

***RICHMOND REGIONAL
HIGH SCHOOL***

EXTRACURRICULAR ACTIVITIES

RRHS sports, clubs and activities for
2025-2026



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.

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**

ROUNDTABLE PLAYERS

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

TRAVEL CLUB

COSTA RICA 2025-2026 - 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'ELEVES, 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 2025

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, DANVILLE, VALCOURT, VAL-DES-SOURCES AND WINDSOR AREAS

**FOR MORE INFORMATION:
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