

# 2026 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 Camps!**

Pick one or both camps!

### **CAMP #1:**

**Practice #1:** MONDAY, AUGUST 17 | 6:30-8:30 PM | TCO Performance Center

**Practice #2:** TUESDAY, AUGUST 18 | 6:30-8:30 PM | TCO Performance Center

**Dress Rehearsal:** FRIDAY, AUGUST 21 | 6:30-8:30 PM | TCO Performance Center

### **Game Day PRE-GAME Performance:**

SATURDAY, AUGUST 22 | NOON Kickoff Vs. Ravens| U.S. Bank Stadium

### **CAMP #2:**

**Practice #1:** MONDAY, SEPTEMBER 28 | 6:30-8:30 PM | TCO Performance Center

**Practice #2:** TUESDAY, SEPTEMBER 29 | 6:30-8:30 PM | TCO Performance Center

**Dress Rehearsal:** FRIDAY, OCTOBER 2 | 6:30-8:30 PM | TCO Performance Center

### **Game Day PRE-GAME Performance:**

SUNDAY, OCTOBER 4 | 3:05 PM Kickoff Vs. Dolphins | U.S. Bank Stadium

**Limited space is available.**

**Registration For Camp #1 (RAVENS) will close on June 22, 2026, or whenever full.**

**Registration For Camp #2 (DOLPHINS) will close on August 7, 2026, or whenever full.**

**\*NEW 2026 UNIFORM\***



For each Junior Cheer Camp, the Junior/Angel Cheerleaders will attend **two practices** 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 2026 Minnesota Vikings Cheerleaders and staff.

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

Each camp will conclude with a dress rehearsal open to friends and family at Twin Cities Orthopedics Performance Center and a performance centerfield at U.S. Bank Stadium during a Minnesota Vikings Game Day.

**ANGELS:**

*Ages 3 - 5 years old*

- Must be 3 years old by August 1, 2026 – NO EXCEPTIONS.
- Must be potty-trained and able to separate from parents in order to work with group instructors.

Angels will participate in the same ways as Junior Cheerleaders, but with shortened practice times (pickup is at 8:00 pm). They will be grouped together and assigned MVC Leaders who will provide direction. At this age, we believe wearing the uniform, learning a shorter routine, and performing at the game alongside the MVC in a simplified capacity gives younger siblings and future Junior MVC participants the opportunity to experience what Junior MVC is like at a level that is fun, engaging, and confidence-building.

**JUNIORS:**

*Ages 6 - 14 years old*

- Must be 6 years of age by August 1, 2026 - NO EXCEPTIONS.

## **FLAG RUNNERS:**

*Ages 8 - 14 years old*

- No experience necessary!

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 Flag Runners will be provided with a uniform top to be worn for dress rehearsal and for the gameday performance at US Bank Stadium. We ask that you wear the top with black athletic shorts or pants and running shoes.

## **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**

\$275 per child

- Includes the new 2026 -2027 uniform DRESS or TOP for the game day performance

### **Junior Flag Runner**

\$150 per child

- Includes the new 2026-2027 game day performance TOP to be worn with your own black shorts or pants

## **UNIFORMS:**



### **Angel or Junior Cheerleader**

Every Angel and Junior Cheerleader will receive a Uniform as part of the \$275 camp registration fee to wear during the 2026 Game Day performance.

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 who 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**

Every Flag Runner participant will receive a Performance Top as part of the \$150 camp registration fee to wear during the 2026 Game Day Performance.

**If your child is between uniform sizes, please size up.**

### **GAME TICKETS:**

To participate, both the performer and their chaperone must have game tickets. ALL tickets must be purchased separately and are **not** included in the Junior Cheer registration fee. Each performer is required to have a parent, guardian, or chaperone present on game day, and **both the performer and chaperone will need tickets to enter the stadium.**

Additional tickets may also be purchased for family and friends. We have reserved upper-deck seating at a special group rate. You are also welcome to purchase tickets in other locations of the stadium, if preferred. If you would like your Junior, chaperone, and guests seated together, please place all ticket orders at the same time.

**SATURDAY, AUGUST 22 | NOON KICKOFF vs. BALTIMORE RAVENS - Starting at \$17.50**

**SUNDAY, OCTOBER 4 | 3:05 PM KICKOFF vs. MIAMI DOLPHINS - Starting at \$102.50**

**\*Find the Junior Cheer Ticket Links on the website\***

### **REHEARSAL DATES/LOCATION:**

ALL rehearsals (except on game day) will take place at the Twin Cities Orthopedics Performance Center in Eagan, MN.

**2600 Vikings Circle  
Eagan, MN 55121**

**Dress Rehearsal will be the Friday of camp week.**

All participants should come to this rehearsal dressed in their Uniform. We will have a “show off” performance and an awards presentation. Parents are invited to video and take pictures! Game day details will be emailed to parents.

## **GAMEDAY DATES/LOCATIONS:**

### **Saturday, August 22 – PRE-GAME Performance at U.S. Bank Stadium**

There will be a pre-game rehearsal at U.S. Bank Stadium on game day at approximately 8:15 am (timing subject to change) for all participants. Juniors will perform during PRE-GAME entertainment (timing TBD). Performers will then return to their parent/guardian following the PRE-GAME performance to enjoy the rest of the game. Kickoff is at 12:00/Noon. More information to come to those registered.

### **Sunday, October 4 – PRE-GAME Performance at U.S. Bank Stadium**

There will be a pre-game rehearsal at U.S. Bank Stadium on game day at approximately 11:30 am (timing subject to change) for all participants. Juniors will perform during PRE-GAME entertainment (timing TBD). Performers will then return to their parent/guardian following the PRE-GAME performance to enjoy the rest of the game. Kickoff is at 3:05 PM. More information to come to those registered.

### **MVC Junior Cheer Camp Includes:**

- Official 2026-2027 Uniform
- 3 days of Junior Cheer Camp instruction and FUN for both game dates
- Official Camp T-Shirt
- Set of official Junior MVC Poms
- Professional Choreography and Music
- 2026 Junior Cheer Camp Certificate
- 2026 Junior Cheer Camp 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 Camp and Game Day (delivered electronically)
- Game Day photos captured by Vikings 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 are not included with registration and **must** be purchased separately. 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 audition required!
- Bring a water bottle **with your Junior's name on it** to ALL rehearsals.
- No food is allowed in the field house during rehearsals. Please plan accordingly and eat before arriving.
- **No refunds on fees, t-shirts, uniforms, or Junior Cheer Camp 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.**
- All practices are closed to the public. 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.
- A full refund will be given to participants if the program is filled, and your registration cannot be accepted. **No other refunds can be offered.**

### **2026 JUNIOR CHEERLEADER NOTES:**

- A confirmation email of your acceptance into the program (based on a first-come, first-served policy) will be emailed to you once we receive your registration. Please check your junk or spam folder if you do not see it right away.
- A final confirmation email will be sent **one week** prior to the selected game date. This email will include reminders, final event details, and additional information regarding entry and participation.
- Please make sure to check your email before attending rehearsals each night.
- If you are traveling from out of state, there are many hotels in the surrounding area. Make it a mini vacation! [www.cityofeagan.com](http://www.cityofeagan.com)
- Optional Junior merchandise will be available for purchase before and after rehearsals. Sizes and availability are not guaranteed and will be offered on a first-come, first-served basis.
- Print off a copy of this page and/or bookmark the URL for ease of reference throughout Junior Cheer Camp. We encourage you to use this resource to answer your Junior Cheer Camp questions.

**Other questions regarding the 2026 Junior Cheer and Junior Flag Runner program can be sent to: [mvcheerleaders@vikings.nfl.net](mailto:mvcheerleaders@vikings.nfl.net)**