

Sutton Anker, MSc

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Education

MSc Dance Science, Trinity Laban Conservatoire of Music and Dance, London, UK **2014- 2015**

- Thesis: *Investigation of Pedagogical Rationales for Current Mirror Use in a Ballet Class*
- MSc 2014-2015 Student Cohort Academic Representative

B.F.A. Dance concentration Science, University of Wyoming, Laramie, WY **2009- 2013**

- University of Oregon, National Student Exchange, Eugene, OR January 2012–June 2012
- Senior Capstone: *Effect of Mirrors on Dancers' Abilities to Learn Movement*

Relevant Course Work

- Dance technique classes, pedagogy, kinesiology for dancers, injury prevention, psychology, research methods, lifespan motor development, motor behavior, nutrition
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Dance Teacher and Volunteer

Safe in Dance International (SiDI)

March 2015-Present

Mission: Support, develop, encourage and endorse the implementation of healthy dance practice.

- Registered Provider: approved and licensed by SiDI to teach and deliver ten Core Principles of healthy dance practice to students and teachers of all experience levels and dance genres.
- Completed the *Healthy Dance Practice Certificate* April 2016 (7/10 C.P.s Achieved at Best Practice)
- Social media management, updated website to reflect updated course work and conference information, supported U.S. growth and implementation, attended conferences on behalf of SiDI in London and surrounding areas.

International Association for Dance Medicine and Science

Oct 2011-Present

- **Student Committee member:** advise, recruit, and enhance the student membership and involvement with the IADMS organization. Member since 2011 and attended four conferences.
- **IADMS member** since October 2011; attended 4 conferences, presented at 2 conference.

Denver Dance Medicine Associates (DDMA)

Feb 2018-Present

Mission: To develop a network for dancers, dance teachers, dance parents, and other dance professionals to learn about healthy dance practice and receive the adequate treatment from medical professionals in the dance field.

- **Education and Rehabilitation:** educate, advocate, and promote healthy dance practice through workshops, clinics, dance screenings, and other educational modes to dancers, dance teachers, and other dance professionals

Allana's Academy of Dance, Littleton, CO

Feb 2015-Present

- **Dance Technique Teacher:** Ballet, contemporary, modern, pointe conditioning, hip-hop, tone and flex, creative movement
- Teach students age 3 to 17; class design: warm-up, technique or creative task, combination, and cool down; class sizes range from four to fifteen; class designed for students to progress in the given technique as well as encourage a creative environment.

R.I.S.E. Dance Company, Littleton, CO

May 2017-Present

- **Dance Technique Teacher (substitute):** Advanced modern/contemporary, advanced and intermediate jazz, children's hip-hop, jazz, and ballet.
- **Delivered dancer wellness workshops:** on beneficial warm-up and cool down practice, proper alignment, and nutrition to the advanced company members.

Feel the Beat Dance Studio

July 2017-Present

A dance studio intended for children who are deaf or hard of hearing, and other special needs.

- **Researcher and program evaluation coordinator:** Provide literature from dance science and kinesiology journals to help structure teaching methods, gather data through observation and research to further understand the impacts dance and creative movement have on this special population, offer pedagogical techniques to enhance safe dance practice.

Presenting Denver

Sept 2016-Present

A non-profit organization to support and increase the public exposure of dance as innovative art form

- **Dance Science Writer:** Write monthly articles with research and literature references on dance science topics to inform readers on dancer health and wellness; topics include: muscular strength, nutrition, warm-up and cool down
- **Marketing Committee Chair:** Facilitate marketing sub-committee monthly meetings, assign tasks to other members, communicate with board and executive director on the needs of Presenting Denver and committees role to address them
- **Dance Events Committee:** Assist in the development and the execution of the Presenting Denver Dance Festival 2018 master classes and preview performances. Create a dance festival programming that is relatable to the current dance and the non-dance audience.
- **Ambassador:** Serve as committee member, community outreach and liaison Presenting Denver events, services, and news

Foothills Recreation Center, Littleton, CO

March 2016-Jan 2017

- **Dance Technique Teacher:** Ballet, adult ballet, creative movement, contemporary, hip-hop, tap.
- Teach students age 3 to 12, and adults through warm-up, center work, combinations, and cool down; class sizes range from six to twelve; class designed for students to progress in the given technique as well as encourage a creative environment
- Assisted rehearsals and co-choreographed Nutcracker production

Trinity Laban Conservatoire of Music and Dance, London, UK

Oct 2014-Dec 2015

- **Dancing for Health:** Lead teacher of creative dance class for eight adults suffering from a traumatic brain injuries ranging in physical and mental abilities. Class was designed for students to explore movement in a creative and friendly environment and aid in the adult's physical therapy practice.
- **HeadStart Dance Class:** Co-taught creative dance class for young children with low confidence and low resilience. This class was intended to aid in the development of specific skills: teamwork, communication, problem solving, risk-taking and building resilience.
- **Screening Assistant and Data Collector:** lead participant through screening process, explained exercises and screening protocol, conducted screening tests, recorded information in software, delivered results to participant.
- **Dance Class Assistant** for children with Down syndrome, children with learning disabilities, and vulnerable adults. Was assigned one student in every creative movement class to assist throughout the session.
- **Co-coordinator of Children's Creative Dance Classes:** Assisted Director in coordinating fifteen Saturday dance classes; responsibilities included: classroom set-up, parent correspondence, problem-solve last minute details (i.e. sick teacher, limited studio space). Assisted the dance teachers during sessions.

Laramie Dance Center

April 2013-July 2014

- **Rehearsal Assistant for Little Mermaid Ballet:** scheduled rehearsal times, assisted with staging and rehearsal process, communicated with parents/guardians, coordinated volunteer recruitment
- **Dance Technique Teacher:** Fourteen classes per week including ballet, tap, jazz, modern, and hip-hop for children to adult with approximately 7-13 students per class.

Work Experience/ Leadership

Foothills Park and Recreation District, Littleton, CO

Jan 2017-Present

- Site Director for Before and After Care and Summer Camp

Alternative Physical Medicine of Colorado, Littleton, CO

April 2016-Jan 2017

- Clinic Administrator
- Chiropractic Assistant. RockTape (kinesiotape) certified

Foundations for Excellence Conference, London, UK

June 2015-Nov 2015

- Organized bi-annual Conference attended by 250 delegates including eight speakers.

Research

Trinity Laban Conservatoire of Music and Dance, London, UK

Oct 2014-Dec 2015

- **Researcher for HeadStart Project:** Project aimed to measure pre and post intrinsic motivation of young people participating in a 12-week creative dance class. Co-leader role included: literature review, methodology development, data collections and analysis, report write-up.
- **Screening Assistant and Data Collector:** Lead participant through screening process, explained exercises and screening protocol, conducted screening tests, communicated results to participant

MSc Thesis Project, Trinity Laban Conservatoire of Music and Dance, 2014-2015

- *Investigation of Pedagogical Rationales for Current Mirror Use in a Ballet Class*

Senior Capstone Project, University of Wyoming, 2012-2013

- *Effect of Mirrors on Dancers' Ability to Learn Movement*

Poster Presentation for Conference and Department, University of Wyoming, 2010

- *Specific Stretching for Individual Needs*
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Conferences

International Association for Dance Medicine and Science

- 2016-Presented MSc Thesis, Hong Kong
- 2014-Student delegate, Basel, Switzerland
- 2013-Presented Senior Capstone, Seattle, WA
- 2011-Student delegate, Washington, D.C.

Rocky Mountain Dance Injury Prevention Symposium

- 2016-Delegate, Denver, CO

Performing Arts Medical Association

- 2010-Poster Presentation, Snowmass, CO

American College Dance Festival Association

- 2013-Student delegate, Cedar City, UT
 - 2011-Student performer, Moscow, ID
 - 2010-Student performer, Ogden, UT
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Dance Experience

Training

- **Freelance Training** **Sept. 2014-Present**
 - Modern, Ballet, Jazz, Tap, Hip-hop
- **Laramie Dance Center** **April 2013-July 2014**
 - Ballet 7220 Company Class and Advanced Modern
- **University of Wyoming** **Aug 2009-May 2013**
 - Technique classes: Advanced Modern, Advanced Ballet, Pointe, Tap, Jazz, Vertical Dance, Contact Improvisation, Yoga and Pilates, Pedagogy, Choreography, Kinesiology for Dancers

Performing

- ***Little Mermaid***, Role of Ursula, Kathleen Vreeland & self, 2014
- ***Continuum***, Soloist-contemporary, Lawrence Jackson, 2014
- ***by and in***, Soloist-dance film, Rachael Shaw, 2013
- ***From the Ashes: A Cinderella Ballet***, Court, Jennifer Deckert, 2012
- ***Power/Full***, Soloist, Bill T. Jones/Arnie Zane Dance Company, 2011
- ***Duet***, Duet, Bill T. Jones/Arnie Zane Dance Company, 2011
- ***Rainbow Snake and the Red Desert***, Vertical, Margaret Wilson & Neil Humphrey, 2011
- ***Boxed Set***, Vertical Dancer, Margaret Wilson & Neil Humphrey, 2011
- ***The Nutcracker Ballet***, Court Doll, Jennifer Deckert & Marsha Knight, 2011
- ***Six Songs From Ellis***, Ensemble-theatre & dance, Marsha Knight & John O'Hagan, 2009

Choreography

- ***Little Mermaid***, Act II and Ursula, Laramie Dance Center, 2014
- ***Wavelength***, Contemporary, Laramie Dance Center, 2014
- ***Let's Dance***, Jazz, Laramie Dance Center, 2014
- ***Touch***, Contemporary duet, Laramie Dance Center, 2014
- ***Sail***, Contemporary/Contact Improvisation, University of Oregon Gender Studies, 2012