

2024 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 10 | 3PM KICKOFF vs. LAS VEGAS RAIDERS

SUNDAY, OCTOBER 20 | NOON KICKOFF vs. DETROIT LIONS

ALL NEW UNIFORMS THIS SEASON

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 2024 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 "big sister" MVC.

The 2024 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 (RAIDERS) will close on June 16, 2024, or whenever full.

Registration For Camp #2 (LIONS) will close on August 25, 2024, or whenever full.

CAMP #1 / RAIDERS

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

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

Dress Rehearsal: Friday, August 9 | 6:30-8:30 PM | TCO Performance Center

Game Day Performance: Saturday, August 10 | 3:00 PM | U.S. Bank Stadium

CAMP #2 / LIONS

Practice #1: Monday, October 14 | 6:30-8:30 PM | TCO Performance Center

Practice #2: Tuesday, October 15 | 6:30-8:30 PM | TCO Performance Center

Dress Rehearsal: Friday, October 18 | 6:30-8:30 PM | TCO Performance Center

Game Day Performance: Sunday, October 20 | Noon | U.S. Bank Stadium

ANGELS:

Age 3 - 5 years old.

Must be 3 years old by August 1, 2024. – 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 shortened practice times (pickup is at 8:00pm).
- At this age, we feel coming to learn a shorter routine/combo, 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, 2024, - 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)

CAMP #1 / RAIDERS

Angel or Junior Cheerleader:

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

Junior Flag Runner:

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

CAMP #2 / LIONS

Angel or Junior Cheerleader:

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

\$225 per child (Uniform NOT Included) **This selection means you have already signed up for Camp #1 and already have a uniform purchased. 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 selection means you have already signed up for Camp #1 as a flag runner and already have a uniform top purchased. Every participant will need to have this uniform top in order to perform. NO Exceptions.**



UNIFORM:

Angel or Junior Cheerleader:

- Every Angel and Junior participant will receive a "Valhalla" uniform dress with their camp purchase to wear in the 2024 Game Day performance.
- *This is year **ONE** of this replica "Valhalla" uniform! Angel and Junior Cheerleaders will receive this uniform to be worn for the 2024 Junior Cheer Performances. This Uniform will also be used for the 2025 Junior Cheer Performance.
- If your child is in between uniform sizes, please size up.
- There is a male uniform option! When registering, please select "male" under type of uniform, as well as when selecting the 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:

- Every Flag Runner participant will receive a Performance Top with their camp purchase to wear in the 2024 Game Day Performance.
- If your child is in between uniform sizes, please size up.
- Flag Runner participants will be asked to wear their own black athletic shorts or pants for the rehearsal and game day performance.

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 dancer 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 MVC, chaperone, and guests all at once if you want them to be seated together in the stands.

SATURDAY, AUGUST 10 | 3PM KICKOFF vs. LAS VEGAS RAIDERS - Starting at \$15.00

SUNDAY, OCTOBER 20 | NOON KICKOFF vs. DETROIT LIONS - Starting at \$84.00

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 MVC “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. We will also be available for questions until 9 P.M.

Gameday Date/Location:

SATURDAY, AUGUST 10TH - (3:00 pm) 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 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 pre-game (around 2:40 pm)! (*Timing subject to change) Performers will then return to their parent/guardian following the Juniors’ pre-game performance to enjoy the rest of the game.

SUNDAY, OCTOBER 20TH - (12:00 pm) 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 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 2024 Junior Cheer “Valhalla” replica uniform
- 3 days of Junior Cheer Camp instruction and FUN for both game dates
- Official MVC Junior Cheerleader T-Shirt
- Set of official Junior MVC Poms
- Professional Junior Choreography and Music
- 2024 Junior Cheer Certificate
- 2024 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 into 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.**

2024 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 MVC 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 MVC Junior Cheer can be sent to: mvcheerleaders@vikings.nfl.net