



Monique A Young

Professional Choreographer

NBA | WNBA | NFL | AFL

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“She has displayed a strong work ethic, a passion for the teams in which she performed and represented the organization in a first-class manner.”

Kip Helt – Vice President/Game Entertainment for Phoenix Suns

“I strongly believe good leaders have these attributes and are able to utilize them in many different ways.”

Jon Bloom – Broadcaster Phoenix Suns/Arizona Sports 98.7 FM

“...Monique and I had a mutual understanding and I trusted her as someone I could count on when I ran into communication barriers with other dancers...”

Kari Herrick – Former Phoenix Suns Dancers Manager

“...Her upbeat and fun dances gained admiration by all, especially the fans. ...”

Courtney Quenzler – Phoenix Suns Dancers

“...Not only is she an All- American athlete, Monique is an All- American individual...”

Kenny McDaniel – Arizona State University Coach

“...Monique was passionate about her choreography and it was obvious she put thought and effort into everything she taught to her teammates...”

Kari Herrick – Former Phoenix Suns Dance Manager

Experience

Professional Sports Choreographer and Consultant – Worldwide

Current | Self-employed

I have been hired to compose a sequence of steps and moves for a dance performance. I have choreographed routines for all levels in a variety of disciplines such as jazz, hip hop, pom, novelty, lyrical and tap dance. I have focused mainly on competitive studio, high school, college and professional sports teams. I have been booked to teach dance workshops, conventions and master classes as well as individual/private lessons to help prepare dancers for a show, upcoming auditions and more. Consultant- As a dance team consultant I provide coaches with advice for their teams of all levels which can include team building, bonding, technical dance skills, group skills, marketing, social media boost, budget, overall look of the team and much more.

Dance and Entertainment Manager – Minneapolis, MN

Jan 2016 – Nov 2017 | NBA Minnesota Timberwolves / WNBA Minnesota Lynx

Oversees all the performance groups for the Timberwolves and Lynx. The performance teams range from The Pups ages 6-14 yrs. old, 612 Hip Hop Crew, Senior Dancers, 1st Ave Breakers and the Timberwolves Dancers. The manager is in charge of all the payroll, invoices, uniform selections, scheduling photo shoots, web design, community relation events, public relations, marketing, advertising, building new connections, choreography, music selection, performer development and much more. Specific Duties and Responsibilities: 1. Choreograph all dance team performances and routines 2. Manage & supervise dance team members to maintain the professionalism and performance quality of the Dance program; enforce team rules, guidelines and expectations and any disciplinary actions that may be needed. 3. Design and order dance team uniforms insuring a variety of looks and costumes. 4. Schedule and coordinate team auditions and workshops with an emphasis on recruiting the best and most talented dancers available and work with the organization 5. Organize and schedule team members for all appearances – internal and external. 6. Be the point person for all internal departments with questions. 7. Assist in generating new ideas for game entertainment including music direction and uniforms for other performance teams, and other game operations elements. 8. Select and produce music for dance team performances. 9. Schedule, organize and conduct all team rehearsals to assure proper level of performance from all members. 10. Responsible for direction and performance by other dance groups 11. Attend all home games to direct and monitor appearance, performance and responsibilities of the dance team.

Oakland Raiderette – Alameda, CA

Apr 2015 - Jan 2016 | Oakland Raiders

The Oakland Raiderettes, the cheerleading squad for the Oakland Raiders professional American Football team, was established in 1961 and is also known as “Football’s Fabulous Females.” Met expectations of knowing team history and staying abreast of current affairs, worked with and within the community, and was a role model. Demonstrated ability to work well with others, helped create sponsorships, built relationships, and retained customers of the organizations. Met requirement of participation at every home game, attended all practices, and observed the Oakland Raiders policies and upheld standards.

SunDance Kids Coach – Phoenix, AZ

Aug 2014 - May 2015 | Phoenix Suns

Responsible for the choreography and direction of the Suns Dance Kids Team. Oversaw and assisted with dancer auditions, games and community appearances, game-day activities, organization and execution of team rehearsals, photo shoots and related responsibility, and administration.

Co-Dance Director / Hip Hop Krew Director – Phoenix, AZ

Aug 2012 – Apr 2015 | Conservatory of Dance Studio

Involved in helping parents and students with dance programs that best suited the individual, including development of song selections for routines, number of routines each company level had, and dance style. Picked out new costumes for the season, number of dance competitions, conventions, and other community performance opportunities. Additionally set the rehearsal schedule and provided time and dates to the parents/ students in a timely manner.

Suns Dancer – Phoenix, AZ

Jun 2009 – Jun 2012 | Phoenix Suns

Attended and performed at all, but not limited to, home games. Participated in and attended all scheduled practices. Helped promote and incorporate with sponsor events, charity events, paid/non-paid appearances, and volunteered while working with the community. Selected twice to represent the NBA and the Phoenix Suns as an ambassador in Hong Kong and Barcelona Spain. Took on the role of lead dancer to help facilitate uniform changes, formations, along with song and dance selections. Over the 3 seasons as a dancer, was able to choreograph numerous routines from jazz, hip-hop, and character dances performed on court in a game and overseas. Demonstrated proper ways to pose at photo shoots, speak on screen and with the media, and interact with Phoenix Suns fans.

Mercury Hip-Hop Squad Dancer – Phoenix, AZ

Apr 2010 – Apr 2012 | Phoenix Mercury

Performed at all, but not limited to, home games. Attended and participated at all scheduled practices. Promoted and attended all sponsor events, paid/non-paid appearances, and interacted in charity/community events. Interacted frequently with fans and organization personnel.

Sidewinders – Phoenix, AZ

Jan 2008 – Feb 2009 | Arizona Rattler Arena Football

Performed at all home games and outside events. Participated in and attended all scheduled practices. Attended all required sponsor promoted events, along with paid/non-paid appearances, and volunteered time with many charity events in the community. Given opportunity to further talent by choreographing jazz, hip-hop, and sideline routines performed on the field.

Special Projects

UCLA Spirit Squad – 2018 Choreographed a halftime Jazz performance for their basketball game. This routine will also be used for any additional appearances and games.

St. Catherine University – 2017-2018 Choreographed their pom jazz routine for USA Nationals. This was the first time in school history that their team made it to USA Nationals where they placed 6th in the nation.

Suns Dancers – Choreograph several routines a season for the team to perform during NBA games, appearances and events.

Timberwolves Dancers Final Auditions – Directed, co-choreographed with Oscar Hernandez and produced the Timberwolves Dancers final auditions selection show Presented by Treasure Island Casino and Resort.

Montell Jordan – Directed and choreographed Montell Jordan's Minnesota Lynx half-time performance.

Skee-lo – Directed and choreographed Skee-lo's Minnesota Timberwolves half-time performance.

Bell Biv Devoe – Directed and co-choreographed BBD’s Minnesota Timberwolves half-time performance.

Hip Hop and Jazz Funk workshop with Matt Steffanina and Dana Alexa – Put on the biggest workshop in Timberwolves Entertainment history and biggest workshop Minnesota has seen.

The Motown Miracles – Choreographed for dancers that performed along the Motown group at Comerica Theatre in Phoenix AZ.

Manhattan Dance Project – Assisted Misha Gabriel (2013) and Marty Kuldeka (2014), Hip Hop. Helped put together the final routine for the showcase.

Married to Dance Master Class – The host choreographer at Conservatory of Dance master class. Choreographed Beginner and Advanced Jazz.

Musical Group YRF – Performed and choreographed a hip hop dance style for the rap group YRF’s music video, “Turnt Up”.

Rapper Codeen – Performed and choreographed for rapper Codeen’s music video, “Live it up”.

Musical Girl Group Mix Chix – Choreographed a sassy jazz routine for the girls to perform at a live concert at Knott’s Berry Farm.

Choreography Pros – Pro Dancer in online video’s to help promote choreography pros convention for all pro dancer and pro teams.

Smirnoff Commercial – Dancer.

Doggy After Dark – Performed on episode of Snoop Dogg’s television show on MTV.

Education

Northern Arizona University

Flagstaff, Arizona, USA

Bachelor of Science Psychology and Sociology

John W. North High School

Riverside, California, USA

High School Diploma