**Performing Arts Senior Sheds Light on her Dance Career at Old Dominion University**

**Norfolk, VA – October 3, 2018 –** Elizabeth H. Zetlin is a 21-year-old senior from Northern Virginia, majoring in Dance Education. “I’m very rare”, she says, “I’m a minority, I was adopted from China, and I’m Jewish.” Also, she is a children's dance teacher. Dance has been a huge part of Elizabeth’s life; “I have always danced, since I was four until now.”

When selecting a school to attend, Elizabeth had one thing on her mind, “the school I choose must have a strong dance program.” After visiting ODU for her audition, she met students that had a lot of great things to say about the university. She also made sure she did her research, ODU was very affordable compared to her other options and “the teachers had really good backgrounds,” she mentions.

Becoming a collegiate dancer was not an easy road for Elizabeth. During the summer prior to her attending ODU, Elizabeth was diagnosed with Os Trigonum Syndrome. She had an extra bone in her ankle that pulled her back from dancing to her fullest. In order to continue dancing, she was told she had to have surgery. After her surgery, she continued dancing but, after learning her healing was irregular, she was told she needed to complete physical therapy. Luckily, she was able to go to ODU Monarch Physical Therapy. The clinic created personalized exercises to help her ankle completely heal. Now, she’s fully recovered and back on the dance floor.

The Diehn Fine and Performing Arts building has become a second home to Elizabeth. Between classes, and rehearsal, and solo practices, it’s pretty easy to find her. “What free time?” she jokingly says. When she does find free time, she loves going out to eat, hanging out, and watching movies. “Nothing school related, things that doesn’t need my attention.”

Elizabeth is most inspired by all the dancers at ODU. Being around many great dancers, like her roommate, Keri Freeman, she says, “they make me want to work harder and they are great to learn from.” She also loves talking to her dancer teachers and learning about their career and experiences.

So far, Elizabeth has performed in six performances with the university’s dance program since fall 2015 and many other performances throughout her ODU career. She remembers her favorite performance being the spring 2017 University Dance Theater Dance Concert. The show was produced as a dedication to the late Amanda Kenzer. “We recreated one of her pieces and I was chosen to dance in it. I still get teary-eyed talking about it,” says Elizabeth. Amanda Kenzer was a dance professor that played a huge role in the legacy of the program. “I would not be here without her, she placed me in the program.”

After graduating, Elizabeth plans to move to New York to work with kids and teach dance at a studio or company. She believes having performing arts programs, especially in schools, are important because students can “learn what they want to do and how to do it.”

Living with no regrets, is what Elizabeth believes in the most. “Don’t do want you don’t want to do!” she exclaims. Her advice to anyone wanting to pursue a performing arts career is, “do it, don’t hold back!”

You can catch Elizabeth at her upcoming performances in the University Dance Theater Dance Concert from Nov 14-17. Tickets are on sale now on oduartstix.com!