**Emily Crofford**

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**Education**

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| **University of North Carolina at Greensboro, Greensboro, NC**  Master of Fine Arts in Dance  Graduate Teaching Assistant, Dance Department  Cumulative GPA: 4.00, Graduation: May 2018 | **Kent State University, Kent, OH**  Bachelor of Fine Arts in Dance Education  Minor in Education  State of Ohio: 4 Year Resident Educator License: Multi Age (P-12) Dance  Cumulative GPA: 3.96, Graduation: December 2012 |

**Certifications**

**2020** International Sports Science Association: *Certified Elite Trainer*. Issued: 7/21/20

International Sports Science Association: *Certified Personal Trainer*. Issued: 7/20/2020

International Sports Science Association: *Certified Nutritionist*. Issued: 4/20/2020

**2018** International Sports Science Association: *Strength* *and Conditioning Coach*. Issued:10/5/18

International Sports Science Association: *CPR/AED/First Aid*. Issued: 10/8/18

**2014** American Heart Association: *Heartsaver CPR AED.* Issued: 8/27/2014 Updated: 7/21/24

Yoga Alliance: *200 credit hour Yoga Teacher Training*. Issued: 7/2014

**Teaching Experience**

**2018- Present Adjunct Professor: High Point University, High Point, NC**

Classes Include:

* *World Dance*: a mixed lecture and movement course that explores the roles, functions, and evolution of dances in world cultures by analyzing how dances are presented through a variety of different frames.
* *Studio Jazz 1& 2*: a jazz technique course centered around the evolution of jazz dance technique and style.
* *Exploration of Modern*: a mixed lecture and movement course that explores contemporary dance technique, the history of modern dance and its innovators, and improvisation and composition theories.
* *Studio Contemporary 1 & 2*: a contemporary technique course based on the principles of Safety Release Technique, somatic practices, and strength and conditioning principles.
* *Dance Pedagogy*: methods and skills for teaching dance through critical theory on pedagogical practices.
* *Dance and Popular Culture*: a mixed lecture and movement course which investigates how dance functions as a social and cultural practice that fosters change and evolution.

Additional Duties include mentoring students, choreographing original works for faculty dance concert, and maintaining clear and open communication among faculty.

**2021 - Present Adjunct Professor: Winston Salem State University, Winston-Salem, NC**

Classes Include:

* *Yoga*: yoga class that introduces and develops the proper alignment required for yoga while exploring the use of breath and meditation. All classes taught virtually via Zoom.
* *At Home Fitness:* This course is designed to improve students’ muscular strength and endurance, flexibility, and cardiovascular capacities through a variety of strength and conditioning practices and methods. This course will privilege a bodyweight approach to fitness, introducing students to a wide variety of training methods that do not require access to a fitness facility. All classes taught virtually via Zoom.

**2019 - 2020 Adjunct Professor: Salem College, Winston-Salem, NC**

Classes taught in Fall ’19 & Fall ’20:

* *Dance in the Community*: a service-learning course that engage students through explorations of theories and ideas surrounding Dance in the community, finding ways to facilitate creative expression using movement, text, experiences, and workshops. Students worked in the community setting of their choice to facilitate creative expression through dance.

**2019 Adjunct Professor: Elon University, Elon, NC**

Classes taught in Spring & Fall ‘19:

* *Yoga***:** yoga class that introduced and developed the proper alignment required for yoga while exploring the use of breath and meditation.

**2015-2018 Teaching Assistant: University of North Carolina at Greensboro, Greensboro, NC**

Classes Taught:

* *Introduction to Contemporary Dance*: a contemporary technique course designed to introduce students to the principles of release-based technique.
* *Contemporary Dance 1 & 2*: a contemporary technique course based on the principles of Safety Release Technique.
* *Introduction to Dance*: a mixed lecture and movement course exploring dance technique, improvisation, composition, and writing about dance.
* *Dance Appreciation*: co-taught a lecture and discussion-based course exploring how dance is viewed through societal, historical, and cultural contexts.

Additional Duties included: assisting professors on research, class prep work, administrative work, grading student work, event planning, supporting professors on assignments and in-class instruction. Teaching assistant duties also included working Box Office and maintaining medical supplies and ice within the dance studios.

**2013-2015 Lead Creative Movement Teacher: Artful Living and Learning, Massillon/Canton, OH**

Duties Included: creating and teaching standard-based creative movement lessons that reflected classroom curriculum in area preschools.

**Yoga and Fitness Instructor: Peak Performance Center, Wadsworth, OH**

* *Yoga* and *Barre*: classes emphasized building core strength, easing and stretching stiff joints and muscles, and developing balance and coordination.

**2012-2014 Dance Instructor: Wayne Center for the Arts, Wooster, OH**

* *Creative Movement* (ages 3-4), *Pre-Ballet I* (ages 4-5), *Pre-Ballet II* (ages 5-6): classes provided a fun and exciting introduction to dance while emphasizing proper technique and terminology.
* *Contemporary Dance technique* (ages 11-18): a contemporary technique course based in the principles of Safety Release Technique.
* *Yoga* (ages 11-18): a yoga class designed to enhance dancers’ alignment through the proper alignment required for yoga while exploring the use of breath and meditation

**2012** **Student Teacher: Akron Firestone High School, Akron, OH**

* *Technique, Composition,* and *Lecture* classes to both the dancers of the Visual and Performing Arts program in the Dance I-IV classes, as well as the non-dancers in two Intro. to Dance classes.

**Student teacher, Falcon Academy of the Creative Arts, Mogadore, OH**

* *Dance Exploratory*: creative dance class designed to introduce students to dance through exploitative movement exercises.

Duties Included: collaborating with the fourth-grade science teacher and math teacher to create several movement integration lessons.

**Choreography**

**2024** *Part 1: Prospect of a Future, Part 2: Passage of Time, Part 3: Reality of a Future.* **Fall Dance,****High Point University, High Point, NC.**

**2023** *Prey.* **Fall Dance,****High Point University, High Point, NC.**

**2022** *The Squared Circle.* **Fall Dance,****High Point University, High Point, NC.**

*Time, like Water.* **High Point University, High Point, NC.**

**2021** *(In) forces,* **Loose Leaves Legacy Showcase, Charlotte, NC**

*A Long Line,* **Fall Dance, High Point University, High Point, NC**

*{No Title},* **Dance Film**

*Time,* **High Point University, High Point, NC**

*Coming up for air, Video Solo,* **Martha Connerton/Kinetic Works, NC**

*Time,* **High Point University, High Point, NC.**

**2020** *Taking a Chance,* **Fall Dance, High Point University, High Point, NC.**

**2019** *The Weight of It All***, Fall Dances, Salem College, Winston-Salem, NC.**

*BangaRang***, Fall Dance ’19, High Point University, High Point, NC.**

*#138,* **Tobacco Road Dance Productions: InConcert ’19, Durham NC.**

*Cool, Done Right.,* **Spring Dance, High Point University, High Point NC.**

**2018** *#138*, **Artist in Residency Showing, Greensboro NC**

*Perspective/Perception***, MFA Thesis Production, Greensboro NC.**

**2017** *Omphalos-Shared Ground: duet*, **Corciano Festival 53 Agosto Corcianese, Corciano, Italy**

**2016** *Together, Apart, Within*, **Graduate Showcase, University , Greensboro NC.**

*Threshold*, A Dance for film**, University of North Carolina, Greensboro NC.**

*Variations on the Cow Bell,* **Graduate Showcase, University of North Carolina, Greensboro NC.**

*Immerse*, **National Water Dance, University of North Carolina, Greensboro NC.**

**2015** *Water Study***, Graduate Showcase, University of North Carolina, Greensboro NC.**

**2014** *BangaRang*, **Dance Showcase, Playhouse Square, Cleveland OH.**

*BangaRang*, **Spring Ballet and Other Works, Wayne Center for the Arts, Wooster OH.**

**2013** *(In) forces*, **Dance Showcase, Playhouse Square, Cleveland, OH**

*Awaken*, **Spring Ballet and Other Works, Wayne Center for the Arts, Wooster OH**

*(In) forces*, **BFA/SDF: Cre-8-tivity, Kent State University, Kent OH**

*(In) forces*, **American College Dance Festival: Adjudicated Concert, Oakland University, Rochester MI**

**2012** *Ethel*, **ArtSyrcus, 2012, Massillon, OH**

*Prospect of a Future*, **Choreographers’ Showcase, Massillon, OH.**

*Prospect of a Future*, **American College Dance Festival: Informal Dance Concert, Grand Valley State University, Grand Rapids, MI**

*Salute to Sam*, **SDF: 1 and itself, Kent State University, Kent, OH**

**Performance**

**2023 NC Dance Festival**

*Moving Thru Plasticity,* choreographer: Mandi Moore

**2021 Official Music Video for Glass Animals**

*I Don’t Wanna Talk (I Just Wanna Dance),* dance improvisation: Emily Crofford

**Dance Film**

*{No Title}*

**2019 Tobacco Road Dance Productions: In Concert ’19, Durham, NC.**

*#138,* choreographer: Emily Crofford

**2018 Artist in Residency Showing, Greensboro NC**

*#138,* choreographer: Emily Crofford

**Small Plates Choreography Festival, Newburgh, NY**

*Broken Embraces,* Choreographer: Christine Stevens

**North Carolina Dance Festival, Greensboro, NC**

*Ornament Performed,* Choreographer: Chris Yon

**BFA Thesis, University of North Carolina, Greensboro, NC.**

*Write Me When You Get Home,* Choreographer: Benja Newnam

**Spring Dance, University of North Carolina, Greensboro, NC.**

*Pulse of (Her)oes,* Choreographer: B.J. Sullivan

**2017 Corciano Festival 53 Agosto Corcianese, Corciano, Italy**

*Omphalos-Shared Ground,* Choreographer: Janet Lilly and dancers

**MFA Thesis Production, University of North Carolina, Greensboro, NC**

*A Place Called Me,* Choreographer: Taylor King

**2016 Spring Dances, University of North Carolina, Greensboro NC**

*Name of the Game by**The Fantastic Four,* Choreographer: Cynthia Ling Lee and Dancers

**Greensboro Fringe Festival, Greensboro, NC**

*Cannundrum,* Choreographer: Brianna Taylor

**2015 Graduate Showcase, University of North Carolina, Greensboro, NC**

*Only Hold on to Let Go***,** Choreographer: Mandi Ross

**Fall Dances, University of North Carolina, Greensboro, NC**

*No. 17*, Choreographer: Justin Tornow and Dancers

**2014 Dance Showcase, Playhouse Square, Cleveland, OH.**

*BangaRang*, Choreographer: Emily Crofford

**2012** **ArtSyrcus, 2012, Massillon, OH.**

*Ethel*, Choreographer: Emily Dottavio

**Choreographers’ Showcase, Massillon, OH.**

*Prospect of a Future,* Choreographer: Emily Dottavio

**Kent Dance Ensemble: Break Out!, Kent State University, Kent OH.**

*Inner Drum,* Choreographer: Jennifer Sandoval Eccher

*FFA: Fairy Flight Academy*, Choreographer: Holly Labbe

*up straight in the sunshine,* Choreographer: Kimberly Karpanty

**American College Dance Festival: Informal Dance Concert, Grand Valley State University, Grand Rapids, MI**

*Prospect of a Future,* Choreographer: Emily Dottavio

**2011 Dance ’11: Parallel and Intersect, Kent State University, Kent, OH.**

*The Scrimmage,* Choreographer: Erin LaSala

*up straight in the sunshine,* Choreographer: Kimberly Karpanty

**Pro Football Hall of Fame Enshrinement Festival Fashion Show Luncheon,**

**Canton, Ohio**

*Dirty Dancing Revisited,* Choreographer: Terence Green

**Louis O. Erdmann & William H Zucchero Theatre Dedication Performance, Kent State University, Kent, OH.**

*Cool, West Side Story,* Choreographer: Jerome Robbins, Restage by: Kimberly Karpanty

**BFA/SDF 2011: 3.14 Infinity, Kent State University, Kent OH**

*Tohopka Onatah,* Choreographer: Colleen M. Weiher

*Proximity,* Choreographer: Jessica Craft

**2010 Dance ’10: TranscenDANCE, Kent State University, Kent, OH**

*whisper some grace to me,* Choreographer: Joan Meggitt

**BFA/SDF 2010: *Inside the Fusion,* Kent State University, Kent, OH**

*Remnant Junction,* Choreographer: Lindsay Chimielowiec

**Conferences/Presentations, Master Classes, and Workshops**

**2023 National Dance Education Organization National Conference, Denver, CO**

*Dancers are Athletes! Let’s Train like it.* Selected through a proposal process to present research on the benefits of dancers adopting an athletic mindset into their training. The session gave attendees an overview of the strength and conditioning principles; progressive overload, periodization, sport-specific exercises, and nutrition. Participants explored movements they can utilize in creating dynamic warm-ups and training programs for dance.

**2022 Body Conditioning, University of North Carolina at Greensboro, Greensboro, NC**

Prepared two lecture demonstration workshops introducing dancers to the principles of conditioning practices, how to develop a cross-training program along with a dynamic warm-up, and a brief overview of the importance of proper nutrition, rest, recovery, and sleep.

**2021 Approaches to Health: Signature Project Speaker Panel, High Point University, High Point, NC**

Invited to present the research for my original choreographic work, *Together, Apart, Within*. The presentation centered around how the choreographic process and end work came from an investigation into mental health, and how the creative process aided in the understanding of how individuals construct and relate to the concept of “home”.

**Love the Green Life: Virtual Summit**

*Core Connecting.* Invited to present virtually on research into methods to revitalize one’s relationship with their core using anatomical-based movements and imagery designed to strengthen one’s understanding of the function, purpose, and needs of the core. A brief breakdown of what anatomical structures make up the core and the roles those muscles play in support of everyday movement is then applied to imagery and breathing methods presented in a meditative manner to help foster a mind-body connection. Presentation included three levels of core workouts designed to challenge the core effectively and efficiently in ways that support a strong connection to the moving body through the breath and muscular engagement.

**2020 North Carolina Dance Education Organization Conference, Charlotte, NC.**

*An Athletic Mindset: How dancers can incorporate the principles of conditioning practices.* Selected through a proposal process to present research on the principles of progressive overload, periodization, and dance- specific exercises, and how dancers can adopt an athletic mindset when developing their training program. Using an athletic mindset when designing their training program allows dancers to maximize the benefits found in cross-training. An athletic mindset enables dancers to develop effective, efficient, and safe training programs to enhance their dance abilities.

**2019 - 2020 Dance Project, Greensboro, NC.**

Taught several contemporary dance classes for adults that explored Safety Release Technique; challenged the dancers’ range of motion while navigating weight shifts through fall and recovery.

**University of North Carolina – Greensboro: Study Abroad, Corciano, Italy.**

Invited to teach a strengthen and conditioning master class for dancers of UNCG’s dance department during a study abroad program. The class centered around the principles of conditioning practices progressive overload, specificity, and periodization, and how dancers

can apply these concepts to their training programs.

**2018 Ballet and Performing Arts Centre, Winston-Salem, NC.**

Guest teacher for company and introductory level dancers. Taught a Safety Release based contemporary technique class and a jazz technique class.

**High School Dance Day, University of North Carolina, Greensboro, NC.**

Guest teacher for high school dance majors. Taught yoga classes designed to serve as

an introduction to their course on anatomy and muscles. Emphasizing proper alignment

and anatomical names of muscles.

**2017 National Dance Education Organization National Conference, San Antonio, TX.**

*The Somatic-Weight Lifting Dancer: Can Somatics and Conditioning Intersect in a Dancer’s Life?*

Selected through a proposal process to present research findings on a study that sought to discover the potential to bring somatics and conditioning practices together in dancers’ training. Presentation elaborated on how to develop a mindful conditioning class for dancers.

**2017 High School Dance Day, University of North Carolina, Greensboro, NC.**

Guest teacher for high school dance majors. Taught a Broadway Jazz class that reflected Bob Fosse’s aesthetics of choreography and performance quality.

**2016 High School Dance Day, University of North Carolina, Greensboro, NC.**

Guest teacher for high school dance majors. Taught yoga classes designed to serve as

an introduction to their course on anatomy and muscles. Emphasizing proper alignment

and anatomical names of muscles.

**2015 OhioDance Festival, Columbus, OH**

Selected through a proposal process to teach a modern class and co-teach a yoga and barre class. The modern class emphasized exploring range of motion of the spine as well as fall and recovery-based movements. The yoga class emphasized proper alignment while stretching and building core strength.

**2013 Ohio Association for Health, Physical Education, Recreation and Dance Convention,**

**Sandusky OH**

Presented a lecture on Movement Integration, how to incorporate movement into the traditional classroom setting

**Cleveland School of the Arts, Cleveland, OH**

Guest teacher for high school dance majors. Taught a power yoga class designed to serve as

an introduction to their course on anatomy and muscles. Emphasizing proper alignment

and anatomical names of muscles.

**2012 Choreographers’ Showcase, Massillon, OH**

Taught a modern class that emphasized exploring range of motion of the spine as well as fall and recovery-based movements

**College of Wooster, Wooster, OH**

Lecture Demonstration Class to the Early Childhood Education class on movement integration and how traditional classroom teachers can use movement exploration in their lesson plans.

**Employment**

**2019- 2020 Workout Anytime, Winston-Salem, NC**

Personal Trainer. Duties include reaching out to potential clients, scheduling initial consultations, designing tailored workouts for clients based on goals and limitations, and providing feedback and support throughout training process.

**Administrative Experience**

**2018- 2019 Administrative Coordinator: Wake Forest Dance Festival, Wake Forest, NC**

Duties include assistance with organizing festival, maintaining clear communication with festival participants, keeping up-to-date records of festival information, updating social media, and facilitating the execution of festival events day of.

**2018 Administrative Assistant: Greensboro Dance Film Festival, Greensboro, NC**

Duties Include: Creating and updating the Greensboro Dance Film Festival’s website. Assistance with the planning of film festival events and preparation, including seeking out donors.

**Honors**

**2018 North Carolina Dance Festival NC**

Artist in Residence

**Tobacco Road Dance Production, Durham, NC**

Selected through a proposal process to receive a grant for the creation of a new work.

**University of North Carolina at Greensboro, NC**

**2016 & 2017** Kristina Larson MFA Thesis Support Award

**2015** Sue Stinson Award

**Kent State University, Kent, OH**

**2012-2013** Choreographer of the Year, Eugenia V. Erdmann Award, G. Harry Wright Award,

School of Theatre and Dance Academic Achievement Award

**2011-2012** KDA Peer Award: Outstanding SDF Choreographer, L.LeRoy Cowperthwaite Scholarship Award

**2010-2011** May O’Donnell Memorial Dance Award

**2007-2012** Dean’s List

**References**

Available upon request