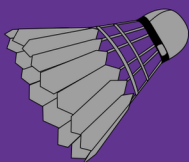


ATHLETIC HANDBOOK

2025-2026



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, 2012- SEPTEMBER 30, 2013)

JUNIORS: 14-15 YEARS OLD (OCTOBER 1, 2011- SEPTEMBER 30, 2012)

SENIORS: 16-18 YEARS OLD (OCTOBER 1, 2009- SEPTEMBER 30, 2010)

R.S.E.Q. AGES ALL SPORTS

ATOME DU 1ER OCTOBRE 2012 AU 30 SEPTEMBRE 2013

BENJAMINE DU 1ER OCTOBRE 2011 AU 30 SEPTEMBRE 2012

CADET DU 1ER OCTOBRE 2010 AU 30 SEPTEMBRE 2011

JUVÉNILE DU 1ER JUILLET 2007 AU 30 SEPTEMBRE 2010

FALL SPORTS (SEPTEMBER-OCTOBER)

BASEBALL	LIGUE SCOLAIRE
CROSS-COUNTRY RUNNING	E.T.I.A.C & R.S.E.Q
SOCCER	E.T.I.A.C
ULTIMATE FRISBEE	R.S.E.Q

WINTER SPORTS (OCTOBER-APRIL)

BASKETBALL	E.T.I.A.C & R.S.E.Q
SWIMMING	E.T.I.A.C & R.S.E.Q
CURLING	E.T.I.A.C
HOCKEY	LIGUE SCOLAIRE
VOLLEYBALL	E.T.I.A.C

SPRING SPORTS (MARCH-JUNE)

BASEBALL	LIGUE SCOLAIRE
BADMINTON	E.T.I.A.C
RUGBY	E.T.I.A.C & R.S.E.Q
GOLF	E.T.I.A.C
FLAG-FOOTBALL	E.T.I.A.C & R.S.E.Q
DEK HOCKEY	R.S.E.Q

**<<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
GOACHED TO COMPETE WITH CHARACTER. BY SUPPORTING THEIR TEAMMATES,
STUDENT ATHLETES DISCOVER THEMSELVES AND CULTIVATE PRICELESS LIFE
SKILLS >> MR. CORRIVEAU**

REGISTRATION SPORTS FEES

FALL SPORTS: (SEPTEMBER- OCTOBER)

SOCCER	80	\$
CROSS-COUNTRY RUNNING	60	\$
BASEBALL	50	\$
ULTIMATE FRISBEE	100	\$

WINTER SPORTS (OCTOBER-APRIL)

BASKETBALL	150	\$
SWIMMING	100	\$
CURLING	60	\$
HOCKEY	80	\$
VOLLEYBALL	100	\$

SPRING SPORTS (MARCH-JUNE)

BADMINTON	60	\$
BASEBALL	100	\$
RUGBY	100	\$
GOLF	FEE/GAME	
FLAG-FOOTBALL	100	\$
DEK HOCKEY	100	\$

TRANSPORTATION IS FREE

**AFTER-SCHOOL LATE BUS -DRUMMONDVILLE,
VALCOUT, DANVILLE & VAL-DES-SOURCES**