

# Sylvia Sonenstein

## Leadership/Coaching

**Westbrook Dance Academy**, - Senior Teaching Assistant (Grades 9-12), Competition Team (Grades 3 - 12), Dancer (Grades Pre-School - 12)

SEPTEMBER 2007 - PRESENT

- Instructed children ages 2-8 how to dance ballet, tap, and jazz
- Enforced discipline by making sure the children were following classroom rules
- Selected for a Senior Teaching Assistant position by the studio owner Julie Reed Russo
- Committed to dancing competitively for nine years in a team setting
- Traveled across Connecticut and the neighboring states for regional and national dance competitions
- *See awards on pg 2*

**Hands-On Stage Stage Crew, DHHS** - *Stage Manager/Set Builder (Grades 10-12), Spot Reader/Set Builder/Costume Manager (Grade 9)*

SEPTEMBER 2019 - APRIL 2023

- Oversaw the 25-person stage crew during the set creation process
- Managed backstage affairs during tech week and performances for the fall play and spring musicals (selected by Crew Advisor Eli Sherer)
- Designed and made custom costume pieces for Roger's and Hammerstein's *Cinderella* (2020)
- Appointed people on the stage crew for particular roles based on their skill sets to help run the show better
- Orchestrated online rehearsals during Covid to maintain the team's spirits during uncertain times

**Show Choir, DHHS** - *Vocal Captain/Ensemble Member (Grade 12), Lead Female Solo Understudy/Ensemble Member (Grade 11)*

AUGUST 2021 - JUNE 2022

- Auditioned for and performed competitively for Daniel Hand High School's Show Choir team "VIBE"(New England's Premier High School Show Choir) along with 51 other teammates
- Fulfilled duties as understudy including learning the entire female lead role in VIBE's *The Matrix* in order to perform it at a moment's notice (Selected by Coach Ron Soja)
- Organized group rehearsals and taught vocal parts to the entire choir
- Ensured that the team was well prepared for competitions by upholding a strict team rulebook during practices
- Represented the team at competition award ceremonies

**National Honor Society, DHHS** - *Selected Member (Grades 11 & 12)*

MAY 2022 - JUNE 2023

- Participated as a selected member based on scholarship, service, leadership, and character
- *See awards on page 2*

**FOCUS Teen Improv Social Media, Madison, CT** - *Social Media Manager (Grade 10)*

JUNE 2020 - SEPTEMBER 2020

- Headed branding, running an Instagram page, and editing and uploading YouTube videos to broadcast the digital performances for FOCUS Teen Improv(a semi-professional improv troupe performing in Connecticut schools and festivals)
- Maintained a weekly upload schedule and slowly grew a following (0-87 total)
- Orchestrated the group to continue performing to reach audiences during the pandemic

## Creativity

### Yale Child Study Center, New Haven, CT - *Specialized Patient Training/Actor (Grades 9-11)*

JULY 2020 - MARCH 2022

- Collaborated with doctors in the Yale Child Study Center to create fictional patient characters for medical students to diagnose in order to simulate real-life patient/doctor interactions
- Acted in Yale Child Study Center films destigmatizing teenage depression

### FOCUS Teen Improv, Madison, CT - *Senior Member/Assistant to Teacher (Grades 7-10)*

MARCH 2018 - SEPTEMBER 2020

- Performed with the semi-professional troupe in schools and festivals across Connecticut
- Learned complex improv games and designed audience participation-based bits to be improvised at live performances
- Volunteered to assist in teaching improv at schools and churches across Connecticut

### Musical Theatre - *Actor/Singer/Dancer (Grades 2-11)*

JUNE 2011 - NOVEMBER 2021

- Participated in 14 + productions with varying lead roles, most notably...
  - Rosie in Our Lady of Mercy's *Bye Bye Birdie* (7th grade)
  - Patrice in WISP's *13 The Musical* (8th grade)
  - Brooke Wyndham in WISP's *Legally Blonde The Musical* (9th grade)
  - Nala in FUSE Theater CT's *The Lion King* (9th Grade)
  - Helena in FUSE Theater CT's *A Midsummer Night's Dream: A Rewired Musical* (10th Grade)
- Built upon past roles to further skills in acting, singing, and dancing

## AWARDS

### National Competitions:

- Turn It Up Dance Challenge (Nationals) 2022 Most Entertaining 15-19 intermediate Solo
- Turn It Up Dance Challenge (Nationals) 2022 6th Place Overall 15-19 intermediate Solo
- Starpower Dance Challenge (Nationals) 2021 2nd place 15-19 advanced vocal performance overall
- Imagine Dance Challenge (Nationals) 2019 3rd place 15-19 intermediate solo overall

### Regional Competitions:

- Imagine Dance Challenge (Regionals) 2019 2nd place 15-19 advanced vocal performance overall
- Revolution Dance Competition (Regionals) 2022 Second runner-up for Miss Dance Revolution (Title Award)

### Academic Competitions:

- Daniel Hand High School Art Award 2019-2020 for outstanding achievement, interest, and dedication (9th Grade)
- Daniel Hand High School World Language Commendation Award 2019-2020 for demonstrating an exemplary work ethic and commendable motivation (9th Grade)

## WORK EXPERIENCE

### RJ Julia Café, Madison, CT - *Hostess/Wait Staff/Back of House*

JUNE 2021 - PRESENT

### The Dressing Room, Madison, CT - *Retail Associate*

AUGUST 2022 - PRESENT