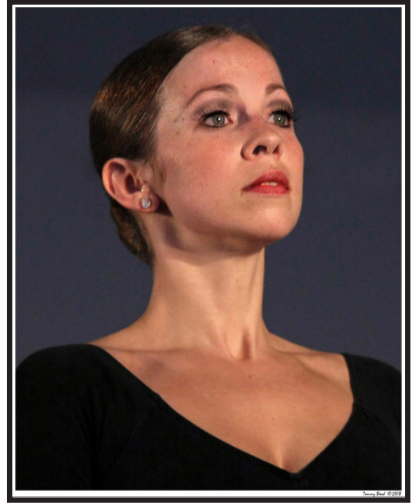


Sarah Cyders

Sarah Cyders began her training at Opus II Dance Studio at the age of 10. She became a member of Ashland Regional Ballet (ARB) four years later where she created memorable performances in ballets such as The Nutcracker (Clara), Swan Lake (Act II), The Firebird, The Legend of Sleepy Hollow Suite, Snow White, Cinderella and The Sleeping Beauty.

Sarah received a Bachelor of Fine Arts in Dance in spring 2001 from Point Park College (PPC) in Pittsburgh, Pennsylvania. While at PPC she danced roles in Cinderella, The Sleeping Beauty, Enigmatic Space, an solo roles in Don Quixote, and Moon Dance. She was involved in PPC Children's Theatre Productions of The Twelve Dancing Princesses and her notable role as Kira in Kira the Young Hunter narrated by Phil Collins.



Sarah developed an interest in teaching dance while still a high school student through the teaching assistant program at Ashland Regional Ballet. She was a faculty member for the Tri-County Enrichment Days Program held at Ashland University teaching Creative Movement to 2nd & 3rd graders. She has worked as a professional dancer with both Ashland Regional Ballet and Neos Dance Theatre, and is an adjunct faculty member at Ashland University teaching dance in the theatre department.

In 2009 Sarah stepped into the role of Artistic Director with confidence and grace. She brings her years of experience as a dancer, teacher and mentor to bear as she leads the company into the future.

Sarah Cyders is the Artistic Director-and faculty member at Ashland Regional Ballet