

Chelsea Ashton Conkel

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Dancer/Choreographer

With a Masters of Fine Arts in Choreography from Jacksonville University and a Bachelor of Science in American Dance Pedagogy from Oklahoma City University, I am a performance-focused dance teacher with a background in wellness. My dance journey includes captivating performances at Busch Gardens Tampa, Walt Disney World, and Royal Caribbean, where I specialized in adagio and aerial work, excelling in Lyra and Silks. Having taught dance and fitness classes for 13 years and judged 7 nationwide dance competitions, I have honed my skills in both dance and education. My choreography has earned 18 awards for solos and small group routines, alongside 4 large-scale production routines by 2022. During my 4-year tenure as a professor at Coastal Carolina University, I directed and choreographed for CCU's Student Dance Company, teaching and advising the next generation of Musical Theater creatives. In addition, I gained valuable experience as a flexologist at StretchLab, accumulating 600+ hours on the bench, and as my role as a strength trainer/coach at F45 Addison. I've earned an Applied Stretch Theory Certificate and Strength Training Certification, allowing me to assist numerous clients in achieving mobility and strength goals. Now, I am eager to bring this diverse expertise to my approach in dance education. My passion for performance metrics and experiences will serve as a guiding force to inspire and uplift aspiring dancers, fostering their talents and guiding them towards exceptional achievements. For the last year, I have been working one-on-one to help hundreds of clients reach their mobility and strength goals. Currently, I'm a Recovery Specialist at Texas Sports Medicine, specializing in restorative modalities for injured athletes and active adults.

WORK EXPERIENCE

Texas Sports Medicine - Performance Center • Texas Sports Medicine Performance Center • 08/2023 - Present

Restorative modalities that compliment medically driven and results-oriented treatment. Action plans are designed to meet performance, recovery, and restoration goals of active adults.

Manager - Performance and Restoration Specialist • Full-time

- Focused on Non-Invasive Restorative Modalities including RedLight Therapy, Halo IR Salt Sauna, IVs, CryoTherapy, Cold Plunge and Normatec Compression Therapy.
- Customer Service: Facilitate memberships, schedule appointments, manage inventory, create social media posts, create supply orders, track inventory, educate leads, tour facilities, coordinate schedules for clients between the 5 doctors/physical therapy/hyperbarics/surgery center.
- Medical Engagement: Document medical updates, facilitate and organize recovery protocols for non-invasive recovery procedures, engage and advise patients.
- Membership and Education: Educate the patient on new recovery modalities using everyday language, explain and sell memberships, facilitate payment/cancelation of all memberships.

F45 Addison East • Addison, Texas • 01/2023 - 12/2023

A team-training environment that build strength with 45-minute cardio, resistance, and strength-training hybrid workouts. Responsible for modifying classes to accommodate client safety and strength goals as well as the facilitation of sales for potential clients.

Coach • Teaching

- Coached over 50 different strength-based curriculums in 6 months.

StretchLab • Mockingbird Station, Dallas, TX • 08/2022 – 07/2023

A unique wellness concept that facilitates strength training, mobility assistance, athletic training and physical therapy in customized one-on-one stretch sessions.

Flexologist • Full-time

- Helped 100+ clients to define and achieve their mobility goals through accountability, encouragement and customized programmed mobility plans through StretchLab's specific technique (PNF)
- Conducted 600+ hours in stretch sessions on the bench. Facilitated weekly educational sessions with individual clients to foster accountability and increase speed of progress for the client's goals.

Valet Fitness • Dallas, Texas • 08/2022 – 05/2023

A personal training service to residents of various Cortland Apartment Properties.

Personal Trainer • Teaching

- Developed unique personal training classes (including HIIT, Low-Impact Cardio, and Strength Training).

Coastal Carolina University • Myrtle Beach, South Carolina • 08/2018 – 05/2022

Public university with over 10,000 students and a nationally-recognized Department of Theatre.

Adjunct Faculty – Professor of Dance • Part-time

- Distinguished Teaching/Faculty Award Nominee – 2019
- Resident Choreographer of CCU's Dance Company – 2019, 2021, 2022
- Director of CCU Student Choreography Show (consisting of Back of House organization, as well as consulting and advocating for student choreographers and their work) – 2019–2022

Chelsea Ashton Choreography • Nationwide • 06/2016 – 05/2022

Primarily choreographing for dance studios and dance competitions across the nation, I specialize in choreography in the tap, jazz, musical theatre and contemporary genres.

Dance Teacher • Teaching

- Carolina Forest Performing Arts Academy: Taught dance classes (with a secondary focus on strength training and mental wellness in the dance industry) for 4 seasons to 300+ students.
- Coastal Youth Ballet Theatre: Taught contemporary, jazz and tap classes to Company Members. Incorporated choreography and improvisational classes, technical combinations, rhythm drills and strength training into weekly classes. Also, founded a musical theatre program to broaden recreational students' education and diversify programming.
- Taught master classes and summer intensives at various schools across the US including Carolina Forest Performing Arts Academy, Coastal Youth Ballet Theatre, Quenedit Ballet School, Jensen Dance Project, Carolina Christmas Spectacular, The Wright Step, Theatre Dance & Arts Alliance, NMB Performing Arts, Sells Broadway Dance Company, West Florida Dance Center, Dimarco School of Dance, OCU Community Dance Center, Whistle Stop Dance Company.
- Academy of Dance and Fine Arts: Taught tap, beginner ballet, and contemporary/lyrical classes, stage manager for recital, designed lighting and audio for the annual Nutcracker
- The Movement Loft: Taught contemporary ballet and jazz, as well as breathwork and strengthening classes, to recreational adults & former professional dancers.

Choreographer & Adjudicator • Part-time

- Traveled nationwide to judge the following dance competitions: Showstoppers, Turn It Up!, Precision Arts Challenge, Starquest, Inferno, Legacy, Absolute and Star Systems
- As of 2022, choreographed 18 award-winning solos/small group routines and 4 large scale/production routines.
- Experienced with choosing costumes, cutting music, and cleaning entire studios' solo/small group and large group/production routines (working with over 300 students) ahead of their competition season.

Dance Competitions • Nationwide

-ShowStoppers -Star Systems -Turn It Up! -Precision Arts Challenge -Starquest -Inferno -Legacy
-Absolute

Judge

- Traveled across the country as a judge for 5 years with the following dance competitions: Showstoppers, Turn It Up!, Precision Arts Challenge, StarQuest, Inferno, Legacy, Absolute and Star Systems

Professional Dance Experience

Dancer

- Pirate's Voyage - "Voyage On"-Silks Partner, Hammock Soloist, Adapted Lyra, Aerialist, Acrobat, Lead Role
- The Carolina Opry - "The Christmas Show of the South"- Ensemble Member, Swing Partner
- Royal Caribbean: Serenade of the Seas - Production Shows: "Stage to Screen" and "Vibeology" - Murder Mystery Dinner Show: "Bada Bing Bada Boom" - Aerial Show (lyra & bungee): "Jack and His Magic Beans" and "Aquatronica"
- The Alabama Theatre - Myrtle Beach "One: The Show"- Spanish Web, Soloist, Featured Adagio Partner "South's Grandest Christmas Show"- Soloist, Adagio Partner
- Walt Disney World - "Dream Along With Mickey"- Equity Dancer
- Busch Gardens Entertainment - Tampa "Christmas Celebration"- Dancer "Born to Rock"- Dancer (Original Cast)
- Texas: The Musical Drama - "Fire Ballet"- Featured Soloist/Partner en Pointe-Fire Pas de Trois

EDUCATION

Master of Fine Arts in Choreography

Jacksonville University • Jacksonville, FL • 05/2020 - 05/2024

Specialized study: "Choreographing Covid: A systematic analysis of the benefits and challenges of a socially-distanced creative process, framed by Maslow's Hierarchy of Needs".

Bachelor of Science in Dance Pedagogy

Oklahoma City University • Oklahoma City • 08/2008 - 05/2012

4 years of work with American Spirit Dance Company, with 2-3 Shows produced each year that reflected Traditional American Dance.

CERTIFICATIONS

CPR/AED • 05/2023 - Present

International Sports Science Association (ISSA)

Strength Training Certificate • 08/2022 - 08/2023

International Sports Science Association (ISSA)

Social Behavioral Certificate • 07/2021 - 05/2023

Collaborative Institutional Training Initiative (CITI)

Applied Stretch Theory • 08/2022

International Sports Science Association (ISSA)

SKILLS

Adaptable, Attention to Detail, Budget Management, Class Development, Communication, Creative Thinking, Curriculum Development, Customer Service, Efficiency, Emotional Intelligence, G Suite, Interpersonal Skills, Inventory Management, Marketing, Microsoft Office Suite, Multitasking, Problem-Solving, Public Speaking, Spa Management, Team Management, Trainer, Vendor Relationships