



Athletics

Fall

Boys Soccer, Girls Soccer,
Football, Field Hockey,
Swimming, Volleyball, Boys
Cross Country, Girls Cross
Country

Winter

Boys Basketball, Girls
Basketball, Boys Indoor Track,
Girls Indoor Track,
Gymnastics, Winter Sports
Club

Spring

Baseball, Softball, Girls
Tennis, Boys Tennis, Boys
Lacrosse, Girls Lacrosse, Boys
Outdoor Track, Girls Outdoor
Track, Crew, Golf



Music

Valley Regional offers the
following opportunities for
students interested in music:

- Musical
- Chorus (class)
- Women's choir
- Madrigals
- Mad Men (Men's
choir)
- Band (class)
- Jazz band
- Pep band
- Percussion Ensemble



Valley Regional High School

Student Life



Valley Regional High School



256 Kelsey Hill Rd, Deep
River, CT 06417



Service Clubs

Valley Regional offers several programs to get our students involved in helping the community.

- Interact Club
- Eco Club
- Youth Action Council
- Leo Club
- National Honor Society
- World Food Program
- Student Council
- Steering Committee
- Warriors Helping Warriors

Academic & Other Clubs

Valley offers a wide variety of clubs

- Speech and Debate
- Mock Trial
- Spanish National Honor Society
- Math Team
- Peer Counseling
- Yearbook
- Women in Science
- Robotics
- 3D Printing Club
- Voices of Valley
- Gay Straight Alliance
- Valley TV