

A low-angle photograph of a basketball hoop. The hoop is dark blue, and the ball is orange with black lines. The net is white. The background is a clear, bright blue sky. The text "RSEQ and Sports at LRHS" is overlaid in white on the left side of the image.

RSEQ and Sports at LRHS

Introduction Meeting

Information on RSEQ

There are different
Levels in which
students can be
registered for:

Benjamin - Usually
secondary 1 and 2 -
Junior

Cadet – Usually
secondary 3 and
sometimes 4

Juvenile – Usually
secondary 4 and 5 –
Senior

It is important to note
that we have about 200
students participating
in a sports , whether
RESQ or not

Information on RSEQ



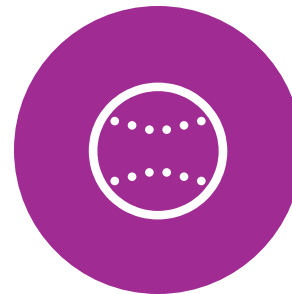
Senior boys basketball and senior futsal are going to play their games on weekday evenings.



Volleyball and flagfootball will play their games on weekends, either Saturday or Sunday, in a tournament style with a minimum of 2 games/tournament



Hockey is also played tournament style, but during the school day. By default, students playing hockey will miss school.



For Hockey, teams play between 8-10 games per season depending on the size of the league with play with.

Information on RSEQ



Seasons runs from late October through March for basketball, futsal, and volleyball.



For specific sports like flag football, we have two short seasons at the beginning of the year and in the spring. Sometimes, the schedule can be done over three weeks, and the season is over.



For these kinds of sports, we will have a fall season and a spring season.



These are individual seasons. They are not co-dependent.



Teams that make the playoffs usually play into April.



We generally do not rent team buses unless the distance to travel is over 75 km as the cost is somewhat prohibitive for the number of students needing the bus.

Information on RSEQ

- These are the teams we have registered so far with the RESQ
 - 6 Volleyball teams (2 masculine – 4 feminine)
 - 5 basketball teams (3 masculine – 2 feminine)
 - 5 flag football fall teams (2 masculine – 3 feminine)
 - 1 hockey team (secondary 1 and 2 masculine and feminine combine**)
 - 2 futsal teams (1 masculine – 1 feminine*)

Information on RSEQ

*FOR THE FUTSAL FEMININE TEAM, WE MAY HAVE TO WITHDRAW AS THERE ARE NOT ENOUGH SCHOOLS REGISTERED FOR DIVISION 4. THE RESQ HAS OFFERED US TO JOIN DIVISION 3, BUT WE ARE NOT SURE THAT OUR CALIBER OF COMPETITION FITS THIS LEVEL. THE TEAM IS IN DISCUSSION PROCESS.



** FOR HOCKEY, THERE IS A POSSIBILITY OF JOINING ANOTHER LEAGUE THAT IS CALLED FOR THE MOMENT, PHANTOM LEAGUE M18. WE ARE WAITING TO SEE HOW MANY TEAMS WILL REGISTER FOR THIS AGE GROUP.

Schedule for the Day of The Weeks at School

Monday	Tuesday	Wednesday	Thursday	Friday
Junior A Boys Basketball	Cadet Girls A Volleyball	Senior Girls Futsal	Senior Boys Basketball	Senior Boys Futsal
Junior B Boys Basketball	Senior Girls Volleyball	Cadet Girls Basketball	Junior Girls Volleyball	
Cadet Boys Volleyball	Senior Boys Volleyball	Junior Girls Basketball	Cadet Girls B	
Kitchen Brigade	Haltérophilie	Artificial Intelligence Club First Wednesday of every month	Volleyball	

Cost for RSEQ and Sports at LRHS

COST	SHORT DESCRIPTION	DESCRIPTION
125.00\$	ONE WINTER SPORT	RSEQ One Winter Sports
160.00\$	FLAG AND 1 WINTER SPORT	RSEQ Flag Football and One Winter Sports
175.00\$	RSEQ FAMILY COMBO	Multiple Sports Family Combo RSEQ
235.00\$	RSEQ MULTIPLE SPORTS	RSEQ Multiple Winter Sports and Flag Football
35.00\$	FLAG FOOTBALL	RSEQ Flag Football Fall

What does the Price we charge to Families Include



A part of the RESQ registration fees: Each year, the RESQ is charging us for a fee that confirms we are part of the league, and therefore part of their calendar/schedule.



As much as possible, RESQ will provide referees, but sometimes, they will ask us to find our own. It is not a given that every sports will have a referee covered.



A part of the transportation: Whether late day bus or transportation to a game (75 km or more). As you are aware, the late day bus transportation is free of charge for the families. However, with the budget cuts, the amount of money given for transportation is not enough to cover all the total amount of transportation.



A part of the coaches: Every year we pay the coaches a certain amount. That is determined by number of teams and number of months.

Late Day Transportation

- Because of budget cuts, we had originally mentioned no late day bus at all. In July, the government changed the parameters, and a little more money could be kept aside for the transportation file.
- We opted to start later in September with only two days a week. Following Thanksgiving weekend, we will be able to offer it from Monday to Thursday, either until we do not have more funds, or until the end of the regular season (end of March).
- Students must register for late day bus at the main office before 12:30 pm.
- Two purpose for this: Organization and reservation of the bus/taxis, and attendance purpose.
- All students must sign-up whether they use the transportation or they are getting picked-up.
- The routes are available on our website at <https://lrhs.swlauriersb.qc.ca/transportation/>.

Communication with Coaches

The coordinator of all RSEQ/sports at LRHS is Charlotte Turner. She can be reached at extension 8437 or by email at chturner@swlauriersb.qc.ca.

The information on the games and/or tournament will be mentioned by the respective coaches to the students. Each coach will make sure that they have a communication plan. For any questions unanswered, we suggest going through Ms. Charlotte Turner. The information can also be found on the RESQ <http://lrseq.ca>

As much as possible, we rely on advertising the successes and sometimes the lost games on Facebook/Instagram of the school.