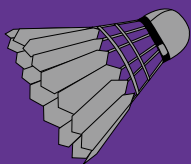


# ***ATHLETIC HANDBOOK***

**2023-2024**



## **RRHS *sports* CLUB**

***AFTER-SCHOOL  
ACTIVITIES***





## **TABLE OF CONTENTS**

### **I. CORE VALUES OF RRHS ATHLETICS**

### **II. INTERSCHOLASTIC PROGRAMS**

### **III. CODE OF CONDUCT AND STUDENT RESPONSIBILITIES**

#### **1) ACADEMIC RESPONSIBILITY**

#### **2) CONDUCT AND BEHAVIOUR**

#### **3) PAYMENT OF FEES AND UNIFORM DEPOSIT**

#### **4) TRANSPORTATION**

#### **5) INSURANCE**

#### **6) CONCUSSION PROTOCOLS**

### **IV. PAYMENT FEES AND UNIFORM DEPOSIT FORMS**

### **V. SPORTS GALA AND AWARDS : NIGHT OF THE KNIGHTS**

### **VI. ENGAGEMENT IN THE COMMUNITY**

### **VII. FUNDRAISING**

### **VIII. ATHLETIC CONTACTS**

# **INTERSCHOLASTIC PROGRAMS**

**OUR SPORTS TEAMS COMPETE IN THE EASTERN TOWNSHIP  
INTERSCHOLASTIC ATHLETIC CONFERENCE AND THE RESEAU DU SPORT  
ÉTUDIANT DU QUÉBEC. WE ALSO PARTICIPATE IN TOURNAMENTS  
THROUGHOUT THE YEAR. (ANDERSON-BAILEY)**

## **E.T.I.A.C. AGES ALL SPORTS :**

**BANTAMS: 12-13 YEARS OLD (OCTOBER 1, 2011- SEPTEMBER 30, 2012)**

**JUNIORS: 14-15 YEARS OLD (OCTOBER 1, 2009 - SEPTEMBER 30, 2010)**

**SENIORS: 16-18 YEARS OLD (OCTOBER 1, 2007- SEPTEMBER 30, 2008)**

## **R.S.E.Q. AGES ALL SPORTS**

**ATOME: SEC 1 - 12 YEARS OLD (OCTOBER 1, 2011- SEPTEMBER 30, 2012)**

**BANTAMS: SEC 2- 13 YEARS OLD ( OCTOBER 1, 2010- SEPTEMBER 30TH, 2011)**

**JUNIORS: SEC 3- 14-15 YEARS OLD (OCTOBER 1 2009 - SEPTEMBER 30, 2010)**

**SENIORS: SEC 4-5 - 16-17 YEARS OLD (JULY 1, 2006 - SEPTEMBRE 30, 2007)**

## **FALL SPORTS: (SEPTEMBER- OCTOBER)**

**SOCCER E.T.I.A.C**

**CROSS-COUNTRY RUNNING E.T.I.A.C & R.S.E.Q**

## **WINTER SPORTS (OCTOBER-APRIL)**

**BASKETBALL E.T.I.A.C & R.S.E.Q**

**SWIM TEAM E.T.I.A.C & R.S.E.Q**

**CURLING E.T.I.A.C**

**HOCKEY**

**BADMINTON E.T.I.A.C**

**VOLLEYBALL**

## **SPRING SPORTS (MARCH-JUNE)**

**BASEBALL**

**RUGBY E.T.I.A.C & R.S.E.Q**

**GOLF E.T.I.A.C**

**<<BEING PART OF A TEAM CAN BE LIFE-CHANGING. THE SUCCESS OF RRHS  
ATHLETICS PROGRAM STEMS FROM STUDENT-ATHLETES WHO LIVE AND  
BREATHE OUR CORE VALUES OF RESPECT, RESPONSIBILITY, HEALTHY  
COMPETITION AND SAFETY. FROM PRACTICE TO GAME DAY, OUR ATHLETES ARE  
COACHED TO COMPETE WITH CHARACTER. BY SUPPORTING THEIR  
TEAMMATES, STUDENT ATHLETES DISCOVER THEMSELVES AND CULTIVATE  
PRICELESS LIFE SKILLS >>  
MR. ALEXANDRE CORRIVEAU**

# **PAYMENT FEES AND UNIFORM DEPOSIT FORMS**

## **FALL SPORTS: (SEPTEMBER- OCTOBER)**

<b>SOCCER</b>	<b>75 \$</b>
<b>CROSS-COUNTRY RUNNING</b>	<b>20 \$</b>

## **WINTER SPORTS (OCTOBER-APRIL)**

<b>BASKETBALL</b>	<b>150 \$</b>
<b>SWIM TEAM</b>	<b>25 \$</b>
<b>CURLING</b>	<b>25 \$</b>
<b>HOCKEY</b>	<b>60 \$</b>
<b>BADMINTON</b>	<b>30 \$</b>
<b>VOLLEYBALL</b>	<b>40 \$</b>

## **SPRING SPORTS (MARCH-JUNE)**

<b>BASEBALL</b>	<b>50\$</b>
<b>RUGBY</b>	<b>70\$</b>
<b>GOLF</b>	<b>FEE/GAME</b>

## **TRANSPORTATION IS FREE**

**AFTER-SCHOOL LATE BUS -DRUMMONDVILLE,  
VALCOUT, DANVILLE & VAL-SAINT-FRANCOIS**