

Mercedes Rivera

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Education

2017 – 2021	B.S. Dance Science , <i>Texas A&M University</i>
2021 – 2023	Postgraduate Dance Science Certificate , <i>Trinity Laban Conservatoire of Music and Dance</i>
2023 – present	Pilates Instructor Certification , <i>Club Pilates</i>

Work

10/2022 – present College Station	StretchLab , <i>Flexologist</i> <ul style="list-style-type: none">• Design and implement personalized stretch programs to enhance clients' mobility, flexibility, and overall physical health, leading to a significant reduction in injury rates• Lead pop-up events featuring group stretches and 1-on-1 assisted stretching sessions in collaboration with local businesses, including Orange Theory, Lululemon Run Club, and Texas A&M• Worked with a diverse clientele, including collegiate athletes, dancers, NFL players, and clients recovering from hip and knee replacements, as well as those with conditions such as scoliosis, polio, and sciatic nerve pain
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Projects

2019 – 2020	Undergraduate Research Scholars Program , <i>Published: Improving Knee Alignment in Dancers With Hyperextension: Quadricep Strengthening vs. Practice and Cueing</i> <p>This was a year long study in determining the best methods to correct a dancer's hyperextension. My team and I utilized anatomy and psychology research to create the strength and cueing intervention groups. As a member of the scholars program, we were able to present our findings to the Texas A&M Undergraduate Research Scholar Symposium where we received feedback for our content and presentation skills.</p>
2020 – 2021	Odyssey , <i>Composition III virtual concert</i> <p>Choreographed a modern dance solo that was later reworked as a dance film. Organized rehearsal schedules and led dancer warm up/cool down before performances. This project taught me how to use music and video editing software as well as how to advertise and market performance events.</p>
2021 – 2022	Violin final assessment , <i>The interaction between dance and music improvisation</i> <p>A creative collaboration combining improvisation techniques from dance and music, with a focus on the relationship between the themes and intention of the dancer and musician. We developed exercises and journaled about the most effective methods of implementing these strategies.</p>
2021 – 2022	Case formulation and a performance enhancement plan , <i>Studying the flow state in dance</i> <p>Upon interviewing a bachelors of dance science student at Trinity Laban, I created a personalized training program based on their goals and current weaknesses. This study uses Pilates training as well as imagery techniques to create an optimal performance state during movement to increase creativity and flow.</p>

Organizations

International Association for Dance Medicine and Science Member

2018 – present
Attended the 2018, 2019, and 2022 IADMS conference

Delta Eta Pi

2017 – 2021
An organization dedicated to the advancement of dance and dance education from elementary to the university level as well as connecting with the community through the arts.

Dance Arts Society

2017 – 2019
Student organized dance performance organization focusing in contemporary and jazz recitals

Performance Arts Medicine Association Member

2023 – present

Skills

Dance Technique

- Ballet
- Modern
- Contemporary
- Jazz
- Tap

Performance

- Lighting design
- Costume design and construction
- Music editing
- Choreography