

Mrs. Sarah Knapp has a Bachelors of Health and Exercise Science, with a Minor in Nutrition from the University of Saint Francis. She has been with our Studio 149 Family for 12 years and is a valued Company149 Member and Faculty Teacher! With over 15 years of training in Gymnastics, Ballet, Pointe and Contemporary, she began as a student with Studio 149 when she was 11 years old in 2006. Mrs. Knapp joined Studio 149 as a trained gymnast in addition to dancing with various pre-professional schools before finding her Studio 149 home. Mrs. Knapp trained with More than Gymnastics and Summit Academy of Gymnastics here in Fort Wayne. During her Gymnastic career, she competed at the highest level in addition to coaching classes that consisted of: Mommy and Me, Pre-School Gymnastics, Morning Home School Recreation Classes, Pre Team, Competitive Levels and the Xcel Competitive Team. In addition to Gymnastics, Mrs. Knapp has integrated Master Classes with Ballet 5:8, The Dance Collective, Fort Wayne School of Dance, Fort Wayne Ballet, and both Ballet and Jazz at the University of Saint Francis. Mrs. Knapp is a valued teacher with Studio 149 in addition she has taught semesters of Pre-Ballet and Pre-Tumble at Black Hawk Christian School as their Co-Curricular Coach. Within Mrs. Knapp's Dance Education at Studio 149 she has played numerous lead roles such as the Yellow Brick Road in "The Wizard of Oz," Peter Pan in "Peter Pan," The Red Queen in "Mad Hatter's Tea," Arabian Soloist, Mother Bon Bon, and the Harlequin Doll in the "Nutcracker Sweets," Sleeping Beauty in "Beauty and the Beast Princess Tea," and as a soloist in "Beautiful Things," and "Brushstrokes." Mrs. Knapp was chosen for our Mentoring Team in 2007, and went through teacher training becoming a helper, assistant, student teacher, and has been a Faculty Teacher since 2013. One of Mrs. Knapp's favorite parts of being a Faculty Teacher is not only teaching students technique and skills when it comes to dance and trick, but also being able to build discipling relationships. She loves that at Studio 149 we teach and care for each student as a whole, not just a dancer. Because of this approach, we support and love our students in and out of the studio...building close relationships and encouraging them to utilize their unique gifts to make a Kingdom Impact. Her favorite classes to teach incorporate her love for dance and gymnastics that assist in building strong and healthy muscles for all genres including Contemporary and Pointe. Her favorite aspect of Studio 149 is the "Family Atmosphere." Hugs and prayers before a show starts, encouraging high fives before entering the stage, seeing our students run to the front desk before class starts to talk with their teachers and mentors...or just to say hi...lifelong relationships are built here and the Christ like example shines through the lives of our students. We had the privilege of being part of the planning for Mrs. Knapp's engagement at our Nutcracker Sweets in 2015, she is married to Josiah Knapp and we are blessed to soon welcome Baby Knapp to our Studio 149 Family. Mrs. Knapp's vibrant teaching style that brings out the courage and strength of our students is truly valued and displays her knowledge of the importance of core conditioning and muscle/bone development offering a wholistic approach for every student regardless if they choose a professional career in dance.