

RICHMOND REGIONAL
HIGH SCHOOL

EXTRACURRICULAR ACTIVITIES

RRHS sports, clubs and activities
for 2023-2024



The **RRHS KNIGHTS** are on the lookout for new talent to join our teams/clubs.

Being a KNIGHT is to be *Responsible, Respectful, Healthy and Safe.*

SPORTS

SOCCER

STARTS IN SEPTEMBER-ENDS IN NOVEMBER (E.T.I.A.C LEAGUE)

RUNNING CLUB / CROSS-COUNTRY

E.T.I.A.C & R.S.E.Q. WE ALSO PREPARE STUDENTS FOR UNIQUE CHALLENGES, LIKE OTTAWA RACE WEEKEND. WE HAVE TAKEN PART IN A POLAR HERO AND IN THE DEFI PIERRE LAVOIE AU SECONDAIRE.

BASKETBALL

STARTS IN NOVEMBER-ENDS IN MARCH
BOTH R.S.E.Q & E.T.I.A.C LEAGUES

HOCKEY

STARTS IN DECEMBER, OUR HOCKEY TEAM FOCUSES ON DEVELOPING SKATING AND STICK HANDLING SKILLS.

VOLLEYBALL

NEW PROGRAM- INTRODUCTION TO THE SPORT WHILE OFFERING SKILL DEVELOPMENT AND FRIENDSHIPS

CURLING

STARTS IN NOVEMBER - ENDS IN FEBRUARY
USUALLY 6 MATCHES AND 1 TOURNAMENT (E.T.I.A.C)

SWIM TEAM

GROUP OF SWIMMERS WHO TRAIN AND COMPETE TOGETHER AT THE
TOURNESOL H.S. (E.T.I.A.C)

BADMINTON

STARTS IN MARCH-ENDS IN APRIL - 2 TOURNAMENTS (E.T.I.A.C)

BASEBALL

IF YOU LOVE BASEBALL AND WANT TO WEAR A KNIGHTS UNIFORM, THEN THIS IS THE SPORT FOR YOU!

RUGBY

E.T.I.A.C & R.S.E.Q - SPRING SEASON - 2022 RSEQ CHAMPIONS

ROUNDTABLE PLAYERS

THERE ARE TWO DIFFERENT GROUPS OF STUDENTS GROUPS: THE PERFORMERS AND THE DESIGNERS/TECHNICIANS.

Q.S.A

A SAFE PLACE FOR LGBTQ2S+ AND THEIR ALLIES TO BUILD COMMUNITY AND ORGANIZE AROUND ISSUES THAT IMPACT THEM.

ROBOTICS

AFTER SCHOOL ACTIVITY- 1 DAY PER WEEK TO PREPARE AND PARTICIPATE IN THE INTERNATIONAL FLL ROBOTICS COMPETITION. YOU DON'T HAVE TO BE A MEMBER OF THE ROBOTICS PASSION TO JOIN.

LA PROCURE

FONDÉE EN 2012 PAR UN GROUPE D'ÉLÈVES, LE MAGASIN SCOLAIRE EST AU CENTRE DE L'ÉCOLE ET SE FAIT UN PLAISIR DE VOUS SERVIR EN FRANÇAIS. (MADAME DUBÉ)

WEIGHT ROOM TRAINING

NEWLY RENOVATED- SUPERVISED BY A TRAINER, YOU WILL BE ORIENTED ON THE VARIOUS CARDIOVASCULAR AND WEIGHT TRAINING EQUIPMENT, AND BE PROVIDED BASIC LEVEL WORKOUT PLANS.

LINE DANCING

A LINE DANCE IS A CHOREOGRAPHED DANCE WITH A REPEATED SEQUENCE OF STEPS

INTRAMURAL SPORTS

DEPENDING ON THE SPORT, MOST INTRAMURAL GAMES TAKE PLACE AT LUNCHTIME IN THE GYM (VOLLEYBALL, DEK HOCKEY, BADMINTON, BASKETBALL, FUTSAL, DODGEBALL)

TRAVEL CLUB

FRANCE 2023-2024 - ONGOING FUNDRAISING

SURF TRIP 2023 NEW HAMPSHIRE U.S.A.

MUSIC ROOM AT LUNCH & MUSIC PROJECTS

SECONDAIRE EN SPECTACLE AND THE TALENT SHOW WILL BOTH OFFER YOU GREAT OPPORTUNITIES TO PERFORM LIVE IN FRONT OF AN AUDIENCE!

MAKERSPACE

THE MAKERSPACE IS LOCATED NEXT TO THE LIBRARY. STUDENTS CAN COME IN AT LUNCHTIME TO CREATE AND HAVE FUN. AT THE MOMENT, WE HAVE AN ARTS & CRAFTS TABLE, AN ELECTRONIC CIRCUIT BOARD FOR MAKING OVER 500 PROJECTS, PROGRAMMABLE ROBOTS, A KNITTING AND SEWING CORNER, AND A K'NEX BUILDING AREA.

GAME ROOM

A ROOM FOR RELAXING OR SOCIALIZING FURNISHED WITH A POOL TABLE, PING-PONG TABLE AND VIDEO GAMES

STUDENT COUNCIL

TEACHERS WORKING WITH STUDENT EXECUTIVES FROM SEC. 5, AND REPS FROM SEC. 1-4 TO PROMOTE SCHOOL SPIRIT AND SCHOOL-BASED ACTIVITIES AS WELL AS RUN FUNDRAISERS. (2 DAYS/CYCLE)

TUTORING

STARTS SOON AND IT GOES TO THE END OF THE YEAR.

LATE TRANSPORTATION IS OFFERED FOR FREE TO GO BACK TO DRUMMONDVILLE AND DANVILLE AREAS

FOR MORE INFORMATION:
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