



ALLYSON RUGARBER

Allyson Rugarber is a dedicated dance director, choreographer, and educator with over two decades of experience in performance, instruction, and mentorship. With a strong foundation in both the art of dance and the science of movement, she offers a unique perspective that blends technical training, expressive artistry, and injury prevention. Her approach empowers dancers to grow not only as performers, but as disciplined, confident individuals. Over the years, Allyson has choreographed award-winning works across lyrical, contemporary, jazz, and open categories, creating memorable solos, duets, trios, and group pieces that have been recognized on national stages. Her choreography is known for its creativity, attention to detail, and ability to highlight the strengths and individuality of each dancer.

As a teacher and director, Allyson has guided students from their earliest training through advanced competitive levels, fostering an atmosphere where hard work and passion meet encouragement and support. She is committed to helping dancers refine their technique, develop artistry, and build the confidence needed to thrive both on stage and beyond it. Her extensive background in exercise science adds depth to her teaching, giving her the tools to emphasize safe training practices, biomechanics, and long-term dancer wellness. This integration of artistry and science allows her to provide dancers with a well-rounded education that prepares them for the physical demands of dance while promoting strength and longevity.

Allyson's career reflects her devotion to the balance of discipline and creativity. She continues to inspire dancers of all ages to pursue excellence, encouraging them to embrace the joy of movement while striving for both personal and artistic growth.