

JUNIOR
Titans
CHEER



INFORMATION PACKET

WELCOME TO JUNIOR CHEER!

Thank you for your interest in the 2026 Tennessee Titans Junior Cheer Program! We are so excited to welcome participants from across the community to an unforgettable NFL game day experience.

This program is designed to give girls and boys ages 6–14 the opportunity to build confidence, learn performance skills, create friendships, and experience the excitement of performing at Nissan Stadium alongside the current 2026 Tennessee Titans Cheerleaders.

Whether your child is brand new to cheer and dance or already has previous experience, our goal is to create a fun, encouraging, and memorable experience for every participant.

We cannot wait to see everyone on the field this season!



PROGRAM OVERVIEW

Participants in the Tennessee Titans Junior Cheer Program will:

- Learn choreography and performance techniques
- Practice with current Tennessee Titans Cheerleaders
- Build confidence and teamwork skills
- Participate in a once-in-a-lifetime NFL game day experience.
- Perform LIVE during pregame at the Titans vs. Browns game on October 25th, 2026.

All practices and performances are designed to be age-appropriate, positive, and engaging for all ability levels.

JUNIOR *Titans* CHEER



WHO CAN PARTICIPATE?

- Girls and boys
 - Ages 6–14
 - All experience levels welcome
- No previous cheer or dance experience is required.

EVERY JUNIOR TITANS CHEERLEADER REGISTRATION INCLUDES:

- Junior Titans Cheerleader Uniform (dress and briefs)
- Set of poms
- Junior Titans Cheerleader bow
- Junior Titans Cheerleader bag
- 1 game ticket (300-Level) included for the October 25th Titans vs. Browns game
- 2026 Titans Cheerleaders poster
- Digital video of the performance
- Digital photos of performance
- Option to purchase discounted tickets to the October 25th Titans vs. Browns game!



JUNIOR *Titans* CHEER



NEW FOR 2026 – JUNIOR FLAG RUNNERS

We are excited to introduce Junior Flag Runners to this year's program!

Junior Flag Runners will:

- Learn exciting field staging and movement
- Help create game day energy during pregame festivities
- Participate in the excitement of Titans game day on the field

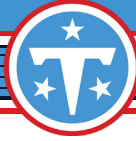
Please note:

Junior Flag Runners will not learn a dance routine. This opportunity is designed for participants who enjoy performance, teamwork, spirit, and being part of the live game day atmosphere.

EVERY JUNIOR TITANS FLAG RUNNER REGISTRATION INCLUDES:

- Junior Flag Runner Uniform (Custom 2026 jersey and shorts)
- Junior Titans Cheerleader bag
- 1 game ticket (300-Level) included for the October 25th Titans vs. Browns game
- 2026 Titans Cheerleaders poster
- Digital video of the performance
- Digital photos of performance
- Option to purchase discounted tickets to the October 25th Titans vs Browns game!

JUNIOR *Titans* CHEER



REGISTRATION INFORMATION

2026 PARTICIPATION FEES

Junior Cheerleader

- Regular Registration: \$299
- Early Bird Registration: \$249

Junior Flag Runner

- Regular Registration: \$175
- Early Bird Registration: \$125

Spots are limited and expected to fill quickly.

PRACTICES:

All practices are mandatory in order to be part of the pregame performance on game day. There will be a mandatory Parents Meeting at the beginning of our first practice on October 19th.

JUNIOR CHEERLEADER PRACTICES:

Monday, October 19th: Practice at Nissan Stadium (5:30pm-8:00pm)

Tuesday, October 20th: Practice at Nissan Stadium (5:30pm-8:00pm)

Thursday, October 22nd: Practice at Nissan Stadium (5:30pm-8:00pm)

Sunday, October 25th: Pregame Field Performance at Nissan Stadium (arrival time TBD.
Performance will occur prior to kickoff)

JUNIOR FLAG RUNNER PRACTICES:

Monday, October 19th: Practice at Nissan Stadium (5:30pm-8pm)

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Sunday, October 25th: Pregame Field Performance at Nissan Stadium (arrival time TBD.
Performance will occur prior to kickoff)

JUNIOR Titans CHEER



UNIFORM SIZING:

Please review the uniform sizing chart carefully before selecting your participant's size. All uniforms are custom ordered specifically for each participant, and we are unable to offer returns, exchanges, refunds, or size replacements.

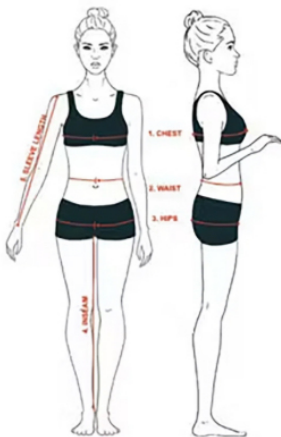
We strongly encourage parents to double check measurements prior to registration to ensure the best possible fit.

We will not be able to exchange uniforms for different sizes once registration has been submitted.

How to measure

Don't take your own measurements. Wear the undergarments worn with your uniform.

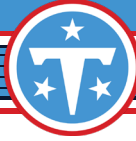
1. **Chest:** Measure under your arms, around the fullest part of your chest.
2. **Waist:** Measure at the natural waistline, at the smallest part of waist, where the natural curve lies when you bend to the side.
3. **Hips:** Measure around the fullest part of your body.
4. **Inseam:** Measure from the top of your inner thigh down to the desired pant length.
5. **Sleeve length:** Measure from the end of the shoulder to middle of hand.



GIRLS & WOMEN'S GKASC BRANDED

Size	CXS	CS	CI	CM	CL	AP	AS	AM	AL	AXL	1X	2X	3X
Chest	21-22	22-23	23-24	25-27	28-29	30-31	32-34	35-37	38-39	40-42	43-45	46-48	49-50
Waist	19-20	20-21	21-22	22-23	23-24	24-25	25-27	27-28	28-31	31-34	35-38	39-42	43-46
Hip	21-22	22-24	24-27	27-29	29-30	31-33	33-35	36-38	39-41	41-44	45-48	48-51	51-54

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IMPORTANT INFORMATION:

PLEASE NOTE: All family members, friends, or others who wish to enter the stadium to watch the performance also **MUST** have a game ticket. No one will be permitted to enter the stadium for any duration on game day without a valid game ticket. Game tickets are available at checkout at a special rate exclusive to our Tennessee Titans Junior Cheer Program.

All participants must have a completed waiver and code of conduct form, signed by a parent/guardian, prior to the start of the first practice. This will be provided in the confirmation email after registration.

All purchases are nonrefundable (no exceptions). For additional information or questions, please email talor.franklin@titans.nfl.com

Due to ongoing Nissan Stadium construction and other scheduled stadium events throughout the week, practice space and spectator access will be limited. As a result, parents and guests will not be permitted to remain and watch practices at the stadium. We appreciate your understanding and cooperation as we work within the stadium's operational guidelines.



THANK YOU!

Thank you for taking the time to review the 2026 Tennessee Titans Junior Cheer Information Packet. We are incredibly excited to provide an experience that is fun, encouraging, and memorable for every participant.

Our goal is to create an environment where participants can build confidence, make new friendships, learn valuable skills, and experience the excitement of performing on an NFL field.

We are looking forward to an amazing season and can't wait to welcome everyone to the Tennessee Titans Junior Cheer family. Be sure to stay connected through email and social media for important updates and announcements as we prepare for game day!