

Julia Sprung

Phone: (862) 252-0966 E-Mail: juliarose31@aol.com

Education

Rutgers University- New Brunswick, NJ

(Ed.M.) Master's Degree in Dance Education (K-12). Graduate School of Education **May 2018-May 2019**

- GPA: 3.63
- New Jersey K-12 Certificate of Eligibility with Advanced Standing (Anticipated: June 2019)

Rutgers University- New Brunswick, NJ

September 2014-May 2018

(B.F.A.) Mason Gross School of the Arts as a BFA dance major. Cum Laude. GPA: 3.56

K-12 Teaching

Union Hill Middle School – Union City, NJ

September 2019-present

- Teach dance to a wide range of demographics between inclusive classes, self-contained special needs, and bilingual/ESL learners. Teach dance curriculum of genres ballet, modern, jazz, and world and social dance with a focus on technique, choreography, dance history, and group discussion and collaboration. Fulfill and participate in various duties, activities, PLC meetings, professional development, and first year mentoring. Grade levels taught: Grade 7 and 8
 - Lead Dance Team club, a smaller group of students whom auditioned and were accepted onto the team, to delve deeper into advancing their dance skills and experience with a focus on choreographing, improvisation, and performing
 - Professional Development Hours: 30+

Community Teaching Project for Youth Services Systems (YSS)- New Brunswick, NJ

February-May 2019

- Taught dance with a focus in social justice topics to children from grades 4 through 8 in an after-school enrichment program, Youth Services System, at Lincoln Annex Elementary School in New Brunswick, NJ

Student Teacher-Dance at Columbia High School- Maplewood, NJ

September-December 2018

- Taught dance classes to elective courses and Special Dance Company advanced class various dance genres and techniques, taught somatic methods (yoga, Pilates, body work, etc.), and instructed and facilitated various assignments and projects (activities, group combination evaluation, group choreography project, performance, peer feedback, self-reflection, etc.). Grade levels taught: Grade 9-Grade 12.
 - Cooperating teacher: Kandice Point-Du-Jour
 - Hours: 500+

Student Teaching Fieldwork- New Jersey

January 2015-January 2018

- Participated in observation, assistance, and co-teaching in various public schools and with various cooperating teacher in New Jersey from elementary to high school
 - Hours: 200+

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University Dance Works Master Class Teaching- New Jersey

Co-taught dance master classes for University Dance Works travelling company (January-May 2017)

Employment

Group Fitness Instructor and Personal Trainer at New York Sports Club (Montclair, NJ) January 2019-present

- Teach safe and challenging yoga, Pilates, and strength/conditioning classes to patrons of all fitness levels.

(Employment cont.)

Fitness Instructor at Real Body Fit (Clifton, NJ) January 2019-present

- Teach safe and challenging yoga, Pilates, and strength/conditioning classes to patrons of all fitness levels.

Distributor for Advocare (Health & Wellness company) August 2018-present

- Work with clients and educate others on health, nutrition, and fitness through a comprehensive program

Stretch Coach at Kika Stretch Method (Montclair, NJ) May 2018-present

- Work one on one with clients in the Kika Stretch method of passive stretching and relaxation therapy, based upon the dancer's approach to stretching. Hands-on work, going through the choreographed sequence of stretches and movements, catering to each individual client's needs. Focuses on flexibility, rehabilitation, relaxation, injury prevention, and safe coaching on keeping the muscles and body healthy.

Yoga & Pilates Instructor at Recreation Centers (Rutgers University-New Brunswick) January 2018-May 2019

- Teach and lead Vinyasa yoga and Pilates classes to various patrons of the gym; instructing a warm up, flows, sequences, and meditation that focuses on strength, flexibility, alignment, and mental/emotional awareness. Cater to the needs of individuals of all fitness levels.

Dance Instructor at Evolution Dance Center (Piscataway, NJ) July 2018

- Teach safe, complex, and engaging dance classes of various genres including ballet, contemporary, lyrical, jazz, hip hop, yoga, stretching, and conditioning to children ages 5-17 in a studio environment

Yoga Instructor at I'm So Yoga (Newark, NJ) April 2018-August 2018

- Taught safe, engaging, and challenging Vinyasa yoga classes to patrons of all fitness levels.

Yoga Instructor at YMCA (Montclair, NJ) December 2018

- Teach safe and challenging yoga, Pilates, and strength/conditioning classes to patrons of all fitness levels.

Fitness Assistant at Cook Douglass Recreation Center (Rutgers University) January 2017-May 2018

- Greet and assist patrons, clean and organize fitness center and equipment, head counts for data

Certifications

- New Jersey K-12 Certificate of Eligibility with Advanced Standing (Anticipated: June 2019)

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- Completed Polestar Pilates Reformer Certification (May 2019)
- Completed Polestar Pilates Mat Certification- Principles, Mat 1, Mat 2 (August 2018)
- Completed NAFC Group Fitness Certification (July 2018)
- Completed Om Factory 200-hr Vinyasa Yoga Teacher Training Program (June-July 2017)
- Adult First Aid CPR/AED certified

Performance Experience

“Torrent” Choreographed by Brian Brooks at Victoria J. Mastrobuono Theater in New Brunswick, NJ (2017)

“Swampin’” Choreographed by John Evans at Victoria J. Mastrobuono Theater in New Brunswick, NJ (2016)

“Untamed Resonance” Choreographed by Keith Thompson at Victoria J. Mastrobuono Theater in New Brunswick, NJ (2015)

Professional Development

- Led and co-taught professional development workshop: purpose was to teach art and music, and P.E. teachers how to incorporate dance into their own curriculums, and led a yoga somatic session. “Making the Dance Connection” with Kandice Point-Du-Jour in Scotch Plains, New Jersey (October 2018)
- Attended professional development workshop “DancEdNJ on the Move: Professional Development Workshops/Movement Classes, Round Tables, Networking” by Dance New Jersey at Passaic County Technical Institute in Wayne, New Jersey (November 2018)
- Attended professional development workshop “DancEdNJ on the Move: Professional Development for K-12 Dance Educators, Studio Owners, and Teaching Artists” by Dance New Jersey and NJPAC in Newark, New Jersey (May 2018)
- Member of National Dance Education Organization (NDEO) and Dance New Jersey (2018-present)
- Completed courses for Anti-Bullying, Bloodborne Pathogens, Child Sexual Abuse, Social Media & Communication, Unlawful Harassment Prevention (2018)
- Completed credits and courses for Concussion Wise, Heat Wise, and Heart Wise Trainings (2014-2018)

Service/Volunteer Work

- Participated and volunteered at the New Jersey High School Dance Festival (March 2018)
- Volunteered at and adjudicated the Rutgers Summer Dance Day Conservatory auditions (March 2018)
- Participated and volunteered at Rutgers Dance Day/Pre-college Dance Experience (November 2017, November 2018)
- Travelled to various schools in New Jersey and taught workshops in dance techniques based on the dance pieces that choreographers set on myself and my peers in the B.F.A. program (Fall 2016, Spring 2017)
- Volunteered at the Dance & Parkinson’s Movement/Dance classes at Mason Gross School of the Arts at Rutgers University- New Brunswick, NJ (Fall 2015, Spring 2016)

Dance Training

- Worked with choreographers, dance artists, and teachers (Mason Gross School of the Arts): Randy James, Keith Thompson, Blair Ritchie, Doug Elkins, Kenya Massey, Roxanne Lyst, Kim Gibilisco, Carlye Eckert, Brittany Engel-Adams, Stephanie Batten-Bland, Sherry Alban, Pam Levy, Nora Cotter, Peggy Petteway, Erica Mero (2014-2018)
- Attended Abraham.In.Motion Winter Workshop 2016, and Summer Intensive 2016
- Attended 10 Hairy Legs Winter Intensive 2016

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- Attended Earl Mosley Institute of the Arts summer dance intensive (Summers of 2013, 2014, and 2015)
 - Performed in set works by Princess Mhoo, Edwin Rodriguez, and Darrell Moultrie in Earl Mosley's Institute of the Arts Summer Intensive (Summers of 2013, 2014, and 2015)
- Attended Rutgers Summer Dance Conservatory Program (2013)

Other Competencies

- Experience in stage production and set work

Other Competencies (cont.)

- Proficient in Spanish
- Proficient in Microsoft Word, Excel, PowerPoint, Google Classroom