

## Scholarly/Creative Activity Summary

### Dr. Allison Adams

Throughout my five years at the University of Tennessee-Knoxville, my scholarly and creative activity has reflected both my passion for promoting wellness among musicians and my love for contemporary music.

As a second-year masters student, I dealt with a severe performance injury called focal dystonia. Many people who are diagnosed with this condition are never able to perform professionally, but I was one of the lucky few. This experience opened my eyes to the prevalence of performance injury and the need for more available resources and public dialogue regarding the issue. It has therefore become one of the main focuses in both my teaching and my creative output, beginning with my doctoral dissertation in 2012, and continuing through my time at University of Tennessee.

In 2014, I was approached by the editor of Mountain Peak Music to share my story of recovery from focal dystonia as a chapter in his book, *Notes of Hope*, published later that year. He also asked if I would be a consultant and contributor for an online multimedia resource called "Crosstraining for Musicians." This publication features movie and audio clips, walking the user through a variety of exercises that can be performed in between practice sessions, as well as essays such as the one I contributed about yoga for musicians.

As a certified yoga instructor, I have been asked to teach Yoga for Musicians courses in a variety of contexts, from two-week sessions for Ithaca College's Summer Music Academy, to single classes offered at the events of colleagues here at the university. I have also been invited to present at conferences hosted by the North American Saxophone Alliance and the International Saxophone Symposium. As an extension of this topic, I have recently become interested in how pregnancy affects professional female saxophone players. Since beginning my position at UT, I have had two children and found very little research that addresses how the physical and emotional changes experienced during pregnancy affect saxophonists. My research led to a presentation at the 2018 Biennial North American Saxophone Alliance Conference on this topic and I plan to publish it as an article in the near future.

As a performer, I have had many wonderful opportunities to present new music, both as a soloist and as a chamber musician. I will premiere a new solo work by Dr. Andrew Sigler at the World Saxophone Congress in Croatia this July, along with another piece for tenor saxophone and piano that I commissioned in 2013. In 2017, I was invited to be a featured solo performer for San Diego New Music and also performed at the International Clarinet Association Conference in Orlando, Florida with my colleague Dr. Victor Chavez. A D'Adarrio performing artist, I have performed at several International Saxophone Symposiums and am currently recording a CD of new works for saxophone.

I am also a member of Nief Norf, a mixed chamber ensemble dedicated to the performance of contemporary music. As part of this group, I have served on the faculty of the Nief Norf Summer Festival for four years and have had performance opportunities such as collaborating with the Bang on a Can All-Stars.

My professional saxophone quartet, Estrella Consort, is dedicated to the performance of new music as well. We have regularly premiered new works at North American Saxophone Alliance Conferences. In 2017, we recorded Xenakis' *Xas*, for future release on an album, and will do the same in June 2018 with Elliott McKinley's new work, *Aria*, for saxophone quartet and electronics. During our concert tours, we have performed and worked with students at many high-profile schools around the country, including Northwestern University, the University of Michigan, and Arizona State University, but we also take special pleasure in exposing audiences outside the academic community to contemporary music in an approachable way, an attribute which led to a residency at the Musical Instrument Museum in Phoenix, AZ in 2016.