

SABRINA JADE KREISS

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sabrinakreiss.com

Age: 22

5 feet 6 inches

American Citizen

EDUCATION & DANCE TRAINING

University of Hartford – West Hartford, Connecticut

August 2021 - May 2025

The Hartt School, BFA Dance Performance

Ballet, Pointe, Contemporary, Modern (Limon, Graham, Taylor)

Pine Crest School – Fort Lauderdale, Florida

August 2007 - May 2021

High School Diploma, Dance Training Grades PK-12

Ballet, Pointe, Contemporary, Modern (Horton), Jazz

Ballet Palm Beach - Palm Beach Gardens, Florida

July 2023

Summer Workshop

PERFORMANCE EXPERIENCE

2019	Alice in Wonderland, Courtney Teas, Pine Crest School
2021	Excerpts from Giselle Jean Coralli (Courtney Teas), Pine Crest School
2021	Excerpts from La Bayadere, Marius Petipa (Courtney Teas), Pine Crest School
2022	Expose Her, the Mind: Vol 1: Lady of the Flock, Blue Richardson, The Hartt School
2022	Excerpts from La Bayadere, Marius Petipa (Hilda Morales), The Hartt School
2022	Primitive Mysteries, Martha Graham (Miki Orihara), The Hartt School
2023	Drift, Pascal Rioult, The Hartt School
2023	Excerpts from A Choreographic Offering, Jose Limon (Nina Watt), The Hartt School
2023	For You, My Aurora, Tessa Flynn, The Hartt School
2023	At the Garden's Wall, Stephen Pier, The Hartt School
2023	Excerpts from Napoli, August Bournonville (Hilda Morales), The Hartt School
2024	what's left behind life's thorns, Meghan Keller, The Hartt School
2024	Under the Ice, Stephen Pier, The Hartt School
2024	Summertime, Michael Waldrop, The Hartt School (Commissioned Work)
2024	Path, Katie Stevinson-Nollet, The Hartt School
2024	Light Seekers, Debra Collins Ryder, The Hartt School
2025	Diggity, Paul Taylor (Eran Bugge), The Hartt School

CHOREOGRAPHIC EXPERIENCE

2024	Echoes Within, The Hartt School Senior Thesis Concert
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OTHER RELEVANT WORK EXPERIENCE

Social Media Marketing Assistant

March 2022 - May 2025

- Assist Marketing Manager with collecting content and creating engaging posts for the University of Hartford's Instagram, TikTok and Facebook pages.
- Oversee a group of social media ambassadors and assist with their projects and content creation.
- Attend meetings with supervisors to discuss analytics and brainstorm areas for improvement.
- Attends events to collect content and meet potential donors while representing The University of Hartford as both a student and employee.

Joffrey Ballet School

Administrative Assistant Lead

May 2025 - Present

Contracted Summer Position - 14 Weeks

- Supervise and support daily operations of Administrative Assistants.
- Develop and manage intern schedules.
- Facilitate and lead weekly team meetings to align on goals, address concerns, and enhance collaboration
- Oversee key administrative functions, including student lunch coordination, name tag and Marley floor assignments, in-studio showings, and management of phone and email communications

Residential and Administrative Assistant Lead

July 2024 - August 2024

Contracted Summer Position - 4 Weeks

- Led a team of Resident and Administrative Assistants overseeing daily operations in both dormitory and studio settings.
- Mediated and resolved roommate conflicts, promoting a positive and respectful living environment.
- Chaperoned students to meals, events and off campus activities, as well as between the studios and dormitories, ensuring safety and punctuality.
- Acted as a substitute teacher during unexpected faculty absences.

Administrative Assistant

May 2024 - July 2024

Contracted Summer Position - 8 Weeks

- Provided high level administrative support to the Director of Operations.
- Developed and implemented a system for creating and distributing student name tags.
- Handled logistical tasks such as mail collection, escorting students to medical appointments, and supply runs.
- Coordinated daily lunch procedures and maintained studio organization, including moving barres and marley rolls between rented spaces.
- Managed parent communication via email and phone, ensuring prompt and professional responses.
- Assisted with student health and wellness, responding to both routine and urgent care needs.

Pine Crest Fine Arts Camp Counselor

June 2022 - July 2023

Contracted Summer Position - 6 Weeks 2022, 6 Weeks 2023

- Taught beginner and intermediate dance classes to children between ages 5 and 13.
- Provided care for campers during after care until parents came to collect them.
- Answered questions and addressed concerns with parents of campers.
- Collaborated with fellow counselors and supervisors to ensure success of camp activities.

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Usher

January 2022 - May 2024

- Arrive at the venue before patrons to ensure safety and cleanliness of the venue.
- Greet patrons at the entrance to provide performance information and check tickets and distribute programs.
- Available during events to answer any questions or address any issues among patrons.

HONORS AND AWARDS

The Hartt School Dance Division Senior Outstanding Achievement Award	April 2025
University of Hartford Dean's List Member	Recurring, December 2022 - May 2025
University of Hartford 4-Year Academic Scholarship Recipient	February 2021
University of Hartford 4-Year Artistic Scholarship Recipient	February 2021

SKILLS

- Qualified to teach dance at the beginner/intermediate level through completion of Ballet Pedagogy and Dance Pedagogy courses at The Hartt School.
- Stage Management
- Able to prepare for assignments and meetings in an organized manner as well as shift gears quickly and efficiently if necessary.
- Fluent with technological databases including Microsoft Office, Google Suites, Asana, Facebook, AirTable, Slack, Band, TikTok and Instagram.
- Able to complete projects in groups or individually successfully and efficiently.
- Significant customer service and administrative experience in a collegiate environment as well as a highly reputable ballet school.
- Experience working with and caring for children between 2 and 17 years old.

Please contact me for the phone numbers or email addresses of my previous employers and/or references