

Katie Ohlund

Recreational Instructor

Katie Ohlund began dance and gymnastics at the age of 5. She was a 3 year member, captain and choreographer of the Eagan High School dance team. Katie was an All-Conference dancer her junior and senior years of high school. Katie was a 3 year member of the nationally ranked St. Cloud State University Dance Team. While she was captain her junior year in college, the team received a paid bid to UDA Nationals and placed 2nd at the UDA National Dance Team Championship in Orlando, Florida. The team also took home the first place title at the UDA Spirit of American Championship and the Winter Carnival Competition.

Katie has been a choreographer for several high schools in Iowa and had held private technique clinics for high schools in the Midwest. While in college, she was a head instructor with the St. Cloud area Just For Kix program and a recreational instructor at Chanhassen Dance and Performing Arts Center. Katie graduated from St. Cloud State University in 2002 with a Bachelor of Arts degree in Spanish and an minor in International Business.

Katie has been a judge for the Minnesota State High School League (MSHSL) and a member of the Judges Association of Minnesota Dance Teams (JAM) since 1999. She served on the JAM Board of Directors from 2006-2009 and was re-elected to serve again from 2010-2014. Katie is the former President of JAM and is also a current MSHSL Dance Team Rules Coordinator. She has judged at the State Dance Team tournament since 2004 and has served as a Superior Judge and the Assistant Supervisor of Officials. In addition to judging for the MSHSL, she had judged various studio competitions as well as the Miss Dance Team Minnesota competition.

Katie has taught dancers ages 2 through adult and prides herself on being a well-rounded, versatile instructor. She loves getting to know her students and combines her passion for dance with her love for people. In her spare time, Katie enjoys spending as much time as possible with her husband Jade, and her two kids, Jack and Lauren. She is extremely excited to be a part of the fabulous SMDA team!