

RICHMOND REGIONAL  
HIGH SCHOOL

# EXTRACURRICULAR ACTIVITIES

RRHS sports, clubs and activities  
for 2024-2025



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.O. 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.O & E.T.I.A.C LEAGUES

## ICE HOCKEY

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

## VOLLEYBALL

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)

## DEK HOCKEY-HOCKEY BALLE

R.S.E.O. 3 VS 3 LEAGUE STARTS IN APRIL

## 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.O - SPRING SEASON -

## **ROUNDTABLE PLAYERS**

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

## **TRAVEL CLUB**

**SCOTLAND - ENGLAND 2024-2025 - ONGOING FUNDRAISING**

## **Q.S.A**

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

## **KITCHEN BRIGADES (PASSION)**

**WEEKLY COOKING COMPETITION WHERE STUDENTS LEARN CULINARY SKILLS**

## **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 DUBE)**

## **ART ROOM**

**A SPACE WHERE YOU CAN COME EAT LUNCH AND WORK ON YOUR ART PROJECTS**

## **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)**

# **SURF TRIP 2024**

## **NEW HAMPSHIRE U.S.A. IN SEPTEMBER**

### **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.**

### **STUDENT LOUNGE**

**DESIGNATED AREA WHERE STUDENTS CAN RELAX, SOCIALIZE, STUDY AND HAVE TO BE BEFORE ACTIVITIES AFTER SCHOOL**

### **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.**

### **KNIGHTS CLUB**

**DEVELOPMENT OR STRENGTH/SKILL/SPEED/AGILITY SESSIONS-  
MULTI-SPORT WORK**

**LATE TRANSPORTATION IS OFFERED FOR FREE TO GO BACK TO DRUMMONDVILLE AND DANVILLE, VALCOURT, VAL-DES-SOURCES & WINDSOR AREAS**

**FOR MORE INFORMATION:  
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