

Saige Doré Rook

saigedrook21@gmail.com

216-571-1591

Sandy Springs,
Georgia

Choreographic Works:

Movement by Saige - Fall Showcase - September 2025: As One • Reclaiming • The View
Cleveland Dance Festival - Season 10 Virtual Gallery- December 2025: Casualties
Cleveland Dance Project - Season 14 Showcase - April 2024 : Warm Climate
Beck Center for the Arts - Spring Recital - June 2024 : Norwegian Wood • Honey Pie
Beck Center for the Arts - Spring Recital - June 2023 : Watermelon Sugar • Eleanor Rigby
CSU Dance Company - Dance Showcase(s) - fall 2020 • fall/spring 2021 • fall 2022
* in collaboration with CSU Dance Company members and Antonio Brown
CSU Dance Department - Composition Course Final - Unattainable
Children's Musical Theatre camp performances - 2018 - 2021

Performances:

Movement by Saige - Fall Showcase	(September 2025) • Trin Stevens • Saige Doré Rook •
New Albany Dance Festival - 4x4	(July 2025) • Trin Stevens •
Independent Screening - <i>Casualties</i>	(December 2024) • Saige Doré Rook • • Cassidy DeVol (director) • Laura McCann (producer/DP) •
Cleveland Dance Project -Season 14 Showcase	(April 2024) • Saige Doré Rook • Heather Sakai •
Cleveland State University -CSU Spring Dance Showcase	(April 2022) • Teena Marie-Custer • • Antonio Brown •
-CSU Fall Dance Showcase	(November 2022) • Annie Morgan • Antonio Brown •
-CSU Dance Showcase	(April 2021) • Antonio Brown • Lynn Deering •
-CSU Dance Showcase	(February 2021) • Antonio Brown •
-CSU Dance Showcase	(November 2021) • Antonio Brown •
-CSU Rendition of Bill T Jones' 'Endless Repeat'	(2021) • facilitated by Antonio Brown •
-CSU Dance Showcase	(2020) • Antonio Brown • Bryant Henderson •
Kent State University -BFA/SDF Concert	(2019) • SadieAnn Strouse •
Kent State University - <i>Trancendance</i>	(2018) • Sarah Tallman • Jeffrey Rockland •

Education & Certifications:

- CPR and BLS Certified (2025)
- NASM Certified Personal Trainer (2025)
- Certified Thai Yoga Massage Provider (2025)
- SSV Yoga International (2024) 200 Hour Yoga Teacher Training
 - Ohio University (2023)
- Athletic Training Graduate Program

- Cleveland State University (2019-2022)
Bachelor of the Arts: Dance (community track)
-Capstone: Constructed a Supplemental Training Guide for College Dancers
- Bachelor of Science: Health Sciences (general interest track)
-Capstone: Chiropractor's Assistant Internship
 - Kent State University (2018-2019)
-BFA track
- The Beck Center for the Arts (2007-2018)

Dance Training:

- Ohio Dance Festival (*varied artists*) (2023 & 2025)
- Inlet Dance Theatre Winter Workshop/Audition (*Bill Wade and company members*) (2022)
 - Invited to join Inlet Trainee and Apprentice Program
 - Hawkins Technique • Repertoire • Non-Traditional Partnering •
- Bachelor of the Arts - Dance in Community - Cleveland State University (August 2019-May 2022)
 - Modern (*Antonio Brown, Bryant Henderson, Lynn Deering, Teena Marie-Custer, Chrissy Martin*)
 - Ballet (*Bryant Henderson, Annie Morgan*)
 - Pilates (*Dr. Jennifer Henry*)
 - Somatics & Composition (*Lisa DeCato*)
 - Teaching Dance & Community Dance (*Joan Meggitt*)
- GroundWorks Winder Intensive (2021/2022)
- Community Action Training Workshop (*with Amy Miller of Gibney Dance*)(2020)
- Community-Based Dance Training Workshop (*with Amie Dowling*) (2019)
- Non-degree seeking(Auditioned Dance Program) - Kent State University (August 2018-May 2019)
 - Horton (*Gregory King*)
 - Hawkins (*Joan Meggitt*)
 - Ballet & Pointe (*Beverly Pererson-Fitts, Jeffrey Rockland*)
 - Contemporary Modern (*Kimberly Karpanty*)
- The Beck Center for the Arts(2008-2018)
 - Contemporary Modern (*Kara Madden, Megan Young*)
 - Ballet & Pointe (*Melanie Szucs, Anna Roberts, Mimi Schwensen*)
 - Jazz (*Louise Haddaway*)
- Limón Summer Intensive(2016)
- Cincinnati Ballet Intensive(2015)

Awards and Honors:

Summa Cum Laude	Cleveland State University	2022
Honors University Scholarship	Cleveland State University	2020-2022
Fine Arts Scholarship	Cleveland State University	2019-2022
Creative Artist Award	Kent State University	2018