

Rocklin Jr Thunder

PARENT MEETING



2026



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graph TD
    PM[PRESIDENT  
Ronald Milton] --> LC[VP OF OPERATIONS  
Lindsay Chy]
    LC --> JF[VP OF FOOTBALL  
Josh Conklin]
    LC --> JC[VP OF CHEER  
Jasmine Ciraulo]
    LC --> JR[OPERATIONS ASST  
Jusine Roller]
    LC --> RR[TREASURER  
Ryan Ring]
    LC --> SB[SECRETARY  
Sara Belknap]

    JF --> GF[FOOTBALL COACH COORDINATOR  
Gary Frost]
    GF --> CF[FOOTBALL COORDINATOR  
Chris Fassett]
    CF --> RH[FOOTBALL COORDINATOR  
Rich Heintz]
    RH --> SC[TINY MITE COORDINATOR  
Sonya Crump]
    SC --> V1[FOOTBALL COORDINATOR  
Vacant]

    JC --> CJ[CHHER COORDINATOR  
Jessica Johns]
    CJ --> PJ[CHEER COORDINATOR  
Paige Jones]
    PJ --> HD[HEER COORDINATOR  
Holly Dufour]
    HD --> V2[CHEER COACH COORDINATOR  
Vacant]
    V2 --> V3[STUNT COORDINATOR  
Vacant]

    JR --> JR2[OPERATIONS ASST  
Jusine Roller]
    JR2 --> MH[SNACK BAR COORDINATOR  
Merrisha Herndon]
    MH --> V4[ASSIT. SNACK BAR COORDINATOR  
Vacant]
    V4 --> JLC[TEAM STORE MANAGER  
Jessie LeClair]
    JLC --> KMC[TEAM STORE ASST.  
Kelsy McCoy]

    RR --> V5[ASST TREASURER  
Vacant]
    V5 --> V6[SPONSORSHIP COORDINATOR  
Vacant]
    V6 --> RM[VOLUNTEER COORDINATOR  
Robin Myers]
    RM --> LM[EVENTS COORDINATOR  
Leann Mosher]

    SB --> EB[REGISTRAR  
Elizabeth Bingham]
    EB --> WB[WEBMASTER  
Sara Belknap]

    EB2[EXECUTIVE BOARD MEMBERS]
  
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JOIN THE TEAM!

**LOOKING FOR PASSIONATE VOLUNTEERS TO HELP
SHAPE THE FUTURE OF OUR PROGRAM!
THE FOLLOWING BOARD POSITIONS ARE OPEN:**

SPONSORSHIP COORDINATOR

ASST COMMS/WEBMASTER

FOOTBALL COORDINATOR

CHEER COORDINATOR

ASST SNACK BAR COORDINATOR

ASST TREASURER

APPLY NOW AT JRTHUNDER.COM

We Need Sponsors!

In order to provide our kids with a top-notch football and cheer program we need your help! RJT is a non-profit that operates solely on funds generated from registration fees, donations, contributions and sponsorships.

Some of the things sponsorship contributions will help with include: Fields, Lighting, Indoor Cheer Practice Space, Football Equipment & Helmet Safety Certification, Uniforms, Equipment Storage Space, Game Day Referees & Medical Staff, League Insurance, financial assistance for kids that need help with registration fees. We are in the process of upgrading football equipment including helmets and pads.

Please reach out to a board member if you are interested or you can purchase a sponsorship directly on our website

Sponsorship Options

\$100 = FRIENDS AND FAMILY DONATION - 2 Free Gate Passes to 1 designated home game during the regular season

\$250 = BLUE SPONSORSHIP PACKAGE - Your business/sponsor is announced at half-time during each Home game & two Free Home Game Passes good at ALL RJT HOME GAMES on a special "Proud Jr. Thunder Sponsor" lanyard

\$500 = SILVER SPONSORSHIP PACKAGE - BLUE PACKAGE PLUS a custom 2x5 Banner displayed at all RJT Home Games, Your company logo with link to sponsor's website displayed on RJT website, Your company featured on our social media accounts, \$50 store credit to the Rocklin Jr Thunder store for your choice of RJT Swag

\$1000 = THUNDER SPONSORSHIP PACKAGE - SILVER PACKAGE PLUS a custom 4x6 Banner displayed at all RJT Home Games, RJT Sponsorship Plaque, 2 Rocklin Jr. Thunder hats, 2 VIP Stadium seats, \$100 store credit to the Rocklin Jr Thunder store for your choice of RJT Swag, 2 Meals from the snack bar per home game(burger/hot dog/tri tip sandwich, chips and drinks)

\$2500 = LIGHTNING SPONSORSHIP PACKAGE - THUNDER PACKAGE PLUS 4 Rocklin Jr. Thunder hats, 4 VIP Stadium seats, \$150 store credit to the Rocklin Jr Thunder store for your choice of RJT Swag, 4 Meals from the snack bar per home game(burger/hot dog/tri tip sandwich, chips and drinks), The sponsor is given the option to set up their own personal booth at all home games to promote their business.

Coaches Meet & Greet

**WHEN: Thursday July 9th
5:00pm-8:00pm**

**WHERE: Skipolini's in Rocklin
6600 Lonetree Blvd**

**Come meet the Coaches!!
Dine and Take out to contribute 15% back to the league**

Parent & Player Expectations

The following RJT policies were acknowledged at registrations and need to be reviewed are included in the 2026 Parent Handbook, found at jrthunder.com:

- SAC Parent & Athlete Code of Conduct
- SAC Coach/Board Member Code of Conduct
 - Concussion Policy
 - RJT Attendance Policy
- RJT Behavior & Discipline Policy

*** It is important for each family to review this handbook and ALL information and policies wherein, prior to signing the “Handbook Acknowledgement Form”**

Volunteer Requirement

Each family is required to volunteer 8 hours per participant (max of 12).

For Tiny Mites Flag Football 2 hours (1 shift) per participant.

A link for iVolunteer will be available in August and is available first come, first serve.

Shifts include: Opening/Setup, Score keeping for Flag, Ticket Sales, Snack Bar, Thunder Team Store, Chains, Game Announcer and Spotter, Back Gate and Closing/Clean Up.

If you are unable to work, it is your responsibility to find coverage.

If you are a no show, your check will be cashed.

We will need 1 team parent and 1-2 dedicated PAR parent for each team. These roles will fulfill your volunteer hours. If interested, please contact your head coach!

Volunteers will receive free entry to RJT HOME GAMES! Chains and par volunteer for away games will be subject to opposing team's gate fee

2026 SCHEDULE



SATURDAY
8/15

JAMBOREE
LOCATION TBD

SUNDAY
8/23

@

WHITNEY
SCRIMMAGE

SATURDAY
8/29

@

GRANITE BAY

9/5

BYE

SATURDAY
9/12

@

ST. MARY'S

SATURDAY
9/19

VS

OAK RIDGE 

SATURDAY
9/26

VS

12 BRIDGES 
1ST RESPONDER APPRECIATION

SATURDAY
10/3

VS

DEL ORO 
5+ YEAR LEGACY AWARDS

SATURDAY
10/10

@

JESUIT

SATURDAY
10/17

VS

FOLSOM 
HOMECOMING



FLAG-8:30AM* | JPW-10AM | PW-12PM | JM-2PM | MID-4PM

*TINY MITES FLAG FOOTBALL WILL PLAY AT HOME GAMES 

ROCKLIN HIGH SCHOOL FOOTBALL

CORNHOLE TOURNAMENT



Silent Auction
Dinner
No Host Bar



AT TWIN OAKS PARK ON THE
JUNIOR BASEBALL FIELD

AUGUST 22, 2026
5 pm -9 pm

\$100 CORNHOLE AND DINNER FOR TWO
\$30 PER PERSON DINNER ONLY
21 + only ID may be required

R J T
N I G H T

SEPT 4
@RHS VS
BISHOP
MANOGUE

FOOTBALL PLAYERS
AND CHEERLEADERS
GET IN FREE WITH
UNIFORM



Competitions

■ October 18th

November 8th



Rocklin Jr Thunder

Offers valid 7/10/2026 - 7/13/2026

Rocklin Jr Thunder
Valid 7/10/2026 - 7/13/2026

20% OFF YOUR ENTIRE PURCHASE **DICK'S**

NEED AN ITEM NOT AVAILABLE IN-STORE? Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed above. Some exclusions apply.

VALID IN-STORE ONLY. Limit one coupon per customer. Excludes taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection plan, licenses, store credit, services or excluded items, detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/Exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



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Picture Day

September 13, 2026

Rocklin High School

Gymnasium

Times TBD

Photos will be taken indoors



The Ultimate Game in Youth Sports Photography

- › Touch-free photo match system ◀
- › Fully staffed picture days that run on time ◀
- › See before you buy with our email proofs ◀
- › Picture packages mailed home ◀

Thunder Thursdays

July 30th

August 6th (Raffle)



2026 SEASON IMPORTANT DATES

MANDATORY PARENT MEETING - ALL ATHLETES

- THURSDAY, JUNE 25TH AT 6PM @ RHS GYMNASIUM

ELITE PRESEASON TRAINING CAMP

- MONDAY, JULY 13TH FROM 6-8:30PM @ RHS

MEET THE COACH & RJT FUNDRAISER

- COME MEET YOUR COACH & STAY FOR DINNER!
- THURSDAY, JULY 9TH | 6-8PM @ SKIPOLINIS
- 15% OF PURCHASES GO BACK TO RJT

FB EQUIPMENT HANDOUT & FORM DROP OFF

- SATURDAY, JULY 18TH @ TWIN OAKS PARK BINS
 - MIDGETS: 9:00 - 10:00AM
 - JR MIDGETS: 10:00 - 11:00AM
 - PEE WEE: 11:00 - 12:00PM
 - JR PEE WEE: 12:00 - 1:00PM

*DO NOT COME BEFORE YOUR ALLOTTED TIME

TACKLE FOOTBALL PRACTICE BEGINS

- BEGINS MONDAY, JULY 20TH @ TWIN OAKS PARK
- JULY 20TH - AUGUST 14TH
 - PRACTICE MON-THUR FROM 6-8:30PM
- STARTING AUGUST 19TH
 - PRACTICE 3 DAYS (TBD) FROM 6-8PM

FLAG FOOTBALL PRACTICE BEGINS

- STARTS THE WEEK OF JULY 20TH @ TWIN OAKS PARK
- YOUR COACH WILL REACH OUT WITH A SCHEDULE
- FORM DROPOFF AT START OF FIRST PRACTICE



CHEER CLINIC: JULY 13-15TH

- 5-7PM @ TWIN OAKS PARK

CHEER CAMP: JULY 16TH

- 1-5PM @ GRANITE OAKS MIDDLE SCHOOL

CHEER PRACTICE BEGINS: JULY 20TH

- @ TWIN OAKS PARK

SCRIMMAGE & JAMBOREES

- JAMBOREE: SAT, AUGUST 18TH @ TBD
- SCRIMMAGE VS WHITNEY: SUN, AUGUST 23RD

FIRST TACKLE GAME

- SATURDAY, AUGUST 29TH
- @ GRANITE BAY

LEARN MORE AT JRTHUNDER.COM

Thunder Team Store

**Be on the lookout for the Team Store pop ups at Thunder
Thursdays and practices throughout the season
EVERY home game!
We accept cash and card.**





ROCKLIN JR THUNDER

ELITE TRAINING CAMP

EXCLUSIVELY FOR REGISTERED RJT ATHLETES

QB • WR • DB TRAIN WITH THE PROS



COACH TAY
FORMER D1 QB -
KANSAS STATE UNIVERSITY
UNIVERSITY OF WASHINGTON



COACH ANDRE
UNIVERSITY OF HAWAII
PROFESSIONAL
FOOTBALL EXPERIENCE



DEAN MARLOWE
9-YEAR NFL VETERAN DEFENSIVE BACK
CAROLINA PANTHERS, BUFFALO BILLS,
ATLANTA FALCONS & LOS ANGELES CHARGERS

WHAT: POSITION SPECIFIC TRAINING FROM ELITE INSTRUCTORS - QB, WR & DB
WHEN: MONDAY, JULY 13TH | TRAINING FROM 6-8PM FOLLOWED BY PIZZA & DRINKS
WHERE: ROCKLIN HIGH SCHOOL STADIUM
WHO: REGISTERED RJT TACKLE FOOTBALL ATHLETES | JPW - MIDGET
TRAINING INCLUDES: QB DEVELOPMENT | 1-ON-1 WORK | WR ROUTE RUNNING & RELEASES
DB COVERAGE TECHNIQUES | NFL-LEVEL DRILLS | COMPETITION

COST \$20

REGISTER EARLY TO SECURE YOUR SPOT AT JRTHUNDER.COM



SELF TRUST
FITNESS



Practice Schedule

First day of practice is July 20th: 6-8:30pm at Twin Oaks Park

Football Practice Schedule:

7/20- 8/13: Monday - Thursday 6-8:30pm (Subject to Change)

8/17-11/6: Monday- Friday (3 days) 6-8:00pm (Subject to Change)

Additional film sessions could be scheduled at the discretion of your head coach and will be communicated by them directly

Football requires conditioning the first week:

4 hours with no helmet or pads (Blue Shirt/Black Shorts required) followed by 6 hours of helmets only. Full contact begins after

**TINY MITES practice schedules will be communicated by coach
CHEER will move indoors as of August 10th**

SAC Heat and AQI Policy

AQI is determined at the start of the event using www.airnow.gov and modifications are as follows:

0-134 Full practice | 135-150 Walk-Thru or indoors | 151 or higher, cancel or move indoors

Temperature is determined at the start of the event using www.weather.com and modifications are as follows:

0*-105*- No modification | 106*-110*-Modify, reschedule, move indoors | 111*- Cancel, move indoors

Required Forms & Documents

- SAC Medical Clearance Form
 - Must be signed and dated after 4/15/26
 - Kaiser printouts OK
- Report card from third trimester of the 2025/2026 school year (13yrs+ only)
 - Child's name, school name, year, and grade must be listed
- All 13 year olds (as of 8/31/2026) must submit a report card or school issued grade verification form
- Handbook Acknowledgement form (please refer to Jrthunder.com and find this under Info-Forms and Documents (Please read before equipment handout!!))
- Copy of Birth Certificate - New RJT players only and all Midget Players/Cheerleaders
- Checks/checkbook
 - \$300 Check for Equipment Deposit (only cashed if not returned)
- \$500 Check for Volunteer Hours (only cashed if hours not complete/no-show to scheduled shift)
 - Tiny Mite Check for Volunteer Hours is \$200 and there is no equipment check required

Required forms to be signed: (all are in the envelope)

Parent/Player Code of Conduct, Handbook acknowledgement, Equipment Contract

Tiny Mites

Coaches

Rich Heintz (2nd year)

Jesse McKinnon (3rd year)

Trevor Pierce

Nick Hill

Grant Jensen

Erin Allen

Brent Pierce

Important Notes for the season:

- Practices will be 1-2 times a week and the schedule will be communicated by JULY 13th
- Paper work is required; please bring completed forms the first day of practice *MEDICAL CLEARANCE IS REQUIRED TO PRACTICE
- The goal is to develop players; Ages/skill level will determine team placement, this program is not equivalent to Next Level or Rise
- Equipment needed for practice: Cleats and athletic attire (it can get hot out there so please bring lots of water) -Uniform distribution will take place in August

Game Day

Coaches will communicate, but it is generally 60-90 minutes arrival before game time

Gate Fees for all pre-season, regular and playoff games are as follows:

Adult - \$8

Senior Citizen (65+) and Children/Students 5 to 17 - \$5

Children under 5 are free.

(Championship Game is \$10 for Adults, \$7 for Seniors/Children.)

Everyone must pay the entrance fee UNLESS you are volunteering at that home game

No outside Food and Beverage (except water or coffee)

All locations except for St. Mary's offer card and cash. St Mary's is cash only .

**** Be prepared for schedule changes and possible Sunday games**

Head Coaches

Cheer

Mascot- Kayla Hammitt
Jr Pee Wee- Paige Jones
Pee Wee- Cady Scanlon
Jr Midget- Sara McCrary
Midget- Natalie Morey

Football

Tiny Mites- Jesse Mckinnon, Rich Heintz,
Jr Pee Wee- Sonny Hannon
Pee Wee- Scott Bingham
Jr Midget- Chris Johnson
Midget- Gary Frost

Equipment Handout & Form Drop Off

WHEN: Saturday, July 18th

Midgets: 9:00-10:00am

Jr Midgets: 10:00-11:00am

Pee Wee: 11:00-12:00pm

Jr Pee Wee: 12:00-1:00pm

WHERE: Twin Oaks Park (by the bins)

***Please only come during your allotted time slot, you will be turned away**

****Equipment will not be distributed without ALL completed forms & documentation**



Equipment Handout

Each Football Player Will Receive:

- Practice Pack (Thunder T-shirt and Shorts)
 - RJT Practice Jersey
 - Practice pants
- Thunder equipment bag (Personalized bag available until 6/30)
 - Shoulder pads
 - Helmet

What you will need to provide:

- Cleats
- Mouthguard
- Girdle (if you need one we have extras but highly recommend you buy your own)
 - Full uniform (two sets) & socks will be distributed at a later date.

Football Roster Info

The first four weeks of practice are considered “tryouts” for football so attendance is important!

Cuts will be made no later than August 17th

Each team is allowed to roster 35 players.

There is an option for 5 additional “Redshirts” for all teams except Midgets where they are allowed up to 10.

What is a Redshirt? – Redshirts will practice with the team and can suit up for games, but can only play if all rostered players hit PAR and is at the coaches discretion. Redshirt decisions will be determined weekly by the head coach.

Grey shirts, if used, are considered inactive players for development only and will not suit up for games.

What is PAR? – Play Allotment Rule

This rule requires that each certified player play a minimum number 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. The following is the minimum PAR for all SAC teams:

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

Injury or other loss of players during the course of a game will not alter the PAR rule as determined prior to the start of the game. PAR cannot be altered as punishment for players. Failure to meet the PAR requirement by the end of the regulation game (not overtime) will result in forfeiture of the game and the Head Coach must be suspended for one week.

Questions?