

Ms. Shannon



Ms. Shannon has been dancing for over 20 years and has been teaching dance for 10 + years. She was a member of the First Position School of Dance Scarlettes Dance Company as well as a member of the State Champion Bishop George Ahr/St. Thomas Aquinas High School Gymnastics Team. As a competitor she was awarded numerous high score awards and special judges recognition for performances as a soloist. She began teaching dance and gymnastics over 10 years ago which is where her passion for teaching and coaching began.

Upon graduating high school she attended Rutgers University where she was a member and a captain of the nationally ranked dance team. While in college she was selected to be an instructor for Universal Dance Association (UDA) Summer Camps. As an UDA staff member she attended training camps that prepared her to instruct dance camps all across the country. She was able to work with the top high school teams from New Jersey, Pennsylvania, Connecticut, Michigan, Illinois, Florida, Minnesota, Iowa, Indiana, and Arizona. She also coached the Edison based Bishop George Ahr/St. Thomas Aquinas H.S. Gymnastics Team for 4 years where they earned the State Championship title.

Ms. Shannon was a member of the United States National Pom Team in 2018 and 2019 that competed at the International Cheer Union World Cheer and Dance Championships where she earned a gold and silver medal respectively.

Upon graduating Rutgers University in 2017, with a bachelor's degree in Labor and Employment Relations, she returned back as an assistant coach of the Dance Team. She currently coaches the Game Day Team that performs at Rutgers home football and basketball games, as well as the Competition Team that competes annually at the Universal Dance Association (UDA) National Championship. As a member of the Rutgers University Dance Team coaching staff she also works with the Rutgers Junior Knights Spirit Program that offers a collegiate dance team experience to children aged 8-18 years old.

Ms. Shannon is also a teaching artist for American Repertory Ballet's educational outreach program Dance Power, teaching dance in the New Brunswick public school system to all 3rd graders. She continues her training by taking classes throughout the Tri-State area in various styles of dance. She is very excited to bring her years of competitive dance experience to train the next generation at ADI.