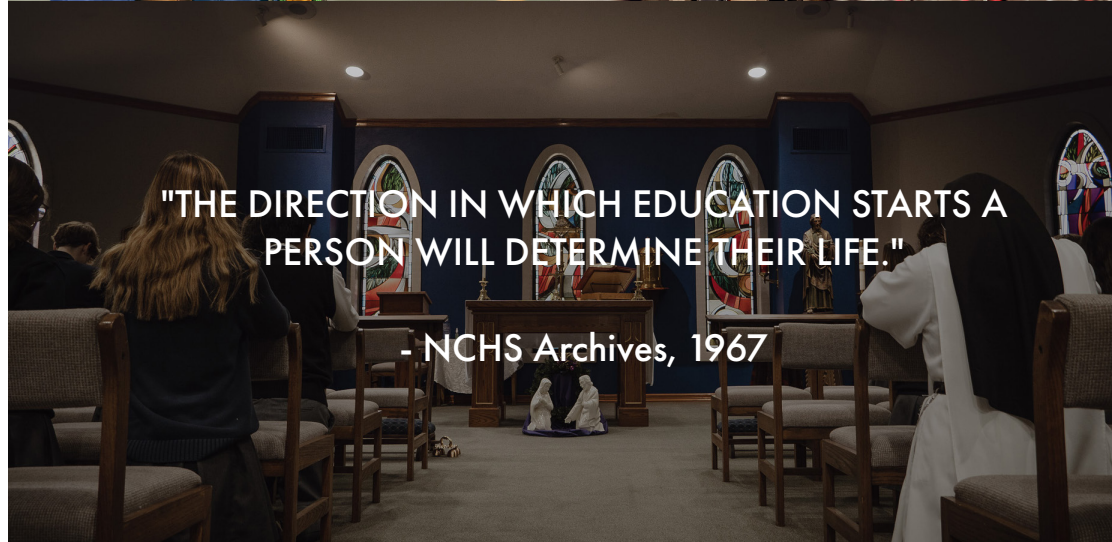
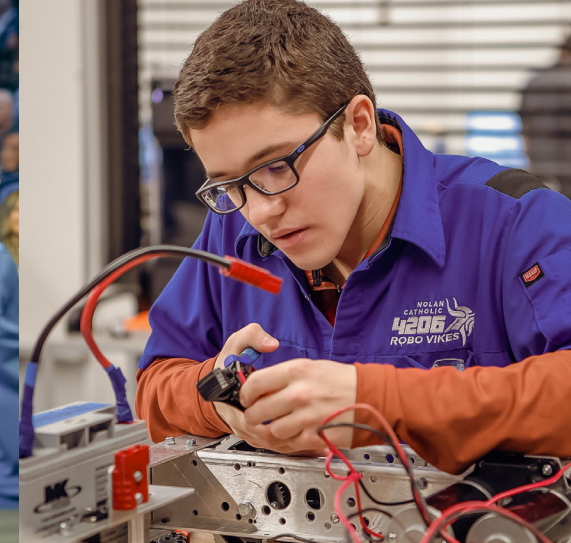
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School Information

School Hours of Operation:

Office Hours: 7:00 a.m. to 4:00 p.m.

School Day Hours: 7:55 a.m. to 3:15 p.m. M,T, R, F

7:55 a.m. to 2:40 p.m. W

Nolan Catholic provides before- and after-school supervision from 7:00 a.m. to 7:30 a.m. and from 2:45 p.m. to 5:30 p.m. Students must be dropped off no earlier than 7:00 a.m. and picked up prior to 5:30 p.m.

On early dismissal days, campus will close 30 minutes after dismissal time.

Attendance:

Attendance Office/ Phone: (817) 395-8779

Attendance Office / Email: attendance@nchstx.org

Verification of Enrollment:

For driver's education, permit, etc.

Contact Michelle Wessel, Registrar, MWessel@nchstx.org or visit the Main Office.



ALMA MATER

WITH SPIRITS BRAVE AND GOAL THAT'S WORTHY, STUDENTS LOYAL AND TRUE,
WE WILL EVER SING THE PRAISES
OF THE WHITE AND BLUE.
WE HAVE LOVED HER, WE HAVE SERVED HER, NOBLE CAUSE PROCLAIM.
WE WILL NOW AND FOREVER
SING NOLAN HIGH SCHOOL'S NAME.

FIGHT SONG

LET'S CHEER FOR NOLAN HIGH WE'LL ALL BE TRUE TO WHITE AND BLUE AND
THROUGH OUR NIGHT WE'LL WIN TONIGHT
FIGHT FIGHT
FIGHT FIGHT
RIGHT ON FOR NOLAN HIGH WE'RE GONNA WIN AND WIN AGAIN OUR
FOES WILL HAVE NO CHANCE WE'RE GONNA SAIL
ON THE ADVANCE
FIGHT FIGHT
FIGHT FIGHT



NOLAN CATHOLIC
HIGH SCHOOL

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Archive photo from 1967 Lepanto Yearbook

