

+sarah ingel sarahingel.com + seingel@me.com
choreography | performance | curation | production

+ present +

+ **Choreographer, Performance Maker, Production Technician, Rehearsal Asst.** based in CLT, NC//PHIL, PA
+ **Adjunct Assistant Professor + MFA Administrative Associate** | University of the Arts, Philadelphia, PA

+ professional work +

Rehearsal Assistant | University of the Arts | Loni Landon (Fall 22), Jordan Lloyd (Spring 23), Sydney Donovan (Fall 23)
Adjunct Assistant Professor + MFA Administrative Associate | University of the Arts | August 2022- Present

Production Assistant + Company Shoe Manager + ASM + Costume Technician | Charlotte Ballet | Oct. 2015 – May 2022
Rehearsal Director for Rena Butler's *subliminal tsunami* | Charlotte Ballet Innovative Works – January 2022

Studio/backstage/costume assistance for Charlotte Ballet guest artists/répétiteurs/designers + works (selected):
Hope Muir | Chris Stuart | Alejandro Cerrudo | Sasha Janes | Jean-Pierre Bonnefoux (George Balanchine's *Who Cares?*, *Rubies*) Erez Zohar (Ohad Naharin's, *Minus 16*) | Javier de Frutos (*Most Incredible Thing*) | Bryan Arias | Robyn Mineko Williams | Myles Thatcher | Filipe Portugal | David Ingram | Mark Diamond | Dwight Rhoden | Kipling Houston (Jerome Robbins's *Fancy Free*)
Medhi Walerski (*Petite Ceremonie*) | Stephanie Martinez (*Unsex Me Here*) | Peter Chu (*Let Be*)
Helen Pickett (*IN Cognito, Tsukiyo*) | Raphael Coumes-Marquet (David Dawson's *Opus 11*) | Christian Spuck (*Leonce & Lena*)
Karl Inger (Johan Inger's *Walking Mad*) Val Caniparoli (*Ibsen's House*) | Peter Chu (Crystal Pite's *A Picture of You Falling*) Ja'Malik (*gypsy moths*) | Rena Butler (*subliminal tsunami*) | Matthew Hart (*Sleeping Beauty*)

+ selected choreographic work +

nebulous reverence | sextet | 2022

Charlotte Ballet's Choreographic Lab 2022 | Choreographed on Charlotte Ballet 1st + 2nd Company
never again she cried, burning alive | trio | 2021

Charlotte Ballet's Innovative Works 2021 | Choreographed on Charlotte Ballet 1st Company
fragile states | solo | 2020 | Hi-Lites Music Festival and Goodyear Arts

one hundred ways to say no | sextet | 2019

Charlotte Ballet's Choreographic Lab 2018-2019 | Choreographed on Charlotte Ballet 1st Company
statue-esque | quintet | 2018 | FEEDBACK: A WIP Show | Goodyear Arts

maybe I'm just as mundane as you | duet | 2017 | Collaboration with Dylan Gilbert

Food for Thought - Fall | Curated by Caitlyn Swett+ Helen Simoneau Danse

fading filament | duet | 2017 + 2018

Charlotte Ballet's Choreographic Lab 2017-2018 | ladyfestCLT 2018 | Charlotte Ballet

+ education | training

University of the Arts | M.F.A. in Dance | 2021-2023 | Philadelphia, PA + Montpellier, France

Hollins University | B.F.A. in Dance, minors in Theatre and Film, Magna cum Laude | 2008-2012 | Roanoke, VA

North Carolina School of the Arts | Diploma, Contemporary Dance + Choreography | 2005-2008 | Winston-Salem, NC

+ curation | direction +

ladyfestCLT / Women's Showcase | Co-founder, curator, + producer | 2015-2020

Queen City Nerve— Best Local Show of 2020

Charlotte Magazine – Best Dance Event of 2019

+ awards | accolades +

+ 2021/2022 Charlotte Arts and Science Council Emerging Creators Fellow

+ 2019 Knight Foundation & National Center for Choreography Akron - Dance/USA

+ 2019 Charlotte Arts and Science Council Regional Artist Project Grant

+ residencies +

Goodyear Arts | September 2015 -Present

Artist in Residence at all 3 locations (Camp North End, College Avenue + Stonewall)

Member of Goodyear Arts Collective Leadership + Performance/Events Coordination

+ skills +

Dramaturgy + Rehearsal Direction –
Teaching, coaching, archiving

Production + Stage Management –
Backstage technical theater work
Costume Design + Construction
Software – Qlab + GarageBand

Administration –
Gmail + Microsoft Suites
Adobe InDesign, Photoshop, Premiere
Final Cut Pro (7 + X), Motion
Event Planning – 200+ patrons
Crowd Funding + Grant Writing