

UNCC Student Sage Walker Balances Life Responsibilities as MOVE President

Sage Walker balances many responsibilities in her time as a sophomore student at the University of North Carolina at Charlotte, including being the president of MOVE Dance Alliance.

MOVE is a student-led dance organization at UNCC, and Walker has been part of MOVE since her first semester. She took on the role of president her third semester after the previous president graduated.

“It was something I felt like needed to be done because I wanted MOVE to continue,” Walker said. “It was more of a self-volunteer type of thing, but now I’m really grateful that I took that leap and opportunity.”

Walker also teaches full-time at Dance Expressions Studio when she’s not at MOVE practice or studying for her double major in Dance and Exercise Science. She shared how getting the new job made her feel.

“I’m teaching six classes a week,” Walker said. “That’s really exciting because I have been doing ballet so long, I needed to share that information with somebody.”

The president role at MOVE has its challenges, and Walker faces setbacks. Presidents are responsible for lightboard training in Robinson Hall, which can be extensive.

“I have to sign a bunch of contracts and coordinate with the school because it is a student organization,” Walker said. “It’s just a lot, but I have a really good [executive] board who are super willing to help and they are very consistent with what they do.”

Members of the executive board of MOVE have helped and supported Walker through the challenges of being president while also forming relationships with one another.

“[Walker] inspired me to join MOVE,” vice president Eva Politis said. “I joined the board with her, and it’s really nice to work with her in the MOVE setting because we also get along very well outside of MOVE.”

Teaching dance classes, being president of a student-led organization, and studying a double major has been difficult for Walker, but she finds ways to balance it all.

“Finding a balance between work, STEM major, and dance, while also fitting in my social life is extremely hard,” Walker said. “It’s something that is super important because they all feed into each other.”

Walker makes it a priority to see her friends while managing other responsibilities. Sophomore Baylee Ballard, Walker's best friend, has supported her as she juggles multiple tasks.

"She handles [the balance] pretty well," Ballard said. "There are some days I witness a crash out, but when one of us is stressed out, we check with the other first and see if we're in the best headspace to receive it."

Walker is excited to continue as president of MOVE until she graduates and plans to keep balancing the various responsibilities of being a student and president of the organization.