

Sofie Besser grew up in Oak Park, Illinois attending technique classes at the Academy of Movement and Music. She was a member of MOMENTA for seven years and travelled with them to Austria to perform in Young Tanzommer in 2013. After graduating from OPRF in 2016, she continued her education at Purdue University where she earned a B.S. degree in Athletic Training along with minors in Dance and Psychology. While at Purdue, she had opportunities to study sports medicine techniques in China as well as a summer internship with the sports medicine at Ann & Robert H. Lurie Children's Hospital. Sofie recently passed her Board of Certification exam and earned an Athletic Training Certification (ATC). Currently, she is enrolled in the Doctor of Physical Therapy program at Northwestern University's Feinberg School of Medicine. While at Northwestern, she hopes to grow as a medical professional and seek opportunities providing care for performing arts companies. Sofie hopes to work with ballet companies in the future and use her ATC and future DPT credentials to engage dancers in injury prevention and rehabilitation to keep them on the stage rather than in the wings.

Sofie has always had a passion for working with early childhood programs. This began at the Academy when at age 11 she started demonstrating for Intro level ballet classes. She also worked at the Park District of Oak Park in their early childhood summer day camps. Her favorite part of working with kids is seeing them grow into their individuality as they develop new interests and learn about the world. Sofie is excited to return to the Academy to teach Intro ballet classes this year!