



# Rocklin Jr Thunder Cheer & Football Parent Handbook 2025

Welcome to Rocklin Jr. Thunder Football!!! We are looking forward to an exciting and successful 2025 season for all our players, coaches and parents. Rocklin Jr. Thunder is celebrating another year serving the youth of our community and is a program that remains dedicated to the continued physical and emotional growth of our members.

This season the Sierra Athletic Conference (SAC) Sierra Division consists of:

- Cosumnes Oaks Jr Wolfpack
- Destiny Christian Academy Jr Lions
- Folsom Jr Bulldogs
- Jesuit Jr. Marauders
- Oak Ridge Jr. Trojans
- Rocklin Jr Thunder
- St. Mary's Jr Rams

Rocklin Jr. Thunder strives to provide a positive and enriching environment with an emphasis on the development of well-rounded, independent and conscientious young people. Sportsmanship, respect for staff and others, and dedication to academics are all values Rocklin Jr. Thunder strives to impart in our youth. Many important life lessons can and will be learned on the field and it is our goal to provide a safe and respectful environment for that to take place.

Along with the Sierra Athletic Conference Charter and Rulebook the information contained in this handbook will help answer questions you may have about the program. It provides an outline of the rules and expectations of Rocklin Jr. Thunder participants. If you have any

additional questions, please contact a board member at [jrthunder.com](http://jrthunder.com) and we will do our best to assist you.

### **The Mission of Rocklin Jr. Thunder**

Rocklin Jr. Thunder (RJT) is a feeder program to Rocklin High School and the goal is to develop and promote the ideals of responsibility, character, hard work, sportsmanship, teamwork and fellowship within a safe and positive environment. These goals will be accomplished by providing a structured program designed to educate both participants and parents on all aspects of the sport of football and cheer. The individual growth of our community's children is enhanced through the spirit of competition, discipline and fair play. As an organization, we are committed to providing a program that maintains the highest standards and guarantees a fun, positive experience for everyone involved.

### **2025 Board of Directors**

The RJT organization operates under the guidance of a Board of Directors, supported by numerous coordinators and volunteers. All Board members serve to uphold the mission of RJT.

Active Board Members and contact info can be found [here](#).

### **Participant Responsibilities**

Participants in the RJT program are expected to always demonstrate appropriate behavior and abide by a code of conduct which includes, but is not limited to, the following:

- Participants must be respectful of their coaches, teammates, opponents, officials and all other representatives involved with RJT at ALL TIMES.
- Good sportsmanship is mandatory.
- No form of bullying or harassment will be tolerated.
- Vulgar language, tantrums, displays of anger or fighting will NOT be tolerated.
- Players must take proper care of the equipment that is issued to them and immediately notify a coach if the equipment is damaged, lost or stolen.
- As members of the RJT program participants always represent themselves and their teammates on and off the field. Whether in victory or defeat, all participants must always conduct themselves with pride and poise.
- Always be willing to help a coach or a teammate when needed.
- Participants must notify their head coach IN ADVANCE if practice is going to be missed.

### **Academic Goals**

The RJT program is dedicated to developing well-rounded individuals and maintains an academic policy requiring our student athletes to perform in the classroom as well as on the field. All players must maintain an acceptable grade point average (passing status) throughout

the season and remain free of any behavioral problems at school. To maintain academic accountability, the Head Coaches may, at their discretion, require grade checks at any time during the season. If at any point a player does not maintain passing status they may not be allowed to play in the next regular season. Additionally, if a child is suspended or expelled from school for any reason, they will not be allowed to play at the upcoming game.

**Participation Requirements:** To participate in the first day of practice, each child must have all required items and forms listed on the RJT website checklist completed and turned in to the Registrar **NO LATER THAN JULY 14, 2025**. For Cheer, forms were collected at Uniform fitting and for football this is scheduled to be done at Equipment Pickup and Form Drop Off on **Saturday, July 12th at the Twin Oaks Park** bins. You also can attend the Coaches Meet and Greet to drop off any required documents which is scheduled for July 7th at Skipolini's. If you cannot attend, please contact a board member ASAP to make other arrangements. Additionally, registration fees must be paid in full unless other arrangements are made with a RJT board of directors' president and/or treasurer. Required items and forms to participate are:

- **SAC Medical Clearance Form**
  - Must be signed and dated AFTER 4/15/2025
  - Kaiser printouts are OK
- **Report card for 2024/2025 school year (for Jr Midgets and Midgets only)**
  - Child's name, school name, year and grade level must be listed
  - For homeschooled students there is a SAC School Enrollment Verification form on our website that can be filled out and signed.
- **Copy of Birth Certificate** for new players & Midget players only.
- **Deposit Checks:**
  - \$250 check for Equipment Deposit - only cashed if equipment is not returned or returned damaged
  - \$400 check for Volunteer Hours Requirement - only cashed if hours completed or no-show to scheduled shift
- **Required Forms to be signed** (These can be found online or later in this handbook):
  - SAC Player & Parent Code of Conduct
  - Equipment Contract (Football only)
  - 2025 Parent Handbook Acknowledgement Form

**Missed practices/games:** In the event a child cannot attend practice or games, the head coach must be notified of the absence BEFORE practice/games begins and with as much notice as possible. NO EXCEPTIONS. (Please see below Attendance Policy listed below for information about excused and unexcused absences)

**Tardiness:** All participants are required to be on time for all games (1 - 1.5 hours early depending on the coach) and practices (15 minutes early). Recurring tardiness and missed practices will affect play time and will be handled at the discretion of the Head Coach and VP of Football/Cheer.

**Game Day:** Unless otherwise instructed by your head coach, you must arrive(1) hour prior to the game. Jr. Pee Wee typically plays first at 10:00am, followed by Pee Wee at 12:00pm, then Jr Midget at 2:00pm and Midgets at 4:00pm. This is generally the same at every school but can be changed if the temperatures are too high or there are other conflicts. Please be aware that if any games are canceled on a Saturday for any reason, there is a chance there could be make-up games added on a Sunday.

**2025 Game Schedule:**

**2025 SCHEDULE**  
THUNDER

8/9  SCRIMMAGE VS. WJW	9/27 @ COSUMNES OAKS
8/16 JAMBOREE #1 @ LINCOLN	10/4 SCRIMMAGE @ RSVL
8/23  JAMBOREE #2 @ RHS	10/11 @ FOLSOM
8/30 BYE	10/18  VS JESUIT
9/6  VS. ST. MARY'S	10/25 PLAYOFFS RD 1
9/13 @ OAK RIDGE	11/1 PLAYOFFS RD 2
9/20  DESTINY CHRISTIAN	11/8 CHAMPIONSHIP

\*FLAG - 8:30AM ⚡ JR. PEE WEE - 10AM ⚡ PEE WEE - 12PM ⚡ JR. MIDGET - 2PM ⚡ MIDGET - 4PM  
 \*TINY MITES FLAG FOOTBALL WILL PLAY ON HOME GAMES ONLY

**Admission Fees** - Admission will be charged at all home and away games. Everyone attending the games, except for coaches, players, Board Members, parent volunteers fulfilling a shift (at home games only) and Sierra Athletic Conference certified personnel are required to pay an admission fee.

SAC regular season and Jamboree Costs:

- Adults: \$8.00
- Children (6-17) and Senior Citizens: \$5.00
- Children Under 5: Free

SAC playoff/championship:

- Adults: \$10.00
- Children (6-17) and Senior Citizens: \$7.00
- Children Under 5: Free

**Food & Drink** - The snack bar is a crucial source of program revenue. No outside food or drink is allowed to be brought into games or competitions. Coolers will not be allowed into the Rocklin High School stadium on game day. If you must bring your own food and/or drinks, please enjoy them outside the gated area of any game or competition. Players are allowed to bring water.

**SAC Heat and AQI Policy:** Temperature is determined at the start of the event [www.weather.com](http://www.weather.com) and modifications are as follows:

- 0-105 degrees: No modification
- 106-110 degrees: Modify, reschedule, move indoors
- 111 degrees plus: Cancel

AQI if determined at the start of the event by using [ww.airnow.gov](http://ww.airnow.gov) and modifications are as follows:

- 0-134: Full practice
- 135-150: Walk-through or indoors
- 151 or higher: Cancel or move indoors

**Thunder Team Store:** Watch for the Thunder Team Store table to be set up throughout the season during practice and at every home game. We have some new gear every year, so check it out and show your Rocklin Junior Thunder pride!

### **Miscellaneous Rules & Procedures**

**Health Insurance** - Your family health insurance will serve as primary coverage for the RJT participant.

**Family Pets** – For safety reasons, family pets, leashed or unleashed, are not allowed at and should not be brought to the RHS practice fields or to games.

**Complaints** – Any complaints must be submitted in writing to the Board of Directors. Complaints may be submitted via the internet at jrthunder.com either through our regular contact form or can be emailed directly to any of the Executive Board Members. A written response to a properly submitted complaint will be provided to the complaining party as soon as possible following the next regularly scheduled board meeting. The complainants may appear at the next regularly scheduled board meeting if he/she wishes to do so. As stated above in the “Parent Required Conduct” If a parent has a complaint with the head coach or his/her staff you must wait the “24 hour cool off period.”

**Returned Checks:** By presenting a check as payment for any transaction(s), you are entering into a contractual agreement that obligates you and holds you responsible for all penalties, costs, and returned incidental damages allowed under law, but not limited to: return charges, interest, collection costs, legal expenses, attorney fees, and expenses incidental to the face value of any check that is returned as non-payable.

**Communications** – Communication is extremely important to the success of any organization. We encourage you to check our website as well as be active on our social media accounts to stay up to date. If you have any questions, comments, or suggestions, please submit them to the appropriate member of the Board of Directors whose email addresses can be found online. You may send a general contact message via the contact us page at jrthunder.com. You may also scan the QR Code to find us online or on social networks.



## **FOOTBALL**

### **Football Information and Guidelines**

**Division Guidelines:** All players will be assigned to a division based on their age as of June 15, 2025:

- MIDGET (14U/All 8th Graders) - June 16, 2010 to June 15, 2011
- JR. MIDGET (13U) - June 16, 2011 to June 15, 2013
- PEE WEE (11U) - June 16, 2013 - June 15, 2015
- JR. PEE WEE (9U) - June 16, 2015 - June 15, 2019

**Recruiting:** Our primary focus is to be a feeder program to Rocklin High School. RJT does not recruit outside of the Rocklin High School boundaries out of consideration for other youth football organizations. However, RJT will not turn away a child that would like to play football for our program because they live outside of the Rocklin High School area. Any player that has played for RJT the previous season will be allowed to participate regardless of their residence.

**Practices:** All practices will be held at Twin Oaks Park or Rocklin High School, unless otherwise communicated by head coach or team parent. If for some reason practice needs to be held at an alternative location, you will be notified promptly. During the season participants should arrive (15) minutes early to practice. Players need adequate water at each practice. Practice before the school year starts is typically Monday through Thursday from 6-8:30pm. After school starts, practices are typically Tuesday through Thursday from 6-8:00pm. Extra film sessions could be added, at the coach's discretion.

**Conditioning:** The first week of practice requires conditioning which includes 4 hours with no helmets or pads followed by 6 hours of helmets only. Conditioning consists of non-contact exercise and drills to be done without shoulder pads, girdle or leg pads. Players will continue to participate in conditioning exercises and drills in pads after the first week of practice. The first ten minutes of each practice, at minimum, should be dedicated to conditioning. Any requests for exceptions to participation in conditioning must be submitted to the VP of Football and association president in writing prior to the beginning of the season.

**Practice Fields:** The practice field is reserved for coaches, players and instructors only. Parents, siblings, and other visitors must always remain outside of the designated practice field areas. Practice time is limited, so it's important that coaches make the best use of the times allotted. Non-player children, including player siblings, are not to be left at the field without adult supervision. RJT will not assume responsibility for the safety of any child left unattended.

**Dress Code:** During the first week of conditioning, players should dress in the thunder pack provided (RJT shorts and tee shirt provided at registration) and football cleats. Hard plastic molded cleats with "blade shaped" cleats are not permitted. A player can and will be removed from playing any game if found using these types of cleats. After the conditioning period is complete players must wear the RJT equipment, practice jersey, and pants issued to them. Mouth Guards are always required while on the field and must be purchased separately. It is a good idea to have an extra one on hand in case it breaks. Players will not be allowed to practice or play without a mouth guard.

**Equipment:** All necessary football equipment, except for cleats, mouth guard and any preferred under gear or personal pads, will be provided by RJT. If a player chooses to use their own shoulder pads, helmet or other gear, these items must be approved by the VP of Football. Upon issuance of the equipment, each parent and player are required to sign an equipment contract. All players must submit a \$250 check for equipment which will be returned once all equipment is returned. The cost of the equipment provided by RJT is valued at approximately \$500 per child.

Participants must take proper care of the equipment that is issued to them. In the event the equipment is damaged due to normal use, a coach should be notified immediately so that the damaged equipment can be exchanged. In the event any equipment is lost, stolen or damaged due to improper use, care, or neglect, that equipment must be replaced by the parent or guardian of the player, at the cost as outlined in the equipment contract.

**Roster Size and Cuts:** Each football team is limited to (35) players. Cuts will be made throughout the tryout process. All teams will finalize their rosters before the first season game. The decision to remove any player from a roster below the 35-player limit will be made jointly by the Head Coach and the Vice President of Football. If a safety cut must take place that would bring the squad below 35 players, a previously cut player may be called back to rejoin the team. RJT will make every effort to place each child on a team to allow them to participate. Placement on a specific squad is the sole discretion of the VP of Football. While there is not currently a rule against it, RJT does not encourage a player to play up a level. If a player placement change is requested, a discussion will take place with the Board of Directors before a decision is made.

The exception to this is if Red Shirt positions are made available to exceed the 35-player roster, which is at a coach's discretion. Each team is allowed to have up to 5 Red Shirt players except for Midgets which are allowed 10. Red Shirt players will suit up at games but are not able to play in games until PAR is already met by each of the rostered players and at the coaches discretion. Gray Shirt positions are another option for each head coach, at their discretion. Gray shirts are considered developmental players who can attend practices, but do not attend or suit up for any games. Red shirts and Gray Shirts will be able to participate in practice for the duration of the season to better prepare for the following season.

**Player Allotment Rule (PAR):** The SAC league rules require that each certified player play a minimum of 8-12 plays per game depending on team size. Although coaches will make their best effort to involve as many players as possible, they are only required to play each player their minimum plays throughout the game. Playing time is generally based on the player's ability to make a positive contribution to the team's efforts. The following shall be the minimum PAR for all SAC teams:

- 31-35 players..... 8 plays
- 26-30 players..... 10 plays
- 25 or less players..... 12 plays

An official PAR play can include offensive plays, defensive plays or special team plays such as punts and kick-offs. RJT does not consider a kneel downs a live play, and therefore it will not be counted as a par play.

Each coaching staff will have one assistant coach specifically assigned to coordinate the compliance of this rule. This coaching assignment is in addition to the PAR monitors required pursuant to the SAC rules. It is the intent of RJT to provide as much playing time as possible for each participant. Playing time is generally based on the players ability to make a positive contribution to the efforts of their team.

**Equipment Return:** If a player is cut from a roster for any reason (injury, safety reasons, roster

downsizing, or a decision not to participate) the player must turn in all equipment to an active Board Member within 72 hours of notification.

At the completion of the season the Head Coach or Team Mom will notify you of when and where equipment turn in will take place. If you are not able to meet at that time, you must arrange with the Head Coach a time to drop off the equipment prior to the assigned equipment turn-in time. All equipment must be clean and washed prior to turn in. Please follow washing instructions carefully. A surcharge of \$50 will be charged for a uniform that is turned in unclean.

Upon return of the equipment at the end of the season an inventory will be taken. Missing or damaged equipment will result in equipment checks being cashed. Equipment can be purchased after the season at our cost. A player who fails to turn in equipment will not be considered "in good standing" and will not be permitted to register for the 2026 season.

**Refunds:** It is the intention of the Rocklin Jr. Thunder organization to provide an opportunity for every child to participate in the program. Based on the SAC rules, each football team is limited to a total of 35 players and a tryout policy has been adopted to meet these limitations. Every child registering will be allowed to participate during tryouts. Players will be evaluated to reduce the roster size to the final 35 players. Up until this time, you can receive a total refund minus \$50 which is non-refundable to cover RJT costs.

A Refund Request must be submitted online at jrthunder.com to the Board of Directors for action by August 15th. Once the request is received and the equipment return is confirmed, refunds for players that drop or get cut during tryouts will be processed. A \$50 Tryout Fee is retained, the remaining payment will be refunded. Any player that chooses to quit, absent good cause, after the final cuts have been made, will **not** be entitled to a refund. All actions and decisions of the Board are final

**Coach Email Addresses:**

Scott Bingham – [jpwfbhc2025@jrthunder.com](mailto:jpwfbhc2025@jrthunder.com)

Chris Johnson- [pwfbhc2025@jrthunder.com](mailto:pwfbhc2025@jrthunder.com)

Gary Frost – [jmfbhc2025@jrthunder.com](mailto:jmfbhc2025@jrthunder.com)

Jeff Daigle – [midgetfbhc2025@jrthunder.com](mailto:midgetfbhc2025@jrthunder.com)

## 2025 PLAYER AND PARENT POLICIES



# Sierra Athletic Conference (SAC) Athlete Code of Conduct 2025

---

SAC Organization's Name

---

Division

---

Cheer/Football

---

Athlete Printed Name

## Athlete Commitment

As an **ATHELET** in the Sierra Athletic Conference (SAC), I commit to follow the SAC Athlete Code of Conduct. By signing below, I understand that **any violation may result in the suspension or dismissal from my organization and the SAC league.**

1. I will be responsible for my words and actions, no matter what the circumstances, both on and off the field or competition.
2. I will maintain good citizenship and understand fighting, misconduct, vulgar or derogatory language, cursing, or disrespect in any way is not tolerated.
3. I will maintain the academic standards of my school and organization.
4. I will arrive to practices and games prepared, on-time, and ready to give 100%.
5. I will treat my coaches, instructors, teammates, board members, officials, and any adult authority figures with respect.
6. I will follow the rules of my sport and respect the decisions of the coaches, officials, referees, and judges.



# Sierra Athletic Conference (SAC) Parent Code of Conduct 2025

\_\_\_\_\_  
SAC Organization's Name

\_\_\_\_\_  
Division

\_\_\_\_\_  
Cheer/Football

\_\_\_\_\_  
Athlete Printed Name

\_\_\_\_\_  
Parent/Guardian Printed Name

## Parent and/or Guardian Commitment

As a **PARENT AND/OR GUARDIAN**, I will follow the Sierra Athletic Conference (SAC) Code of Conduct and enforce the SAC Code of Conduct with my athlete(s). By signing below, I understand that ***any violation may result in the suspension or dismissal from my organization and SAC league.***

1. I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, participants, and officials at every game, practice, or other organization or league events.
2. I will support and treat all officials, board members, volunteers, coaches, and other athletes with respect.
3. I will commit to a 24-hour "cooling off" period before contacting my athlete's coach or a board member, if any issues of concern arise.
4. I will not use drugs, tobacco, or alcohol while at organization and league events, games, and practices. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers.
5. I will not engage, or permit my child or others to engage, in unsportsmanlike conduct with any coach, parent, athlete, spectator, or official, including the use of verbal or physical threats or abuse.
6. I will refrain from cursing and the use of vulgar language at all events and in all communications with my child, other athletes, coaches, spectators, and officials.
7. I will not engage in any behavior that would endanger the health, safety, or wellbeing of any coach, parent, athlete, participant, or official.
8. I will promote an environment of diversity and inclusion and encourage my child and other athletes to treat all players, coaches, fans, and officials with respect regardless of race, national origin, sex, sexual orientation, creed or ability.
9. I will not engage, or permit my child or others to engage, in acts of bullying, use of insensitive speech, or participation in any hazing activities.
10. I will not engage, or permit my child or others to engage, in rude, disrespectful, or foul behaviors on social media or through electronic or printed communications toward any athlete, team, organization, official, coach, or spectator.
11. I will do my best to make youth sports fun for my child and the athletes, recognizing that winning is a consideration, but not the only one, nor the most important one. Teaching my child and the athletes the importance of teamwork and discipline is first and foremost.
12. I will respect my child's coach and do my best to have my child at all practices, games, and events on time.
13. I will read the National Standards For Youth Sports, doing what I can to help all youth sports organizations implement and enforce them.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## **Mandatory Parent Volunteer Agreement**

Rocklin Jr. Thunder (RJT) is a volunteer-based organization. All staff members are unpaid volunteers, providing hundreds of hours of support for the organization. In addition to staff members, a successful season requires volunteer support from every participant's family.

- **Each family is required to fill 8 hours of volunteer duties during the season per child in the program.**
- For a family with multiple participants, you are not required to do more than 12 volunteer hours.
- For all players a check for \$400 will be collected at Football Equipment Hand out and held onto until the volunteer hours have been completed. At completion of the required 8 hours the check will be destroyed.
- If a scheduled volunteer shift is missed or a family has not communicated their intent to sign up to volunteer by the end of the football season (11/8/2025) the check will be cashed.
- If you cannot make your scheduled shift, it is your responsibility to notify the Volunteer Coordinator AND find a replacement.
- If you need to change your shift, you must notify the Volunteer Coordinator prior to the change.
- You must arrive on-time and sign-in at the front gate in order to receive credit.
- Becoming a board member or coach will fulfill volunteer hours requirement
- There is a buyout option should you choose not to fulfill volunteer hours, just let the Treasurer know that you opt out. The buyout is \$350 for one player and \$500 for 2+.
- Head Coaches and Board Members are excluded. No check is needed for their player.
- Assistant coaches and team mom's are not excluded from providing a check. Once the head coach has confirmed appropriate participation on their behalf the check will be destroyed.
- Volunteer hours can also be met if the player brings in a \$500 sponsor for a single player or a \$750 sponsor for multiple players.
- Volunteer sign-ups are pre-arranged and conducted online. The complete Volunteer schedule and sign-ups will be available at the beginning of the season for the season.
- Volunteer hours can be fulfilled by working shifts at home games, Thunder Store, snack bar, events scheduled at the park, or as a team parent.
- Complete details about volunteer opportunities and requirements can be found on our website under the volunteer section. For any volunteer related questions please email: [volunteer@jrthunder.com](mailto:volunteer@jrthunder.com)
- Participant's whose family fails to sign up for the minimum number of volunteer hours or pay the deposit may be subject to suspension from RJT activities at the discretion of the RJT Board of Directors.
- Parents volunteering at a home game will not need to pay admission for that day.

## **RJT Attendance Policy**

For the safety of and fairness to all Rocklin Jr Thunder participants, it is important for each athlete to strive to attend ALL practices and games in order for the team to be successful.

**UNEXCUSED ABSENCES:** Defined as any no-show, no-call absence, vacations (including those that are pre-planned), weddings, appointments and anything else that isn't considered excused (see below). Attendance requirements and associated discipline for UNEXCUSED absences will be as follows:

- **One missed practice** - Athlete's playing time will be reduced for the next game.
- **Two missed practices** - Athletes will automatically sit out of the next game.
- **Three or more missed practices** - Athletes will be required to sit out the next game following each subsequent unexcused absence.
- **Repeated violations of this policy may result in suspension or dismissal from the program.**

**EXCUSED ABSENCES:** Defined as school sanctioned functions, religious or church obligations, family emergencies and any serious illnesses or injury. These MUST be communicated ASAP and IN ADVANCE to the Head Coach and will be handled in the following manner:

- **One missed practice** - Athlete's playing time will be unaffected.
- **Two missed practices** - Athletes may suit up and play that week, but playing time will be reduced.
- **Three or more missed practices** - Athletes will be disqualified from playing that week.

**EXCEPTION:** We understand that some athlete's in the 5th or 6th grade are required to attend sleep away camps which typically fall during the season. Although there is no outlined discipline for missing practice that week, their status for the game following that week will be at the head coach's discretion.

### **IMPORTANT NOTES:**

- All athletes are expected to arrive to practice and games prepared and on-time. Recurring tardiness will be documented, could affect eligibility at the discretion of the Head Coach and/or Board of Directors.
- Players affected by injury are still expected to attend practices and games whenever possible.
- Athletes who are ill should remain at home until feeling better.
- Regardless of playing time penalties or game suspensions, the athlete is still expected to attend each practice and game unless told otherwise by the head coach.

## **RJT Player Behavior Agreement & Progressive Discipline Policy**

At Rocklin Jr Thunder we strive to develop and promote responsibility, character, hard work, sportsmanship, teamwork and fellowship within a safe environment. All athletes are expected to abide by a code of conduct and commit to the following behavioral guidelines:

- I understand that I am a representative of RJT at ALL TIMES both on and off the field.
- I will treat my coaches, instructors, teammates, opponents, officials, board members & any other adult authority with respect and understand that rudeness, defiance and failure to take direction will not be tolerated.
- I will always have the utmost regard for the safety of my teammates and others at all times.
- I will always show good sportsmanship and commit to follow the rules of my sport while respecting the decisions of the coaches, officials, referees and judges.
- I understand that any use of drugs, alcohol and tobacco (including vaping or e-cigs) could result in the dismissal of my position on my team.
- I will not engage in acts of bullying, insensitive speech, harassment or hazing activities.
- I understand that vulgar or derogatory language, cursing, tantrums, disrespect, misconduct, displays of anger, violence or fighting will not be tolerated.
- I understand that I must maintain the academic standards of my school and organization and that if suspended or expelled from school I must notify my head coach and will not be allowed to participate in any RJT practices, games or activities during that suspension period.
- I commit to arriving at practices and games prepared, on-time or early and give 100% effort.

***\*PLEASE NOTE that per RJT By Laws Section 4.05, the executive board has the authority to impose an immediate suspension upon any board member, coach, parent or member whose action is deemed to be detrimental and not in the best interest of RJT.***

### **Disciplinary Actions:**

The progressive discipline plan for not adhering to the required conduct will in most cases be handled in the following manor, depending on the magnitude of the incident:

1. **1st Incident** - The athlete will be given a verbal warning from the head coach/coach/instructor that will be documented via email to the athlete's parent(s) and to the VP of Football or VP of Cheer.
2. **2nd Incident** - The head coach/coach/instructor will document via email to the VP or Football/Cheer and the athlete may be suspended from the next event, game or competition at the Board's discretion.
3. **3rd Incident** - The head coach/coach/instructor will document via email to the VP of Football/Cheer. The incidents will be reviewed by the Board with the athlete facing potential removal from the team/squad for the remainder of the season.

## **RJT Parent & Spectator Code of Conduct Agreement**

**The Sierra Athletic Conference (SAC) and Rocklin Jr. Thunder (RJT) program strives to be the best in providing a positive sportsmanship environment for our players. For the safety and well-being of all participants, parents and spectators must abide by the following guidelines:**

1. I will maintain a cooperative and supportive attitude towards coaches, participants, officials and board members. Remember this is a volunteer-based program.
2. I will keep all comments positive and encouraging to members of both teams and help make this a fun and positive experience for all!
3. I understand that only players, coaches and RJT staff are allowed on the game field, practice fields, sidelines and warning track, no exceptions.
4. I will leave the coaching to the coaches. If you want to be a coach... volunteer!!
5. I will refrain from approaching or sharing any strategic, player position or playing time related concerns with any coach within 24 hours of the conclusion of the game.
6. I understand that openly criticizing the officials, coaches, opponents, players or fans will not be tolerated. The same goes for any obscene, profane, derogatory or abusive language or cursing.
7. I will refrain from making comments to the referees.
8. I am responsible for all family members and friends attending the games.
9. I understand that the use of alcohol, tobacco and drugs are strictly forbidden at all practices, games and events.
10. I will report any violations to a board member or anonymously online at jrthunder.com

### **Policy Enforcement**

- 1st incident: Individuals will be given a warning and the incident will be documented by coach/RJT staff.
- 2nd incident: VP of Football will document and bring to the Board of Directors to review, with the potential of a suspension from practices/games. If the incident happens at a game, the spectator will be asked to leave the field immediately.
- 3rd incident: Board of Directors will conduct a thorough review and subsequently render a decision as to the potential removal from the RJT organization. (See RJT Bylaws Section 4.05)

## **Concussion Information Acknowledgement**

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms of a concussion - headaches, pressure in head, nausea, vomiting, neck pain, balance problems, fuzzy vision, sensitivity to light or noise, feeling sluggish or slowed down, feeling foggy or groggy, drowsiness, amnesia, fatigue or low energy, sadness, nervousness, irritability, more emotional, confusion, and concentration or memory problems.

What can happen if my child keeps on playing with a concussion or returns too soon?- Athletes with the signs and symptoms of concussion will be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, all our coaches are certified in player safety and have had concussion training.

An athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

- An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.
- An athlete who has been removed may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

- You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

### **Social Networking Agreement**

In an effort to foster good sportsmanship and develop young men and women of character, Rocklin Jr. Thunder (RJT) recommends the following guidelines as best practices for the use of social media by RJT athletes and parents. For the purposes of these guidelines, social media means any form of electronic communication through which users create on-line communities to share information, ideas, personal messages, and other content through such social networking sites as Twitter, Facebook, Instagram, Tumblr, and YouTube. RJT respects the right of its athletes to use social media. However, it is important for the athletes and parents to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, without knowledge or consent.

These guidelines are intended to provide a framework for RJT athletes to conduct themselves safely and responsibly in an online environment. As a RJT athlete it is expected that you will avoid:

- Posting confidential information. Be aware of the kind of information you are posting such as your address, phone number, class schedule, social security number, etc.
- Creating unprofessional public profiles. Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Future employers, college admissions recruiters, and more may access the information you put on social media sites.
- Posting illegal activities or other incriminating photos.
- Bullying and/or threats of violence. While RJT athletes have a right to free speech, that right is not unlimited.
- Inappropriate and/or demeaning language.

The following online actions are considered to be substantially or foreseeably disruptive to the school environment; lewd, vulgar or offensive; and/or advocating violence or illegal activity and therefore subject to appropriate discipline

- General inappropriate language
- Profane or inappropriate language or remarks directed toward teammates, coaches, staff, athletes from other programs, etc.
- Demeaning statements about or threats to any third party
- Incriminating photos, statements, or language in reference to violence, bullying, or any other inappropriate behaviors
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person

- Engaging in or indicating knowledge of cyber-bullying and/or harassing another teammate or staff member
- “Liking” any of the above comments or photos on any social networking site indicates your approval of such comments and thereby holds you to the same standard.
- “Retweeting” or “Favoriting” on Twitter also indicates your approval of inappropriate comments and thereby holds you to the same standard.

It is the expectation of RJT that as an athlete you will represent our organization in the best possible manner. Furthermore, you will continue to uphold the high standards and character that is expected of all our athletes

**CHEER**

Rocklin Jr. Thunder is a member of the Sierra Athletic Conference (SAC) league and is an organization dedicated to offering a cheer program for children ages 4-14. There are five possible cheer squads: Mascot, Jr. Pee Wee, Pee Wee, Jr. Midget, and Midget. Note: Squad eligibility is based on the cheerleader's age on June, 15th 2025. (There are no limitations pertaining to the age of Mascots).

<b>Cheer Squad Age Matrix</b> (Age as of June 15th 2025)					
<b>AGE</b>	<b>Mascots*</b>	<b>Jr. Pee Wee</b>	<b>Pee Wee</b>	<b>Jr. Midget</b>	<b>Midget</b>
6	X				
7	X	X			
8		X			
9		X	X		
10			X	X	
11			X	X	X
12				X	X
13				X	X
14					* X
* Mascots: No Max age *Midget: High School students are not eligible to participate *Athletes may be given the opportunity to move up to a higher level based on skill, at coaches discretion*					

**Practices:**

Our official SAC practice season begins on Monday, July 14th 2025 and ends no later than mid-November with the SAC Football Championship Game. Practices may be 2-4 days per week, depending on the team.

Practices will initially be held outdoors at Twin Oaks Park, and then will be moved indoors in mid-August. Practice times and locations will be announced in July.

**Indoor Practice:** In mid-August all practices will be moved indoors to various school gyms. Once the squads move indoors the practices become closed to parents, no EXCEPTIONS. Practice days and times may vary due to school gym availability. Some practices may start as early as 4:00pm or go as late as 9:00pm. Indoor practice schedules and times are TBD and are subject to change depending on facilities. Again, please be flexible as we are usually at the mercy of the schools/facilities. Every effort will be made to have the younger squads practice in the earlier time slots whenever possible. Indoor practices include the use of floor mats. We expect all athletes to help with the set up and removal of the mats. All cheerleaders must arrive 10 minutes early to make sure practice starts on time. Mascots have modified indoor schedules that are about half the time of the other squads. Practices will be closed to parents once they move indoors.

### **Gametime:**

League play runs from August 10th, starting with Jamboree through approximately October 20th. Playoffs and championships follow regular league play. If a football team makes it into post season play, the cheerleading squad will participate in post season in continued support of their team and will attend all playoff and championship games

**ATTENDANCE DURING THE FIRST WEEK OF PRACTICE IS 100% MANDATORY ACCORDING TO SAC LEAGUE RULES. IF YOUR CHILD IS NOT IN ATTENDANCE THEY WILL BE CUT FROM THE TEAM. NO REFUND WILL BE GIVEN**

**Thunder Thursdays:** On a few scheduled Thursday nights at the beginning of our season we will have a Parent Showcase where each squad performs for family and friends to “showcase” what they have learned called THUNDER THURSDAY. This is a great time to show your support for our girls that work very hard every day!

### **Cheer Camp:**

The American Cheer and Dance Challenge  
July 19th & 20th (Mascots 20th only)  
9am - 3pm  
Whitney High School

### **All Squads Competitions:**

- **JAMZ RELOAD** Cheer Competition: October 12th, 2025 - Roseville, CA - **Roebbelen Center** - No Mascots
- **SAC League** Championship Competition: November 9th, 2025 - Roseville, CA - **Roebbelen Center** - Mascots will perform in a showcase.

While we want everyone to have fun, cheer takes a lot of commitment and hard work in order to be successful. We will be developing each cheerleader to be able to learn new skills such as motions, tumbling, stunts and jumps in a safe manner and environment. Cheerleaders are expected to attend **ALL** practices, clinics, camps, games, and competitions (**mandatory**). Due

to the nature of the sport, all practices, games and events are mandatory because a stunt team cannot go up without everyone being present. Therefore, any sport or activity during cheer season that will hinder a cheerleader's ability to attend these events will have to be carefully considered. With the exception of mascots, all teams practice up to 10 hours a week during the summer and then we drop it down to 6 hours a week once school starts. Mascots typically practice 2-3 hours per week. This does not include extensions or modifications at the head coach's discretion.

The Cheer Registration Fee by Squad: (Registration fees due by May 23<sup>th</sup>, 2025)

- Mascot: **\$250**
- Jr. Pee Wee - Midgets: **\$425**

### **Cheer Specific Attendance, Behavior, Appearance, & Academics**

**Cell Phones:** Cell phones may be brought to practice, however they are not to be used during practice without direct permission from the coach. Phones are not allowed to be used during breaks and may only be retrieved at the end of practice. As you can imagine, cell phones are extremely distracting. If this rule is abused in any way, your coach may forbid cell phones altogether.

**Attendance:** Due to the nature of this team sport, where routines, formations, and stunts are created based on the number of cheerleaders per squad, it is mandatory that all members attend each and every practice, camp, game, and competition in order for the squad to be successful. Any planned absence you are aware of must be communicated to your Head Coach ASAP. All other absences must be called in to your coach no later than 2 hours prior to the event. Family activities, vacations, church functions, etc. should be scheduled around cheer to avoid interfering with RJT scheduled practices and events. Please see above for the RJT attendance policy.

**Note: We have a very strict attendance policy. Any cheerleader with repeated tardies/absences will result in a reduced role in the competition routine (for example: you will be taken out of stunting or be placed in the back with a very limited role in the routine). Our advanced stunts and skills require everyone's participation during every practice. Please note that if your child misses any practices in the 2 weeks prior to a competition they will be removed from the routine and not be able to perform in the upcoming competition.**

**If your child has 6 or more unexcused absences, a meeting will be scheduled with the VP of Cheer, the Head Coach, the athlete, and their parents to discuss next steps.**

**Behavior:** Our coaches and student instructors are volunteers and dedicate a tremendous amount of time to their squads. It is extremely important to be respectful of the coaches, instructors, and ALL RJT participants. While Rocklin Jr. Thunder encourages a fun atmosphere, if a cheerleader is not participating in an acceptable manner, your coach or a member of the RJT staff will contact a parent to come and take the child home. Unacceptable behavior includes, but is not limited to the following: failure to take directions, defiance, rudeness to a coach, instructor, or teammate, disruptive or uncooperative behavior, profane or foul language, or disregard for the safety of others. RJT wants to make every child's experience with the cheerleading program a positive, fun, and exciting learning experience. We expect all participants to demonstrate appropriate behavior at all times.

## **Social Media Agreement & RJT Behavior Agreement:**

- We have a zero tolerance policy in regards to posting negative, derogatory, and/or threatening posts on any social media site (Facebook, Twitter, Instagram, Tik Tok, SnapChat, and other various social media outlets) We take all threats and bullying very seriously. Your cheerleader will be suspended until the head coach and VP of Cheer can meet with the parents and the cheerleader to discuss the appropriate course of action. Issues regarding parent social media infractions will be addressed by the President of RJT and the VP of Cheer.
- All squads will be responsible for adhering to our in the Social Media Agreement & Behavior agreement. These documents are located above.
- In the event that an athlete chooses not to adhere to these behavioral expectations, after warnings are given, they may be removed from the program. No refund will be given.

## **\*RJT's dress code will be enforced at all practices, camps, games, and competitions**

### **Appearance and Dress Code:**

Cheerleaders are to understand that their appearance in their uniform is a direct reflection of their squad, coach, and organization. Uniforms must be kept clean, neat, and mended. If the uniform is not kept clean and in proper shape, the cheerleader will not be allowed to cheer until it is fixed. Sport tops and bras should match the uniform color or be inconspicuous. Bra straps cannot be visible. Nylons, leggings, or tights may not be worn with the cheer uniform at any time. Each cheerleader must arrive completely dressed in full uniform prior to arriving for the game or event. No variance in uniform or hairstyle is permitted without the expressed permission of the coach.

**Jewelry:** No jewelry of any kind is permitted while cheering. Parents, **DO NOT** get your cheerleader's ears pierced during the season – they will NOT be allowed to wear earrings at any time. This is a safety issue that is NOT negotiable!

**Hair:** Hairstyles must be neat and out of the face. Hair must be worn up in a high ponytail while cheering unless otherwise approved by the coach. Hair must be secured with butterfly clips. No unnatural hair coloring or hair style where the hair has been shaved is allowed. Highlights and lowlights are the only exception to this rule. You must stay within range of your natural hair color. Bows must be worn while cheering at games and competitions. Silver sparkle spray, hair glitter, etc. is allowed at the head coach's discretion.

**Make-up:** Make-up is to be worn in a clean, fresh look at the head coach's discretion, with VP of Cheer oversight. No heavy, bright, or dark colored make-up is allowed while the cheerleader is in uniform or at practices. If a cheerleader arrives at a cheerleading event in make-up that does not conform to this standard, the cheerleader will be asked to fix or remove her make-up prior to the game.

**Competition Make-up:** Coaches will determine uniform competition makeup before competitions. Cheerleaders are to come with a natural foundation, if they use it.

**Nails:** Nails are to be kept short and only to the end of the finger. Press on or acrylic nails are not permitted. **No colored nail polish is allowed.** This is a safety issue and is not open to negotiation! If the nails are found to be too long, the cheerleader will be asked to trim them before being allowed to participate.

**Glasses:** If your cheerleader wears glasses then they must have a strap/or band attached for all practices, games, and competitions. This is a safety issue and is **NOT NEGOTIABLE.**

**Academic Goals:** The RJT program is dedicated to developing well-rounded individuals and maintains an academic policy requiring our student athletes to perform in the classroom as well as on the field. All cheerleaders must maintain an acceptable grade point average (passing status) throughout the season and remain free of any behavioral problems at school.

In order to maintain academic accountability, the Head Coaches may, at their discretion, require grade checks at any time during the season. If at any point a cheerleader does not maintain passing status, they may not be allowed to perform at the next regularly scheduled game or competition. Additionally, if a child is suspended from school for any reason, they will not be allowed to perform at the upcoming game or competition. Cheerleaders not participating at the game for these reasons are still required to attend the game (in full uniform) but will sit on the sidelines.

### **Certification & Jamboree, Game Day, & RHS Cheer**

**Certification & Jamboree:** **TBD Saturday in early August - This is a mandatory event!** Certification is the Sierra Athletic Conference's process of verifying the identity and eligibility of each cheerleader. During the certification process each squad will provide documentation showing proof of eligibility to participate: photo of cheerleader, certified copy of birth certificate, medical release, player/parent contract, etc. This process confirms that each cheerleader is eligible to participate in the program and agrees to the guidelines and policies. This is why all of the required paperwork is so important to be filled out properly and turned in by the deadlines. Mascots attend at the head coach's discretion, but do not have to certify. **\*If your child is absent from Jamboree Certification for ANY reason, they will not be allowed to continue with the season. NO EXCEPTIONS, NO REFUNDS\***

**Game Day:** All cheerleaders are to arrive at the time and location specified by the coach, which may be at least 1 hour prior to game start time for warm-ups and stretching (*Mascots: See Modified Game day below*). All cheerleaders will be in proper uniform attire. Their uniform will be neat and clean. Hair must be worn up in a high ponytail while cheering (unless otherwise approved by the coach). A parent must attend each game unless prior arrangements are made with another family member/friend to be responsible for your child during the game (this is especially important if your daughter gets injured or falls ill). All parents are to meet their daughter inside the stadium at the end of each game in order for the coach to release them. Please instruct your daughter to stay with her squad until the coach has made contact with the parent and safely releases them to the proper adult.  
**Note: Parents are not allowed on the track or playing field at any time.**

## **Game Times**

While game times may vary during the season, the typical schedule for games will be:

- Mascots 8:00am-9:00am
- Jr. Pee Wee 10:00am-12:00pm
- Pee Wee 12:00pm-2:00pm
- Jr. Midget 2:00pm-4:00pm
- Midget 4:00pm-6:00pm

**Mascots Modified Game Day:** Mascots cheer for our Tiny Mites flag football program on Home game days. This takes place at 8:30 a.m., and runs till about 9:30 a.m.. Mascots may attend away games, at the discretion of the Head Coach, for the Jr. Pee Wee team. At away games they will only cheer for the first half.