Norway-Vulcan Area Schools Athletics Handbook - 2025-2026

REVISION 2025



SCHOOL SONG

KNIGHTS OF OUR HIGH SCHOOL
WE PLEDGE TO YOU OUR LOYALTY
WAVING OUR COLORS HIGH
FOR EVERYBODY TO PLAINLY SEE
U-RAH-RAH
HOW PROUD WE ARE OF YOU
TO HAVE THE SPIRIT TO WIN EVERY GAME
THEY KNOW WHAT WE'RE MADE OF
SO _____ AFRAID OF
THE NORWAY KNIGHTS.

YEAH NAVY
YEAH WHITE
YEAH NORWAY
FIGHT, FIGHT, FIGHT

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Norway Jr / Sr High School
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Superintendent of Schools: Mr. Bruce Tapio
Jr / Sr High School Principal: Mr. Tony Adams
Athletic Director: Mr. Tony Adams
School Colors: Navy / White / Old Gold
Team Nickname: "Knights"
MHSAA: Class C
Conference Affiliation: Skyline Central Conference

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INTRODUCTION

This booklet was designed to answer some of the most frequently asked questions about our interscholastic athletic program. We believe that parents as well as athletes must know the regulations governing student participation.

Participation in athletics is a privilege, not a right. The athlete must earn this privilege through dedication, desire, and discipline. Without the pursuit of these, the athlete can in no way do justice to himself/herself or the school. The athlete must be disciplined in order to be a good citizen and capable of achieving athletic excellence. Norway High School believes that the tradition of winning is established and maintained upon these principles. The following "Athletic Policies" must be understood and agreed to between the school, the student athlete, and parents.

If you feel you would like further clarification on some of the items we address, or if you feel we have omitted some things that would be beneficial to all, please contact the Athletic Office (563-9542). We would be happy to share your opinions, and perhaps include your ideas in a subsequent printing of this booklet.

ATHLETIC DEPARTMENT PHILOSOPHY

Norway High School has dedicated itself to the development of the total student athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Students, if they dedicate themselves to our program, will be given the opportunity through extensive training, excellent equipment and good coaching to reach their maximum potential, athletically.

Our goals are to produce young men and women who have the capacity to be successful citizens in our highly competitive society. We are committed to achieve this goal. We also want students to leave Norway-Vulcan and be able to say that they were proud to have been a part of Norway-Vulcan Athletics.

PHILOSOPHY OF ATHLETICS

A great tradition is not built overnight. It takes the hard work of many people over many years. Through the years Norway-Vulcan teams have won district, regional and state championships. Many records have been set by individuals and teams, and further distinction has been earned through district and state competition.

Members of an interscholastic team have a definite responsibility to contribute to that tradition for their school, thereby gaining personal satisfaction.

The role in contributing to a tradition, which brings honor to students, school and community, is worthy of the best efforts of all concerned.

Within this context, it is the purpose of the school's athletic program to foster and to promote:

1. Appropriate physical, social and psychological development.

2. The ideals of competition, teamwork and sportsmanship while achieving the twin goals of success and participation.

3. The development of self-confidence, self-discipline, organization, decision making skills and goal orientation.

4. The concept of an integral relationship between a sound mind and sound body leading to a lifetime appreciation for physical fitness and good health habits.

5. A positive feeling of school loyalty and pride which can be shared by all participants, other students, parents, coaches and the community as a whole.

6. The development of self-esteem and a healthy self-concept. Regardless of the role students play on a team, they should complete their experience in athletics feeling good about themselves.

OBJECTIVES

For the Athlete:

1. To use the opportunity to learn new athletic activities.

2. To improve playing skills.

3. To develop physical vigor and desirable habits in health and safety.

4. To develop friendships with squad members.

5. To learn and exemplify good sportsmanship.

6. To develop the realization that athletic competition, like life, accords privileges and definite responsibilities.

7. To develop friendship and social experience through contests with schools in other communities.

8. To learn that striving to win is of the utmost importance to a young person, and that in the pursuit of victory, a violation of a rule brings a penalty, as it does in the game of life.

PURPOSE OF THE ATHLETIC PROGRAM

The athletic program is to aid in the basic aim of education. It is to be conducted by the school, for the athletes first, the students second, and the community third.

The contest demands:

1. Fair play at all times.
2. A square deal to opponents by players and spectators.
3. Playing for the joy of playing and for the success of the team.
4. Playing hard to the end.
5. Respect for officials and the expectation that they will enforce the rules.
6. Keeping one's head and PLAYING the game, not TALKING it.
7. That the athlete will not quit, cheat, bet, "grandstand" or abuse the body.

The school demands:

1. The realization that academics come first. Athletics, as important as they may be, are secondary.
2. Out-of-school and out-of-town conduct of the highest type.
3. Faithful compliance with school policies and regulations as practical evidence of loyalty to school and team.
4. Complete observance of training rules as a duty to the school team and self.

Sportsmanship demands:

1. Treatment of visiting teams and officials as guests and the extension of every courtesy to them.
2. Giving opponents full credit when they win and learning to correct one's own faults through his failures.
3. Modesty and consideration when one's team wins.
4. An athlete will not "crow" when his team wins or blame the official when it loses.

ROLE OF "WINNING"

Winning in athletics is of great importance. However, that role is of a specific nature and keeping it in that proper perspective is critical. An athlete should strive to develop "the will" to win as you develop as a person. This helps you to do the things necessary to approach your full potential. The pride developed through such an attitude will build

consistency in performance and in your character as a person. Winning is not everything, but pride and the desire to excel is critical.

CODE OF CONDUCT

The conduct of an athlete is closely observed in many areas of life. We believe that it is the duty of everyone concerned with Norway-Vulcan athletics to:

1. Stress the values derived from fair play.
2. Show respect for the integrity and judgment calls of officials.
3. Recognize that the purpose of athletics is to promote the physical, moral, mental, social and emotional well-being of the individual participants.
4. Become familiar with the rules of the game and the school's standards for eligibility.
5. View an athletic contest in perspective, as a game rather than a "do or die" effort.
6. Downplay those contingencies which tend to lessen the highest values of the game.
7. Stress the highest ideals of ethical conduct, sportsmanship, and fair play.
8. Show courtesy and respect to all visiting teams and officials.
9. Encourage the development of leadership, initiative, and good judgment in all team members.
10. Establish a cordial and friendly relationship between the host team and visiting team.

GENERAL TEAM EXPECTATIONS

- Squad members are to be punctual for practice, contests, buses, and meetings.
- All participants should be home at a reasonable time. Parents are urged to assist the coaches in enforcement of reasonable established curfews.
- All practice sessions are mandatory. Unexcused absence could result in suspension. Excessive absences will result in dismissal from the team.
- It is the athlete's responsibility to inform their coach personally if they will be absent from a practice or contest before the scheduled time of such practice or contest. Do not send word with someone else.
- Dress and appearance of a participant should be fitting both in school and on road trips when representing Norway. Students are prohibited from wearing any clothing that advertises alcohol, tobacco or drugs at practices or any sporting events.
- Before an athlete is eligible to try-out for the next sport, all commitments related to the previous sport must be completed to the satisfaction of the athletic department.
- Individual sports and squads may have rules in addition to those listed as determined by the coach. They shall be given to squad members and explained by the coach at the start of each season.

TRAINING RULES

Interscholastic athletics are completely extra-curricular in nature and exist solely through voluntary participation. When a student elects to participate in such voluntary activities, he commits himself to a level of dedication beyond that expected of those who choose not to participate.

By breaking training the athlete is breaking a trust to himself, parents, team, school, coach, faculty, and community. Due to the fact athletes have a major influence on the youth of our community, it is necessary to have a policy in regard to training regulations at Norway-Vulcan Area Schools. These rules involve the use of alcohol, tobacco, and illegal drugs. It shall be a violation of training rules for a student athlete to:

1. Use or consume alcoholic beverages, drugs, narcotics or tobacco, including synthetic substances.
2. To knowingly have in his/her possession alcoholic beverages, drugs, narcotics or tobacco.
3. Vaping, regardless of ingredients, possession/use of vaping paraphernalia.

The Athletic Council consisting of the Principal, Athletic Director, and three (3) coaches shall determine by majority vote if a violation of training rules has occurred. The committee shall make and conduct such investigation and hearings, formal or informal, as it shall see fit.

The above procedure will not be necessary if the student athlete admits his/her involvement and accepts the penalty.

PENALTIES FOR VIOLATIONS OF THE ATHLETIC CODE

A. First Offense:

1. The student will be suspended for twenty-five (25) percent of the total scheduled interscholastic contests (play dates) in a sport for which he/she is scholastically and athletically eligible to compete. Athletic eligibility means that the student meets all team requirements stipulated by the coaches.

A) Students cannot fulfill their suspension in a sport unless they have participated in that sport for the entire season.

B) Because of the shortness of the following sports: Boys/Girls Tennis and Golf, the athlete must attend all practices and participate in 75% of scheduled contests to meet the violation requirements. A student athlete who commits a violation during the season of these sports will be subject to a penalty the same as other sports.

B. Second Offense:
If occurring within one calendar year from the first offense, the athlete will be suspended for one (1) year from all athletic contests.

Any absence the day of the game must be prearranged with the principal in order for the athlete to compete in the contest on that night.

When an athlete is in violation of the athletic code, first offense only, he/she must attend all practices and be with the team (not in uniform) for all of the suspended play date(s) in order to fulfill suspension requirements.

Penalties from seventh/eighth grade violations will not carry over to high school.

Students that receive an athletic code violation are not eligible to receive Norway High School Team or Athletic Department awards (Not including letters, pins, certificates when applicable) in the school year the violation suspension started.

OTHER UNACCEPTABLE BEHAVIOR

All other offenses, serious in nature, including larceny, assault, vandalism, conviction of a crime or other inappropriate behavior will be read to the athletic council. Conviction of a crime is not necessary for a student's behavior to be considered unacceptable behavior.

Penalty for the above inappropriate behavior can result in:

A. Suspension for a part of a sport season which could carry over to the next sport season-not to exceed 12 months.

B. Removal from the current squad.

C. Other corrective/rehabilitation action as determined by the Athletic Council.

RIGHT OF APPEAL

The athlete and parent or legal guardian shall have the right to petition to have his/her case reviewed. The appeal shall be in writing and sent to the athletic director within three days of official notification of violation of the athletic code. The athletic director will arrange for an appeal hearing with the school board.

ADMISSION OF VIOLATION

If an athlete comes forward about a violation or admits to the violation, the penalty will decrease by 50%. If an athlete has been caught or charged with a violation of the athletic code by a school or law enforcement official and turned in to school administration before the student admits, this section is **NOT** applicable.

ELIGIBILITY RULES

Each athlete:

1. Must be enrolled in school not later than the fourth Friday after Labor Day.
2. You will not have turned 19 before September 1st.
3. You have had a physical examination since April 15 and it is on file in the school office.
4. Must not be enrolled for more than eight semesters in high school (Grades 9-12).
5. Must be "receiving credit" or doing "passing" work in at least 66% of full credit load potential for a full-time student when checked. A student not meeting the 66% threshold will be ineligible for interscholastic scrimmages and contests for the next 7 days at a minimum from the original eligibility check and notification to the principal / athletic director.
    a. The minimum would be met, for example, by the following
        i. Passing 3 of 4 classes
        ii. Passing 4 of 5 classes
        iii. Passing 4 of 6 classes
        iv. Passing 5 of 7 classes
        v. Passing 6 of 8 classes
6. No student shall compete in an any interscholastic scrimmage or contest who does not have to his or her credit in the official records of the school to be represented, at least 66% of full credit load potential for a full-time student for the last semester / trimester during which he or she was enrolled in grades 9-12.
7. Using pacing as a guide for online student eligibility checks:
    a. Although online classes are sometimes self-paced, student-athletes must follow the course pacing guide and submit assignments accordingly.
    b. The Athletic Department will review weekly grade reports (via PowerSchool or online supervisor) to confirm students are keeping pace. Even if only a few assignments have been completed with high scores, the student may appear as failing if most other assignments are missing. For example, 25% of the time has expired so 25% of the work should be completed.
    c. Students who fall "off pace" (i.e. missing assignments relative to the pacing guide) may show up as failing and thus become academically ineligible for the next 7 days at a minimum.
8. You have not changed schools without a corresponding move by your parents and persons with whom you were living.

9. You have not received money or other valuable considerations for participating in MHSAA tournament sports – Maintain amateur status.
10. Must not participate in any non-school event at any time without checking first with the coach.
11. You have not competed in an all-star or national championship after having played for a high school team in the same sport.
12. Must abide by any and all other rules set forth by the Michigan High School Athletic Association and the Norway-Vulcan Area Schools concerning eligibility and participation.

AWARDS POLICY

The following criteria will be used for issuing athletic awards.

FRESHMAN*
Pins for each sport participated in
Freshman Certificate

SOPHOMORE* JV Letter
Pin for each sport participated in
JV Certificate

JUNIOR* Varsity Letter
Pin for each sport participated in
Varsity Certificate

SENIOR** Varsity Letter
Pin for each sport participated in
Varsity Certificate

- The two most cherished awards, the Quentin-Nolte and the Towe Castelaz awards are presented annually at the Booster Club Athletic Banquet to the outstanding senior male and female scholar/ athlete.

PHYSICAL EXAMINATION

Each athlete participating in sports must pass a current year physical examination (After April 15) The physician's signature must be on the physical card, the parents/ guardians must sign it, the athlete must sign it, and it must be on file in the school office.

The athlete must abide by any other rule concerning physical examinations set up by the Michigan High School Athletic Association, such as an examination following an injury.

INSURANCE

Every athlete is urged to carry some type of insurance of his own which will cover injuries, and in case of injuries, to file claims through his own personal insurance.

It is the responsibility of every athlete to report any and all injuries to the coach immediately for medical care. The school is not responsible for any doctor calls, regardless whether the injury was received in athletics or not.

POLICY ON TRANSPORTATION / TRIPS

All athletes will go to and from the contest when transportation is provided by the school. Norway-Vulcan Area Schools standard procedures may call for alternate transportation to/from certain sporting events, with the following conditions:

- Students (with a valid driver's license) may drive themselves to events at Breitung Township Schools, Iron Mountain Public Schools, School District of Niagara, and to Hermansville for baseball.
- Adult (at minimum 18 years old, non-student with a valid driver's license) transportation for predetermined athletic events within a 40-mile radius for Fall and Spring sports along with other events designated by the Norway Athletic Department throughout our sport seasons.
- Completed waiver forms to the appropriate coach and filed in the Norway Athletic Department.
- Parents / Guardians will inform the head coach if their student-athlete is not using school provided transportation at the conclusion of the event.

Expectations:
1. Be on time. When the athlete fails to be on time, the athlete is not acting as part of the team, and therefore, cannot be considered as part of it for that contest.
2. Athletes must dress as specified by the coach.
3. Athletes should conduct themselves as gentlemen and ladies at contests and remember the purpose of the athletic program.
4. On overnight trips, athletes are carrying the name of the school and town with them; do it justice. Athletes will be advised individually on eating and sleeping.
    a. Coaches will provide an itinerary for the trip which will be approved by the Norway Athletic department.

EQUIPMENT/UNIFORMS

Athletes are responsible for ALL equipment and uniforms issued to them by their coach. The use of school equipment is important. We are committed to purchasing the best at

all times. If you destroy, lose or steal equipment then you are taking from yourself and your teammates. Each athlete is financially responsible for all equipment.

School athletic clothing issued to students is to be worn in direct connection with school athletic activities only. Possession of equipment from other schools or sports within Norway-Vulcan School will be unacceptable. We ask the parents of our athletes not only to launder all school uniforms and equipment issued to them, but also to maintain them in a good state of repair. If parents have any questions concerning the proper care of the uniforms issued, please contact the coach. Most of our uniforms are relatively new and for the most part are made from synthetic fibers. We ask that bleach not be used in the laundering of these uniforms. Athletes have to provide their own shoes, socks, athletic supporters and practice gear when appropriate.

USE OF FACILITIES

The school athletic facilities are open to the athletes for their use. It is important to emphasize to all athletes their responsibilities as squad members to take good care of school equipment and facilities, and to report any abuses to their coach. **At no time are athletes to use school equipment and facilities without authorized supervision.**

POLICY FOR SNOW DAYS AND SCHOOL CLOSING

Inclement weather causing cancellation or early dismissal of school will cancel all previously scheduled practices. Primary consideration will be given to participants safety with regards to road conditions, weather forecast and other factors.

Athletic contests may be played if weather conditions become safe later in the day. Primary consideration will be given to participants safety with regards to road conditions, weather forecast and other factors.

BOOSTER CLUB / CEREMONY

The Norway Knights Athletic Booster Club is very supportive of our athletic programs. The Athletic Department encourages each athlete and his or her family to become a member and become involved with our Booster Club. Each spring the Booster Club sponsors a sports ceremony to honor all Norway High School athletes. At this ceremony, most individual athletic awards are presented.

Communication Protocol

The District has full faith in its coaches to make decisions that are in the best interest of their teams. If parents have questions or concerns about their student-athletes' sports participation and it is not an emergency, use the following protocol:

1. Wait 24 hours before contacting the coach.
2. Schedule a time to speak with the coach, either via phone or in person, at the coach's discretion.
3. If the issue is unresolved, schedule a time to meet with the Athletic Director, either via phone or in person, at the Athletic Director's discretion.

Concussion Protocol

Before allowing a student to participate in any athletic activity, the District will annually:

1. Provide the MHSAA educational materials on concussion awareness to each student and to the student's parent; and
2. Obtain a statement signed by each student and respective parent acknowledging receipt of the MHSAA concussion awareness materials. The District will maintain this signed statement for 5 years or until the student is 18, whichever is longer.

TEN GUIDELINES FOR PARENTS, COACHES, and PLAYERS

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.

3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.

4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.

5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.

6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.

7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.

8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.

9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky, in this."

PARENTS' CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics.

- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will be a good role model of emotional maturity.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by being a respectful fan, and by providing assistance whenever and wherever I am able.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demonstrate good sportsmanship by keeping all my comments to players, coaches, and officials positive.
- I will remember that the game is for the participants and not for parents, and I will do my very best to make youth sports fun for my child.

The above guidelines are offered to parents in hopes that the youth sports experience will be rewarding for parents and children alike. Constructive criticism is welcome when it is motivated by a sincere desire to improve the quality of the program. With this understanding, it is hoped that concerns and complaints will be resolved at the lowest level.

When resolution is unsuccessful, the following procedures should be observed in a complaint:

1. In all cases coaches should be the parent's first contact. The contact should be private and appropriate.
2. If you have not satisfactorily resolved the issue, contact the Athletic Director.

SPORTS OFFERINGS

SEASON	SPORT	GRADE LEVEL
FALL	FOOTBALL	VARSITY/JV
	GIRLS VOLLEYBALL	VARSITY/JV
	X-COUNTRY (Boys / Girls)	VARSITY (9th - 12th)
	FOOTBALL CHEERLEADING	VARSITY/JV
	BOYS SOCCER	VARSITY/JV
	GIRLS BASKETBALL	JR HIGH (7th & 8th)
	X-COUNTRY (Boys / Girls)	JR HIGH (6th - 8th)
WINTER	BOYS BASKETBALL	VARSITY/JV
	GIRLS BASKETBALL	VARSITY/JV
	WRESTLING (Boys / Girls)	VARSITY (9th - 12th)
	SWIMMING (Boys / Girls)	VARSITY (9th - 12th)
	COMP. CHEER	VARSITY/JV
	HOCKEY (Boys / Girls)	VARSITY/JV
	SKIING (Boys / Girls)	VARSITY (9th - 12th)
	BOYS BASKETBALL	JR HIGH (7th & 8th)
SPRING	TRACK (Boys / Girls)	VARSITY (9th - 12th)
	GOLF (Boys / Girls)	VARSITY (9th - 12th)
	BOYS TENNIS	VARSITY (9th - 12th)
	BASEBALL	VARSITY (9th - 12th)
	SOFTBALL	VARSITY (9th - 12th)
	GIRLS SOCCER	VARSITY/JV
	TRACK (Boys / Girls)	JR HIGH (7th & 8th)
	GIRLS VOLLEYBALL	JR HIGH (7th & 8th)

Pay to Participate / ACTIVITY FEE is due PRIOR to the THIRD COMPETITION

	Per Student / Sport	Reduced Fee	No Fee
Fall: Football, Tennis, Volleyball, Cross Country. Football Cheer	$45.00	$20.00	$0
Winter: Basketball, Wrestling, Competitive Cheer	$45.00	$20.00	$0
Spring: Track, Golf, Baseball, Softball	$45.00	$20.00	$0
Yearly Cap **Yearly Cap for families with 3 or more players**	$100.00 $240.00	$50.00 N/A	$0 $0

Season Athletic Passes

High School Pass		**Combination High School & Middle School Pass**	
Family Pass	$85	Family Pass	$105
Adult Couple	$75	Adult Couple	$100
Single Adult	$45	Single Adult	$60
Senior Citizen (age 62+)	$25	Senior Citizen	$25
Student	$30	Student	$35

*Passes are honored at all HOME regular season games & may be purchased in the high school office!

Dual Sport Athletes

If a student is participating in more than one sport occurring in the same season, they must complete a two-sport athlete form and turn in to the high school office.The purpose of this document is to declare which sport will take precedence. Forms are available in the high school office.

Reminder to complete the Participation Fee / Athletic Handbook / MHSAA Disclosure Consent form and return promptly to the Norway Jr / Sr High School Office.