

2025 Junior Cheer FAQ



The Minnesota Vikings Cheerleaders Junior Cheer and Junior Flag Runner program is designed specifically to promote confidence, hard work, leadership, and FUN among youth 3 - 14 years of age. This program offers a special opportunity to perform during a professional production in front of Minnesota Vikings fans at U.S. Bank Stadium.

Announcing TWO Junior Cheer & Junior Flag Runner Game Day Performances!
SATURDAY, AUGUST 9 | 3PM KICKOFF vs. HOUSTON TEXANS – **HALFTIME PERFORMANCE**
SATURDAY, AUGUST 16 | NOON KICKOFF vs. NEW ENGLAND PATRIOTS – **PREGAME PERFORMANCE**

THIS IS YEAR 2 OF THE VALHALLA UNIFORM

For each Junior Cheer Camp, the Junior/Angel Cheerleaders will attend rehearsal sessions where they will learn warmups, stretches, cheers, and dance choreography. The Junior Flag Runners will learn field choreography (not a dance routine) that will create energy and movement on the field to enhance the overall production.

All choreography will be taught by the 2025 Minnesota Vikings Cheerleaders and staff.

Character-building themes will be introduced daily to help promote self-esteem and pride amongst our juniors. Participants are divided into small groups by their age and work closely with their assigned Cheerleader/ Staff.

The 2025 Junior Cheer camps will consist of two practices, a dress rehearsal and a Vikings Game Day performance, centerfield at U.S. Bank Stadium.

Limited space is available.

Registration For Camp #1 (TEXANS) will close on June 22, 2025, or whenever full.

Registration For Camp #2 (PATRIOTS) will close on June 22, 2025, or whenever full.

CAMP #1 / TEXANS

Practice #1: Tuesday, August 5 | 6:30-8:30 PM | TCO Performance Center

Practice #2: Wednesday, August 6 | 6:30-8:30 PM | TCO Performance Center

Dress Rehearsal: Friday, August 8 | 6:30-8:30 PM | TCO Performance Center

Game Day HALF TIME Performance: Saturday, August 9 | 3:00 PM | U.S. Bank Stadium

CAMP #2 / PATRIOTS

Practice #1: Tuesday, August 12 | 6:30-8:30 PM | TCO Performance Center

Practice #2: Wednesday, August 13 | 6:30-8:30 PM | TCO Performance Center

Dress Rehearsal: Friday, August 15 | 6:30-8:30 PM | TCO Performance Center

Game Day PRE GAME Performance: Saturday, August 16 | Noon | U.S. Bank Stadium

ANGELS:

Age 3 - 5 years old.

Must be 3 years old by August 1, 2025. – NO EXCEPTIONS.

- Must be potty trained and able to separate from parents to work with the group instructors.
- Angels will be grouped together and have “MVC Leaders” to always direct them and will participate the exact same way as Junior Cheerleaders.
- Angels will have some shortened practice times (pickup is at 8:00pm on Tuesday and Wednesday practice nights).
- At this age, we feel learning a shorter routine, wearing the uniform, and performing at the game with the MVC in a simple capacity allows the younger siblings and future Junior MVC the chance to experience what Junior MVC will be like, but at a level that is fun for them, and confidence-building.

JUNIORS:

Age 6 - 14 years old.

- Must be 6 years of age by August 1, 2025, - NO EXCEPTIONS.

FLAG RUNNERS:

Age 8 - 14 Years old.

- The Junior Flag Runners will learn field choreography (not a dance routine) that will create energy and movement on the field to enhance the overall production.

- Flag performers will be provided with a uniform top to be worn for dress rehearsal and for the performance at US Bank Stadium. We ask that you wear the provided uniform top with black athletic shorts and running shoes.
- No experience necessary!

PARTICIPATION FEES:

When registering please select if the child is an Angel (Ages 3-5), Junior Cheerleader. (Ages 6-14), or Flag Runner (Ages 8-14)

Angel or Junior Cheerleader:

\$265 per child. (This INCLUDES a uniform DRESS for the game day performance)

\$225 per child. (Uniform DRESS NOT Included.) **This means you already have a uniform Dress from 2024 that is still usable for 2025. Every participant will need to have this uniform in order to perform. NO Exceptions.**

Junior Flag Runner:

\$125 per child. (INCLUDES a uniform TOP for the game day performance)

\$85 per child (Uniform TOP NOT Included. **This means you already have a uniform top from 2024 that is still usable for 2025. Every participant will need to have this uniform in order to perform. NO Exceptions.**



UNIFORM:

Angel or Junior Cheerleader:

- Every Angel and Junior cheer participant will receive a "Valhalla" uniform DRESS with their \$265 camp purchase to wear in the 2025 Game Day performance.
- *This is year **TWO** of the replica "Valhalla Dress" uniform! This uniform dress was worn for the 2024 Junior Cheer Performances and will also be worn for this year's 2025

performances. If you already have this Uniform dress and it still fits, you can choose the \$225 registration option that does NOT include a dress.

- **If your child is in between uniform sizes, please size up.**
- There is a male uniform option! You can select this option when you choose your uniform size. This is the same top as the Junior Flag Runners. Participants that wear this top will be asked to wear their own black athletic shorts or pants for the rehearsal and game day performance.

Junior Flag Runner TOP:

Every Flag Runner participant will receive a Performance Top with their \$125 camp purchase to wear in the 2025 Game Day Performance.

*This is year **TWO** of the replica “Valhalla Top” uniform! This uniform top was worn for the 2024 Junior Flag Runners Performances and will also be worn for this year’s 2025 performances. If you already have this Uniform Top and it still fits, you can choose the \$85 registration option that does NOT include a top.

EVERYONE will need to already have or will need to purchase a Valhalla uniform Dress (For Juniors) or Valhalla Top (For Flag Runners) to participate in the 2025 performance.

If you already have this uniform from 2024, you do not need to purchase another one.

GAME TICKETS

- To participate, you must purchase or have game tickets - both the performer and the chaperone! EVERYONE will need to acquire his or her game ticket separately from the program registration. Each performer will need a chaperone/parent/guardian with them on game day. Both the performer and the chaperone will need a ticket to enter the stadium.
- Tickets are not included in the Junior Cheer Registration fee. You can also purchase additional tickets for your family and friends. We have blocked seats in the upper deck at a special rate. You are free to find other tickets in the stadium, in other locations, if you prefer. Place orders for your Junior, chaperone, and guests all at once if you want them to be seated together in the stands.

SATURDAY, AUGUST 9 | 3PM KICKOFF vs. HOUSTON TEXANS - Starting at \$17.50

SATURDAY, AUGUST 16 | NOON KICKOFF vs. NEW ENGLAD PATRIOTS - Starting at \$17.50

Find the Junior Cheer Ticket Links on the website

Rehearsal Dates/Location:

- Rehearsals, other than on game day, will take place at the Twin Cities Orthopedics Performance Center in Eagan, MN.

**2600 Vikings Circle
Eagan, MN 55121**

- **The Friday of camp is Dress Rehearsal.** Please come dressed in your Junior “Valhalla” Uniform to this rehearsal. We will have a “show off” dress rehearsal and awards presentation. Parents are invited to video and take pictures! Game day details will be emailed to parents.

Gameday Date/Location:

SATURDAY, AUGUST 9TH - (3:00 pm) HALFTIME Performance at U.S. Bank Stadium

- There will be a halftime rehearsal at U.S. Bank Stadium on game day at approximately 9:25 am for all participants. More information to come to those registered. Kickoff is at 3:00 pm and the Juniors will perform during HALFTIME (*Timing subject to change) Performers will then return to their parent/guardian following the Juniors’ halftime performance to enjoy the rest of the game.

SATURDAY, AUGUST 16TH - (12:00 pm) PREGAME Performance at U.S. Bank Stadium

- There will be a pre-game rehearsal at U.S. Bank Stadium on game day at approximately 8:15am (*Timing subject to change) for all participants. More information to come to those registered. Kickoff is at 12:00 pm. *The Juniors performance time is TBD. After the performance, the performers will return to their parent/guardian to enjoy the rest of the game.

MVC Junior Cheer Camp Includes:

- Official 2025 Junior Cheer “Valhalla” replica uniform
- 3 days of Junior Cheer Camp instruction and FUN for both game dates
- Official Junior Cheerleader T-Shirt
- Set of official Junior MVC Poms
- Professional Junior Choreography and Music

- 2025 Junior Cheer Certificate
- 2025 Junior Cheer Awards Pin
- Discounted game day ticket purchase power *Find the Junior Cheer Ticket Links on the website*
- U.S. Bank Stadium game day food coupon
- Coaching by members of the current MVC team and Coaches
- Pictures and autographs with the current Minnesota Vikings Cheerleaders (MVC)
- Professional video footage of Cheer Camp and Game Day (delivered electronically)
- Game Day Junior Cheer photos captured by Vikings professional photographers.
- Opportunity to purchase official Junior MVC branded merchandise (optional)
- And MORE!

TOTAL VALUE is over \$400 before game ticket order.

PROGRAM DETAILS:

- Performers must be 3 - 14 years of age to participate.
- Different levels of participation are offered based on age groups.
 - Angel Cheerleaders (ages 3-5)
 - Junior Cheerleaders (ages 6-14)
 - Junior Flag Runners (ages 8-14)
- Game tickets must be purchased in addition to the program fee and are not included with registration. Everyone attending the game must have a ticket for entry and participation. See above for the link to purchase tickets at a discounted rate.

RULES & REGULATIONS:

- No auditions required!
- Bring a water bottle to rehearsals. Write your cheerleader's name on it.
- No food is allowed in the field house during rehearsals. Please eat before arriving and plan accordingly.
- **No refunds on fees, t-shirts, uniforms, or Junior Cheer optional merchandise.**
- **No alterations on sizing will be offered. Please swap amongst yourselves if a sizing issue arises. Remember to size up if your child is in between sizes.**
- Parents/guardians must pick-up and drop-off their child each day. Parents will be asked to leave the facility during the actual rehearsal time because of distractions, security and lack of space. All practices are closed to the public.
- A full refund will be given to participants if the program fills, and your registration cannot be accepted. **No other refunds can be offered.**

2025 JUNIOR CHEERLEADER NOTES:

- A confirmation email of your acceptance into the program (based on a first come, first serve policy) will be e-mailed to you once we receive your registration. (Please check your junk email if you do not see it right away!) The final confirmation email will be sent

one week prior to the respective game date. This will include reminders, final information about the event and more detailed information on entry.

- Please make sure to check your email before attending Junior Cheer practice each night.
- If you are traveling in from out of state, there are many hotels in the surrounding area. Make it a mini vacation! www.cityofeagan.com
- Junior Cheerleader optional additional merchandise will be available. These items will be available before and after rehearsals. Sizes and availability cannot be guaranteed. First come, first served.
- Please plan to reference this detailed information for answers to your Junior Cheer questions. Print off a copy of this page for your easy access and or bookmark the URL.

Questions regarding Junior Cheer can be sent to: mvcheerleaders@vikings.nfl.net