**Cacey Elliott –** Ballet & Technique and Conditioning Instructor (Recreational)

**Cacey Elliott** trained for 15 years under Lisa Tingle, former Redskin cheerleader and current director of Seaside Dance Academy in Berlin, MD. While there, she was classically trained in ballet, jazz, and contemporary, and went on to become one of their competitive dancers. While competing on the east coast, she won scholarships to dance for Starpower’s Power Pak in 5 different cities. Cacey also had the privilege of working with and assisting various master choreographers such as, Marinda Davis, Dylan Pearce, Kimberly Fitch, and Carol Brienza. Cacey has a great passion for dance and strongly encourages dancers to explore their creative intuition while learning the fundamentals of technique.