



Rocklin Jr Thunder Football

Parent Handbook

2024

Welcome to Rocklin Jr. Thunder Football!!! We are looking forward to an exciting and successful 2024 season for all of 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:

- Consumnes Oaks Jr. Wolfpack
- Folsom Jr Bulldogs
- Oak Ridge Jr. Trojans
- Rocklin Jr. Thunder
- St. Mary's Jr Rams
- Jesuit Jr. Marauders

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 football 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 and we will do our best to assist you.

The Mission of Rocklin Jr. Thunder

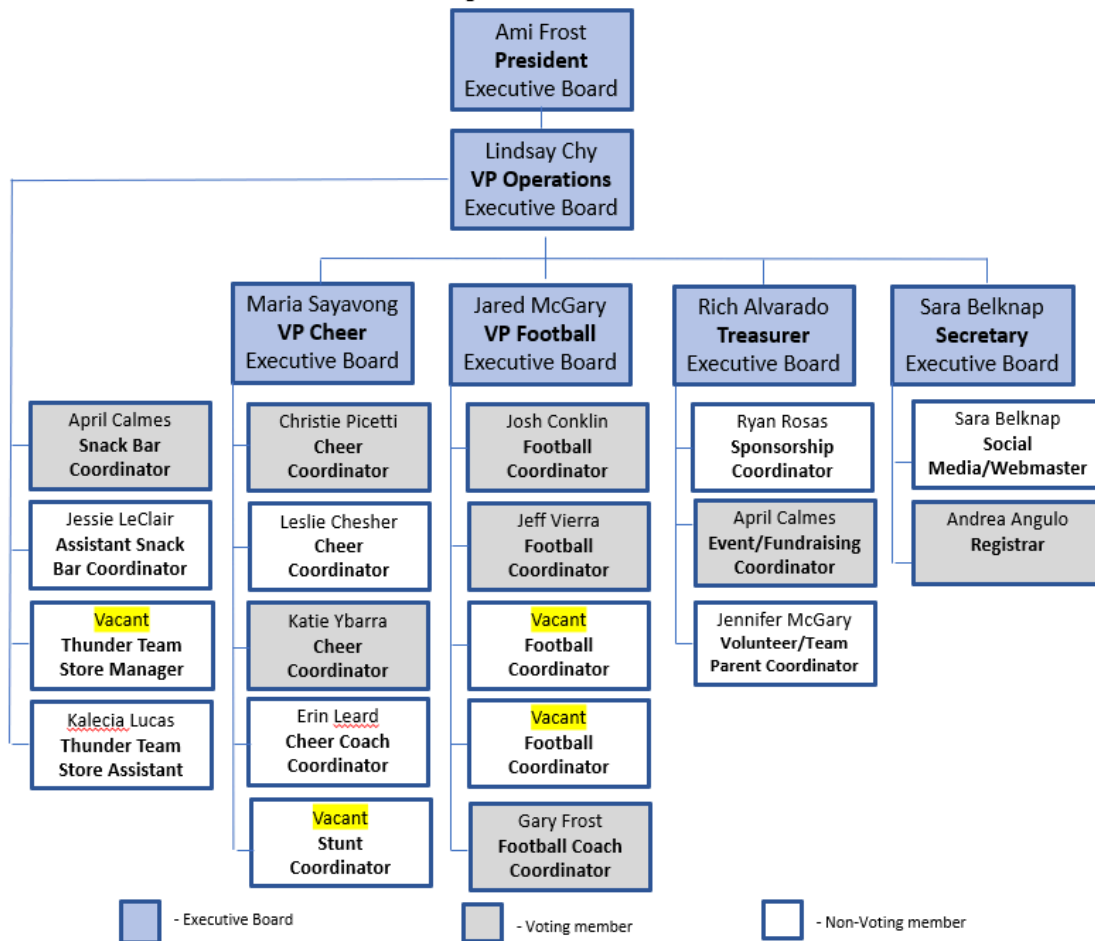
Rocklin Jr. Thunder (RJT) is a feeder program to Rocklin High School and the goal is to develop and promote the ideals of responsibility, character, hard work, sportsmanship, teamwork and fellowship within a safe and positive environment. These goals will be accomplished by providing a structured program 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.

2024 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.

2024 Rocklin Jr Thunder Board of Directors

Organization Chart



Player Responsibilities

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

- Players 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 players represent themselves and their teammates on and off the field at all times. Whether in victory or defeat, all players must always conduct themselves with pride and poise.
- Always be willing to help a coach or a teammate when needed.
- Players 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. 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 player does not maintain passing status they may not be allowed to play in the next regular season. Additionally, if a child is suspended from school for any reason, they will not be allowed to play at the upcoming game.

Football Information and Guidelines

Division Guidelines: All players will be assigned to a division based on their 2024-2025 school grade. Assignments are as follows:

- Jr. Pee Wee - Second through Fourth grade
- Pee Wee - Fifth and Sixth grade
- Jr. Midget - Seventh grade
- Midget - Eighth grade (must not be older than 14 as of 08/01/2024)

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

Participation Requirements: In order 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 13, 2024**. This is scheduled to be done at Equipment Pickup and Form Drop Off on **Saturday, July 13th at the Twin Oaks Park** bins. 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 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 4/15/2024
 - Kaiser printouts are OK
- **Report card for 2023/2024 school year**
 - 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
 - 2024 Parent Handbook Acknowledgement Form

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 each practice. Players should bring adequate water to each practice. Practices before school starts are 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 coaches 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 have the opportunity to 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 spirit pack gear (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 and practice jersey and pants issued to them. Mouth Guards are required at all times while on the field and must be purchased separately. It is a good idea to have an extra on hand in case one breaks. Players will not be allowed to practice or play without a mouth guard.

Equipment: All necessary football equipment, except for cleats, mouthguard 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 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 stated in the equipment contract.

Roster Size and Cuts: Each football team is limited to (35) players. Cuts are made at the end of the 3-4 weeks of practice. All teams will finalize their rosters by the end of the third or fourth week of practice. The decision to remove any player from a roster below the 35-player limit will be made jointly by the Head Coach, 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.

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. Red Shirt players will suit up at games, but are not able to play in games unless PAR is already met by each of the 35 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:

- 29-35 players..... 8 plays
- 22-25 players..... 10 plays
- 21 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 SFC 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.

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 below for information about excused and unexcused absences)

Tardiness: All players 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.

Game Day: Unless instructed by your head coach otherwise 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 then 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.

Coach Email Addresses:

Scott Bingham - jrpeeweefootballhc2024@jrthunder.com

Michael Salondaka - peeweefootballhc2024@jrthunder.com

Jeff Daigle - jrmidgetfootballhc2024@jrthunder.com

Ron Milton - midgetfootballhc2024@jrthunder.com

2024 Game Schedule:

2024 SCHEDULE

8/17 JAMBOREE @ WOODCREEK	9/28 @ ST. MARY'S
8/24 Ⓜ VS. LINDHURST	10/5 Ⓜ VS OAK RIDGE
8/31 BYE	10/12 @ JESUIT
9/7 @ WHITNEY	10/19 PLAYOFF WEEK 1
9/14 Ⓜ VS. CONSUMNES OAKS	10/26 PLAYOFF WEEK 2
9/21 Ⓜ VS. FOLSOM	11/2 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, with the exception of coaches, players, Board Members, parent volunteers fulfilling a shift and Sierra Athletic Conference certified personnel are required to pay an admission fee.

SAC regular season and Jamboree Costs:

- Adults: \$8.00
- Children and Senior Citizens: \$5.00
- Children Under 5 & Under: Free

SAC playoff/championship:

- Adults: \$10.00
- Children and Senior Citizens: \$7.00
- Children Under 5 & Under: Free

Food & Drink - The snack bar is a crucial source of program revenue, so for that reason, it is asked that no outside food or drink is 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 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 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!

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 2025 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 the first five days of practice. If the roster for that squad remains higher than 45 after the first five days of practice, the roster will be cut to no more than 45 players. During subsequent practice days, 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 \$100 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 16th. Once the request is received and equipment return is confirmed, refunds for players that drop or get cut during Tryouts will be processed. A \$100 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

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 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 anonymously through our Anonymous Contact form . A written response to a properly submitted complaint will be provided to the complaining party as soon as possible after 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 staff you must wait the “24 hour cool off period” and then contact in regards.

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 or an anonymous message via the contact us page at jrthunder.com. You may also scan the QR Code to find us online or on social networks.



2024 PLAYER AND PARENT POLICIES

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 towards the organization. In addition to staff members, a successful season requires volunteer support from every participant's family.

- **Each family is required to fill 10 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 15 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 10 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 (11/2/24) 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 or mat 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
- 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 on a game day will not need to pay admission for that day.

RJT Football Player 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 strive 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 fields 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

SAC - Athlete Code of Conduct

AS AN ATHLETE, I hereby pledge, as a participant in the Sierra Athletic Conference, to the follow the SAC Athlete Code of Conduct:

1. I commit, as a representative of my team, organization, and league, to be responsible for my words and actions, no matter what the circumstances, both on and off the field or competition.
2. I commit to maintaining good citizenship throughout the season and understand fighting, misconduct, vulgar or derogatory language, cursing, or disrespect in any way can lead to being dismissed from my organization and the SAC league.
3. I commit, as a student athlete, to maintain the academic standards of my school and organization.
4. I commit to arriving at practices and games prepared, on-time, and ready to give 100%.
5. I commit to treating my coaches, instructors, teammates, board members, officials, and any adult authority figures with respect.
6. I commit to following the rules of my sport and respecting the decisions of the coaches, officials, referees, and judges.
7. I commit to not use drugs, tobacco, or alcohol and understand that doing so could result in the dismissal of my position on my team. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers).
8. I commit to treating other athletes, coaches, fans, and officials with respect regardless of race, national origin, sex, sexual orientation, creed or ability.
9. I commit to positive encouragement of my fellow athletes and peers and understand any rude or disrespectful behavior on social media or through electronic or printed communications, including the use of foul language or inappropriate gestures toward anyone, will not be tolerated.
10. I commit that I will not engage in acts of bullying, use insensitive speech, or participate in any hazing activities.

SAC - Parent and Family Code of Conduct

AS A PARENT AND/OR GUARDIAN, I hereby pledge to provide positive support, care, and encouragement for my child and all athletes by following the Sierra Athletic Conference Code of Conduct outlined below.

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 event.
2. I will support and treat all officials, board members, volunteers, and coaches working with my child and all athletes in order to encourage a positive and enjoyable experience for all. I will commit to a 24 hours "cooling off" period before contacting my athlete's coach or a board member, if any issues of concern arise.
3. I will not use drugs, tobacco, or alcohol while at organization and league events, games, and practices and will help ensure a sports environment that is free from drugs, tobacco, and alcohol. This includes the use of any electronic cigarettes also known as e-cigs, vapes, or vaporizers).
4. I will not engage, or encourage my child or others to engage, in unsportsmanlike conduct with any coach, parent, athlete, participant, or official, including the use of verbal or physical threats or abuse.
5. I will refrain from cursing and the use of vulgar language at all events and in all communications with my child, the athletes, coaches, participants, and officials.
6. I will insist that my child and/or the athletes play in a safe and healthy environment and will not engage in any behavior that would endanger the health, safety, or well being of any coach, parent, athlete, participant, or official.
7. I will promote an environment of diversity and inclusion and ask my child and the athletes to treat other players, coaches, fans, and officials with respect regardless of race, national origin, sex, sexual orientation, creed or ability.
8. I will not engage, or encourage my child or others to engage, in acts of bullying, use of insensitive speech, or participation in any hazing activities.
9. I will not engage, or encourage 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, or participant.
10. I will remember that the game is for youth participants and athletes - not the adults.

11. I will do my very 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.