

Trisha Stigge

CHOREOGRAPHER



DANCE INSTRUCTOR



PERFORMING ARTIST

OBJECTIVE

To lead new and emerging artists into their own voices. By utilizing the exploration of one's own intersectionality and point of view, lead students to practice their craft with self-efficacy, curiosity, and collaboration.

PHONE

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WEBSITE

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CORE QUALIFICATIONS

- individual and group instruction
- arts administration and event management
- professional mentorship
- curriculum development
- choreography

Musical Theatre	●●●
Modern	●●●
Dance Recovery	●●○
Jazz	●●○
Ballet	●○○
Acting/Movement	●●●

EDUCATION

BA Theatre: Performance and Directing; minor Dance
University of Nebraska at Kearney

2015-2019

3.5 GPA

Area

Instructors and Mentors

Techniques Studied

Dance

Noelle Bohaty, Leslie
Abegglen

Modern, Jazz, Ballet, Tap,
Musical Theatre,
Composition and
Choreography, Bartenieff,
Laban, Critical Response
Process, History

Acting

Janice Fronczak

Viewpoints, Stanislavski,
Emotional Endowment,
Meisner, Chekov

Directing

Jack Garrison

Staging, casting, self-
producing, concept
development, critique

Vocal Music

Dr. Sharon O'Connell
Campbell

Classical and Musical
Theatre

Technical Theatre

Darin Himmerich, Michael
DeLorm

Lighting Design and Stage
Electrics

Classic/Shakespearean
Text Dr. Marguerite Tassi

Arts Administration

Susan Deiger

Colligate Leadership and Awards

Alpha Psi Omega- Nu Upsilon Chapter President, 2018-2019

Kennedy Center American College Theatre Festival Irene Ryan Acting
Scholarship Nominee; 2016, 2017, 2018, 2019

MASTER CLASSES, TRAININGS AND WORKSHOPS

February 2023- Teaching Consent and Boundaries: On Stage and In the Classroom with Greg Geffrard

2021-2022, 2024: Glenwood Dance Center Drop-In Intermediate Modern Dance with Kim Baker

October 2020- Accents and Dialects: The NYC Boroughs with Susan Schuld

February 2019- Flow and Ease with Kathy Diehl

April 2018- Stretching for Jazz with Emily Pike

October 2017- House Dance with Vivian Kim

TEACHING AND MENTORSHIP EXPERIENCE

JAN 2023-PRESENT

Choreographer and Teaching Artist | Children's Theatre of Elgin and Fox Valley Theatre Company | Elgin, IL

- Choreographer
 - Casts sizes from 50 to 142 youth actors; styles explored include Jazz, Musical Theatre, Modern, Ballet, Tap, Contemporary, Hip Hop, and Dance Puppetry; Dance Recovery and Body Work; Ages 7-20
- Teaching Artist
 - 2023 Summer Camp Program: movement energies, body/voice connection, and "Laban Jr."
 - 2024 Summer Camp Program: Dance for Non-Dancers
 - curriculum included: Ballet and Jazz positions and fundamentals; memorization and mock Open Calls; In the teen division, students collaborated on a final dance composition, exploring order, directionality, stop/start, and narrative. Ages 7-18

MAY 2022- MAY 2024

Administrative Assistant-Theatre | Columbia College Chicago | Chicago, IL

- Industry student resource; hold appointments/walk-ins to discuss career goals, artist statements, where to find auditions and monologues, and artist self-care; administration (communications, finance, operations, marketing, design, event planning, and more). Ages 17-23

JULY 2023

Instructor | Bartenieff Fundamentals Workshop: self-produced | Chicago, IL

- Chicago actors review language of Laban technique; learn Bartenieff terminology; discuss kinesiological benefits of muscle isolation through practice; adult theatre practitioners

SEPTEMBER 2022-NOVEMBER 2022

Understudy Mentor and Dancer | Dominican University | River Forest, IL

- perform alongside students; answer questions on the professional process of understudy and cover work; discuss balancing creative projects. Ages 17-23

CURRENT WRITING PROJECTS AND AREAS OF STUDY

"Searching for Sera Until 9:00"

- An absurdist dance comedy about baking cakes and flying kites
- As of early 2024, script and choreography are in development to be workshopped Spring 2025
- Themes and motifs: depression/happy hormones as a cyclical tango, mid-twenties hyper-self-reliance and its impacts on relationships

Areas of Study (2024)

- Bisexuality and feminism
 - breaking down the culture of paradox and its historically harmful impact on gender expression and sexuality exploration
- Marlene Dietrich
 - What does it mean to practice "resistance with grace"? She stood in solidarity against the Nazis who took over her home country by selling war bonds. Meanwhile, being labelled an "abomination" for her sexuality by the people she worked to protect.
- The Poetic Edda
 - what do the traditions of Norse-Germanic mythology and heathenry look like in the modern world?
- Dance Pedagogy and Diversity
 - redefining "classical training" to reflect proficiency, technique and practice rather than specific styles, particularly those of the Western influence

PRODUCING/ ART DIRECTION

Doug Dinelt Photography Assistant: Dance Studio Season Photos

- 2024
- Posing dancers, set-up and tear down of equipment, photo/dancer tracking

Nonsense Theatre Company Producing Committee and Company Member

- 2023-present
- Season building, script selection, procurement of goods, rehearsal management, venue scouting, marketing, administration

Industrial Training Videos- Allen Brother's Corporation

- 2020-2021
- Product research, script writing and pitching, art direction, procurement of goods, shot list development, schedule tracking

Student Dance Workshop 2018

- 2018-2019
- Auditions/casting, designer coordination and collaboration, program design, marketing, concert order/dancer tracking

PERFORMANCE & CHOREOGRAPHY: DANCE (partial list)

<u>Production</u>	<u>Pieces</u>	<u>Choreographer</u>
plucked - January 2020 - Kearney, Nebraska	"thing with feathers redux" "Snowbirds" "Conversation with the man in the moon" "in\\counting" "this_keeps__me & it's _to_ me out"	Noelle Bohaty Kathy Diehl Hunter T. Scow Riley Wiese Trisha Stigge
SDW 2019* - November 2019 - Kearney, Nebraska	"Conversation with the man in the moon" "in\\counting" "Di/a/ssimilate" " methods of mass instruction"	Hunter T. Scow Riley Wiese Lexi Powell Trisha Stigge
spaceSplaces - May 2019 - Kearney, Nebraska	"DI\\vin/E" ** "split/second stint" "Underworld: Eurydice Redux" *** "InsparRed"	Hunter T. Scow Paige Corr Noelle Bohaty Stigge/Ensemble
Fusion: Multi-Media - December 2018 - Kearney, Nebraska	"What a wonderful world"	Minori Yamauchi
SDW 2018* - November 2018 - Kearney, Nebraska	"Pardon" "oooo(oo)"	Yvette Jimenez Trisha Stigge
eloquence in action - May 2018 - Kearney, Nebraska	"Pas de Cinq" "at what stakes: the devil you know"	Leslie Abegglen Noelle Bohaty

*denotes workshop

** additionally performed at North Central American College Dance Conference 2019 | Morris, Minnesota

*** full production invited for performance at Region 5 Kennedy Center American College Theatre Festival 2019 | Sioux Falls, South Dakota

Dance Theatre

Doctor Faustus, Choreographer, Nonsense Theatre Company, Dir. Shane Richlen

The Prom, Choreographer, Fox Valley Theatre Company, Dir. Stephanie Uzomba

Finding Nemo Jr., Choreographer, Children's Theatre of Elgin, Dir. Allison Cherry

As You Like It, "Adam/Phebe"/Choreographer, Nonsense Theatre Company, Dir. Gabby Ashlin (Movement, Acting, and Choreographer)

JACK, Choreographer, Children's Theatre of Elgin, Dir. Allison Cherry

Midsummer Night's Cirque, Dancer and U/S Mentor, Dominican University, Dir. Krista Hansen

Icterine, "The Wallpaper," k_e_r_n Theatre, Dir. Sarah JK Shoemaker (Acting/Dance)

Zombie Prom, "Coco"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

Eurydice, "Big Stone"/co-choreographer, University of Nebraska at Kearney, Dir. Noelle Bohaty (Dance, Choreography and Acting)

A Year with Frog and Toad, "Lady Bird/Young Frog"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

"I Believe In Love," by Alexa Kriss music video, Choreographer/Dancer, Dir. Darcy Bahenksy

PERFORMANCE: THEATRE/FILM (partial list)

Much Ado About Nothing, "Margaret", Concrete Palm Trees Productions, Dir. Melbin Borrero III (Movement/Acting)

As You Like It, "Adam/Phebe"/Choreographer, Nonsense Theatre Company, Dir. Gabby Ashlin (Movement, Acting, and Choreographer)

Midsummer Night's Cirque, Dancer and U/S Mentor, Dominican University, Dir. Krista Hansen (Acting, Dance, Mentorship)

Not As I Do, "Rosalind", Possibilities Theatre Company, Dir. Erin Sheets (Acting)

Icterine, "The Wallpaper," k_e_r_n Theatre, Dir. Sarah JK Shoemaker (Acting/Dance)

Give No Quarter, "Mary Read," Stage Left Theatre, Dir. Rachel Van (Acting)

Come Undone, "The Shape," Three Brothers Theatre, Dir. Ella Spoelstra (Movement Acting)

Mythomania, "Shira (u/s)," GreatWorks Theatre Co., Dir. Jake Jones (Acting)

Fractured Fairy Tales, "Track 4 (u/s)," GreatWorks Theatre Co., Dir. Christina Casano (Acting)

Industrial Training Videos for Chef's Warehouse, Voiceover, Dir. Miguel Estrada

Industrial Training Videos for Allen Brother's Corp., Producer and Voiceover, Dir. Miguel Estrada

7 Deadly Sins, "Joanne/Coco/Erin," Clock Theater Productions, Dir. Rachel Van (Movement and Acting)

A Comedy of Tenors, "Maria," Brownville Village Theatre, Dir. Rachel Curtiss (Movement and Acting)

The Diary of Anne Frank, "Mrs. Van Daan," Brownville Village Theatre, Dir. Mitchell Bean (Acting)

Zombie Prom, "Coco"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

The Tell-Tale Farce, "Miss Sarah Dowling" Brownville Village Theatre, Dir. Mitchell Bean (Acting and Period Movement)

A Year with Frog and Toad, "Lady Bird/Young Frog"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

Maybe Baby, It's You, various characters, Brownville Village Theatre, Dir. Mitchell Bean (Acting)

Guys and Dolls, Choreographer, Kearney Community Theatre, Dir. Dave Rozema

Perfektion short film, "Grace," Avenue9 Films, Dir. Andrew Sindt (Acting and Movement)

"I Believe In Love," by Alexa Kriss music video, Choreographer/Dancer, Dir. Darcy Bahenksy