

Helen Hope

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TEACHING EXPERIENCE

The School at Mark Morris Dance Group, Brooklyn NY — Assistant Teaching Artist / Lead Teaching Artist (long-term substitute)

FEBRUARY 2021 - AUGUST 2022

I planned the curriculum for and taught a semester of classes in Jazz Fundamentals A (ages 6 to 8) and Jazz 2 / 3 (ages 9 to 13) while the regular instructor was on a leave of absence.

I supported the Lead Teaching Artist in all aspects of instruction and classroom management for 4 weekly dance classes: Modern Fundamentals A (ages 6 to 8), Ballet Fundamentals B (ages 7 to 9), and Creative Dance (age 4, ages 5 to 6). During spring and summer teen intensives, I assisted Sam Black (company director), Billy Smith, Mica Bernas, and Malik Q. Williams (company dancers) in setting and rehearsing excerpts of MMDG repertoire including *Mozart Dances*, *Dancing Honeymoon*, and *Pepperland*.

AhHa! Broadway, New York City — Teaching Artist

MARCH 2022 - JUNE 2022

I developed and implemented a 10-week introductory dance/music/theater curriculum for kindergartners through 2nd-graders.

Connecticut College Dance Department, New London CT — Ballet & Pilates Instructor (substitute)

AUGUST 2015 - MAY 2016

I taught Beginning Ballet and Introduction to Pilates to fellow undergraduates when the instructor was absent.

K-Classic Ballet Studio, Kyōto Japan — Assistant Teacher

MAY 2015 - JULY 2015

In a Japanese-speaking work environment, I assisted with all aspects of ballet instruction and recital rehearsals for dancers ages 3 through 13.

Virginia Musical Theatre and Suffolk Center for Cultural Arts, Hampton Roads VA — Choreographer's Assistant / Dance Captain

JANUARY 2010 - MARCH 2011

I assisted multiple choreographers, stood in for absent performers in dance rehearsals, supervised child performers in rehearsals, and led supplementary choreography rehearsals.

DANCE TRAINING & EDUCATION (SELECTED)

Norfolk Dance Collective — September 2023 – Present

Ballet, Modern (Horton, Graham, Hawkins), Contemporary

Le Petit Ballet International — July 2023

Ballet, Pointe, Bournonville Technique, Stretch

TRDance Center — August 2019 – February 2021; August 2022 – August 2023

Ballet, Pointe, Modern (Graham, Hawkins), Contemporary, Tap, Broadway Jazz, Heels, Pilates, Yoga, Hip Hop, Conditioning

Mark Morris Dance Group — February 2021 – August 2022

Ballet, Modern (Horton, Cunningham), Contemporary, Tap, Pilates, Simonson Technique, Jazz (Broadway, Giordano)

Peridance Capezio Center — June 2016 – July 2019

Ballet, Modern (Graham), Contemporary, Salsa, Yoga, West African

Connecticut College (Dance minor) — August 2012 – May 2016

Advanced Intermediate Ballet, Advanced Intermediate Modern Dance, Afro-Caribbean Dance, Intermediate Ballroom Dance, History of Dance, Introduction to Yoga, Introduction to Pilates, Dance Writing

Joffrey Ballet School — July 2011 – August 2012

Ballet, Pointe, Modern, Contemporary, Jazz (Giordano), Variations

Rockettes Summer Intensive — Summer 2009 – Summer 2011

Precision Jazz, Precision Tap, Rockette Repertoire, Conditioning

The Governor's School for the Arts — September 2008 – June 2011

Ballet, Broadway Jazz, Modern (Hawkins, Graham), Contemporary, Jazz, Tap, Pilates, Audition Technique (Dance)

Broadway Theatre Project — Summer 2010

Contemporary Ballet, Jazz, Luigi Technique, Jazz Funk, Modern, Ballroom, Theatre Tap, Rhythm Tap, Choreography, The Dance Audition

Ballet Chicago Advanced Intensive — Summer 2008

Ballet (Balanchine), Pointe, Pas de Deux, Variations, Balanchine Repertoire, Modern, Pilates, Stretch

Ballet Virginia (formerly Virginia Ballet Theatre) — Fall 2001 – Summer 2008

Ballet, Pointe, Variations, Modern (Horton), Yoga for Dancers, Character, Jazz, Tap, Hip Hop

TEACHING CERTIFICATIONS**Mark Morris Dance Group's Teaching Artist Training Program — February 2021 – June 2021**

This comprehensive, 6-month in-person program provides a robust opportunity for 10 selected participants to work within the Mark Morris Dance Center and build formal teaching practices. Participants:

- Explore curricular structure and train in its application to both inclusive and adaptive classroom settings
- Learn MMDG's methodologies of music prioritization and artistic excellence in a recreational environment
- Attend classes, lectures, and idea shares
- Observe and assist in classes, practice teaching, and receive feedback
- Participate in a variety of professional-development seminars

National Dance Institute — July 2020 – March 2021

- Level 1 Teaching Artist Intensive Training: The NDI Method
- Level 2 Teaching Artist Intensive Trainings: Creating Choreography for Children, Musical Arrangement for Dance
- Workshops from the NDI Collaborative for Teaching & Learning: Early Childhood, Classroom Management, Zoom Practices, DREAM Project, Music Training for Dance Teachers

American Ballet Theatre National Training Curriculum — May 2020 – June 2020

I completed rigorous training (and passed all relevant examinations) in Pre-Primary through Level 5 of ABT's NTC: a 9-level program combining high-quality artistic training with the pillars of dancer health and child development.