

Sarah Morris

Education

DOCTOR OF MUSICAL ARTS | MAY 2025 | SHENANDOAH CONSERVATORY

- Piano Performance
- 4.0 GPA
- Private studies with John O'Conor

GRADUATE CERTIFICATE | MAY 2024 | SHENANDOAH UNIVERSITY

- Performing Arts Health and Fitness
- 4.0 GPA

MASTER OF MUSIC | MAY 2020 | TEXAS CHRISTIAN UNIVERSITY

- Piano Pedagogy
- 4.0 GPA

MASTER OF MUSIC | MAY 2018 | TEXAS CHRISTIAN UNIVERSITY

- Piano Performance
- 4.0 GPA

BACHELOR OF MUSIC IN PERFORMANCE | MAY 2016 | EVANGEL UNIVERSITY

- Piano Performance
- 4.0 GPA
- Summa Cum Laude

Teaching Experience

ADJUNCT PROFESSOR | SHENANDOAH UNIVERSITY | WINCHESTER, VA | 2024-PRESENT

- Instruct 2-3 sections of the Principles of Strength and Conditioning labs
- Design and manage class Canvas page; create and grade assignments via Canvas

PIANO TEACHER | SHENANDOAH CONSERVATORY ARTS ACADEMY | WINCHESTER, VA | 2023-PRESENT

- Teach private lessons to students of various ages and levels

PIANO INSTRUCTOR | TEXAS CHRISTIAN UNIVERSITY | FORT WORTH, TX | 2018-2020

- Graduate Assistantship
- Teach undergraduate class piano, non-major class piano, private lessons for college electives, master classes for non-majors, group piano for children, and Extended Education group piano
- Organize and maintain pedagogy library

PIANO TEACHER | FUNKYTOWN MUSIC ACADEMY | FORT WORTH, TX | 2021-2022

- Teach private lessons to students of various ages and levels

PIANO TEACHER | ASPIRING MINDS | FORT WORTH, TX | 2019-2021

- Teach private lessons to students of various ages and levels in their homes

INDEPENDENT PIANO TEACHER | 2009-2022

- Teach private lessons to students of all ages (five to sixty-five) and all levels (beginners through advanced)

Collaborative Experience

COLLABORATIVE PIANIST | SHENANDOAH CONSERVATORY | 2022-PRESENT

- Graduate Assistantship
- Collaborate with Vocal Performance Seminar students and Wind Ensemble

COLLABORATIVE PIANIST | TEXAS CHRISTIAN UNIVERSITY | FORT WORTH, TX | 2018-2020

- Graduate Assistantship
- Collaborate with graduate and undergraduate instrumentalists and vocalists for lessons, juries, and recitals

COLLABORATIVE PIANIST | 2012-PRESENT

- Freelance

Fitness Experience

STRENGTH & CONDITIONING SPECIALIST/PERSONAL TRAINER | 2019-PRESENT

- Train athletes and clients of all ages in various aspects of personal fitness
- NSCA CSCS (National Strength and Conditioning Association, Certified Strength and Conditioning Specialist)
- NSCA-CPT (National Strength and Conditioning Association- Certified Personal Trainer)

PERSONAL TRAINER | TEXAS CHRISTIAN UNIVERSITY | FORT WORTH, TX | 2019-2020

- Train clients in a variety of exercises, including weight training, HIIT, cardio, and kickboxing

TAEKWONDO INSTRUCTOR | NEXT LEVEL SPORT KARATE | SPRINGFIELD, MO | 2012-2015

Performances

RECITALS

- Doctoral Lecture Recital, April 7, 2025
- Doctoral Degree Recital, Feb. 9, 2024
- Guest Artist Recital, Evangel University, Jan. 18, 2024
- Doctoral Degree Recital, May 1, 2023
- Morris Piano Duo Recital, Feb. 7, 2022
- Master's Degree Recital, April 25, 2020
- Master's Degree Lecture Recital, March 6, 2020
- Solo Recital, Mid-Town Concert Series, Springfield, MO, Feb. 2, 2020
- Guest Artist Recital, Evangel University, April 16, 2018
- Master's Degree Recital, March 29, 2018
- Master's Degree Recital, April 22, 2017
- Guest Artist Recital, Evangel University, April 8, 2017
- Senior Degree Recital, Nov. 6, 2015
- Junior Degree Recital, Jan. 20, 2015
- Morris Piano Duo Recital, April 24, 2014
- Sophomore Recital, Oct. 31, 2013
- Morris Piano Duo Recital, Nov. 29, 2011

CONTESTS

- Honorable Mention, Shenandoah Conservatory Student Soloist Competition, 2025
- Finalist, Pi Kappa Lambda Honors Recital at Texas Christian University, 2019
- Runner-up, Pi Kappa Lambda Honors Recital at Texas Christian University, 2018
- 1st Runner-up, Missouri Music Teachers Association Collegiate Piano Competition 2012
- Finalist, Delta Symphony Concerto Contest, 2016
- Winner's accompanist, Texas Christian University Concerto Contest, 2017
- Semi-finalist, 22nd Annual Starr Young Artist Competition, 2010
- Top Ten Finalist, National Fine Arts Festival, 2008, 2009, 2010
- Numerous I ratings at state level competitions
- Multiple wins at local contests

OTHER PERFORMANCES

- Johns Hopkins Schizophrenia Center Annual Symposium, guest performance, June 25, 2024
- Shenandoah Conservatory Performances, 2022-2024
 - Masterclasses with Terrence Wilson and Sara Davis Buechner
 - Chamber Ensemble Classes
 - Student Performances
- Texas Christian University Performances, 2016-2020
 - Masterclasses with Leon Fleisher, Dr. Yoheved Kaplinsky, Dr. David Korevaar, Dr. Asaf Zohar, Murray McLachlan, and Daniel Herscovitch
 - Piano Division Classes
 - Recital Hour Performances
 - Chamber Ensemble Classes
 - Accompanist for various graduate recitals
- Evangel University Christmas Concert, Piano Duo, December 3, 2021
- Mozart Piano Concerto, K. 488, with Evangel University Sinfonia, April 19, 2016
- Jazz Band performances featuring Steve Weist and Jay Daversa, 2015-2016
- Outstanding Young Artist Concert, special guest, April 12, 2015
- Concert for ARC of the Ozarks, soloist, October 2013
- Young Artists Benefit Concert (Morris Piano Duo), February 25, 2012

Ensembles

SHENANDOAH CONSERVATORY

- Wind Ensemble, pianist
- Various chamber ensembles

EVANGEL UNIVERSITY

- Jazz Orchestra, pianist 2015-2016
- Chorale, 2013-2016
- Orchestra, various keyboard instruments as needed

OTHER

- Morris Piano Duo, 2011-present
- Various chamber ensembles, Texas Christian University, 2017-2019
- Cantiamo Women's Choir, Texas Christian University, 2016

Research, Articles, and Presentations

STRENGTH TRAINING FOR PIANISTS: A CASE STUDY | PERFORMING ARTS MEDICINE ASSOCIATION INTERNATIONAL SYMPOSIUM | JULY 9-13, 2025

- Poster presentation

TECHNIQUE BREAKDOWN: THE CLEAN | NSCA VIRGINIA STATE CLINIC | APRIL 12, 2025

- Hands-on presentation for the National Strength and Conditioning Association Virginia State Clinic
- Led participants through progressions for learning the clean and addressed the best cues to correct common errors

INJURY PREVENTION FOR PERCUSSIONISTS | SHENANDOAH CONSERVATORY | OCT. 17, 2024

- Presentation for the Shenandoah Conservatory percussion studio
- Discussed common injuries and prevention strategies, such as strength training, mobility, and practice strategies

STRENGTH TRAINING FOR A PIANIST: CASE STUDY | SHENANDOAH UNIVERSITY | 2022-2024

- Designed and implemented a strength training program for a doctoral pianist to observe the long-term effects of strength training on piano performance

ALTERNATIVELY-SIZED KEYBOARDS: A UNIVERSITY EXPERIENCE | PIANOBUYER | FEBRUARY 3, 2024

- Article addressing the issues surrounding the DS Keyboard, as well as its benefits and potential implications for performing arts health

WEIGHT TRAINING FOR PIANISTS | PERFORMING ARTS MEDICINE ASSOCIATION INTERNATIONAL SYMPOSIUM

JULY 6-9, 2023

- Poster presentation

CREATIVE PURSUITS IN PIANO PEDAGOGY | MUSIC TEACHERS NATIONAL ASSOCIATION NATIONAL CONFERENCE

MARCH 24, 2023

- Panelist

BUT DOESN'T THAT HURT YOUR WRISTS? THE TRUTH ABOUT MUSICIANS LIFTING WEIGHTS | MUSIC TEACHERS NATIONAL ASSOCIATION COLLEGIATE CHAPTERS SYMPOSIUM | JANUARY 15, 2023

- Full length session presentation featuring current research and interactive strength training

SIMPLE SCARF | MUSIC TEACHERS NATIONAL ASSOCIATION NATIONAL CONFERENCE | MARCH 13, 2021

- Best Idea session presentation

WEIGHT-TRAINING FOR PIANISTS | MUSIC TEACHERS NATIONAL ASSOCIATION PIANO PEDAGOGY SYMPOSIUM

JANUARY 11, 2020

- 3rd place, Best Idea session presentation

WEIGHT-TRAINING FOR PIANISTS: RESEARCH STUDY | TEXAS CHRISTIAN UNIVERSITY | FALL 2019

- Designed a weight training program for seven accomplished pianists to 1) determine the effects of a weight training program directed at improving pianists' overall physical strength, and 2) determine whether changes in physical strength affect pianists' performance

Grants

D.S. STANDARD FOUNDATION | SHENANDOAH CONSERVATORY | SUMMER 2023-JANUARY 2024

- DS5.5 keyboard loan, student representative

STUDENT DEVELOPMENT GRANT | SHENANDOAH CONSERVATORY | SPRING 2023, SUMMER 2023, SPRING 2025

Professional Memberships

- Music Teachers National Association
- National Strength and Conditioning Association
- Performing Arts Medicine Association
- USA Weightlifting
- President, TCU Collegiate Chapter of MTNA, 2019-2020
- Secretary, TCU Collegiate Chapter of MTNA, 2018-2019
- Phi Kappa Lambda National Honor Society
- Alpha Chi National Honor Society

Achievements and Awards

- USA Weightlifting
 - Bronze medalist, 2024 National Championships, Women's open 45kg division
 - Bronze medalist, 2023 American Open Finals, Women's open 45kg division
 - Silver medalist, 2023 National Championships, Women's open 45kg division
- Evangel University Department of Music Academic Award, 2013, 2014, 2015, 2016
- Evangel University Outstanding Senior Musician Award, 2016
- Evangel University Outstanding Graduate in Performance Award, 2016
- Who's Who Among Students in American Universities and Colleges, 2016
- National Merit Scholarship Finalist, 2012
- Taekwondo Achievements
 - 2nd degree black belt
 - Four international medals (World Kickboxing/Karate Council World Championships)
 - Thirteen national titles (Junior Olympics, AAU National Tournaments, WKC National Tournaments)
 - Hundreds of regional awards

Other Experience

- Young Adult Group Leader, Mosaic Church 2023-2025
- Leadership board member, Global Connections Trips, Evangel University, 2019
- Service trips:
 - Team Leader, Myanmar, May-July 2019
 - Sri Lanka, May-July 2016