Toya Renee Ambrose

2020 Associate Member of the Year

Toya Renee Ambrose is a former NBA dancer, for both the Chicago Luvabulls and the Memphis Grizzlies. A graduate of the University of Memphis, she was a scholarship member of the University of Memphis Pom Squad.

Toya is formerly the Spirit Coordinator of the University of Connecticut (UCONN) spirit teams, and former Head Coach of the University of Illinois at Chicago (UIC) Dancing Flames.

Through her company, T.R.A. Choreography LLC, Toya and her staff choreograph competitive teams all over the world - most recently in Slovenia, Finland, and Mexico. She has an internship program to teach dancers about the business side of dance, and has an impactful voice in the industry. Currently, T.R.A. is developing digital training programs for choreographers.

In addition to being a judge on the national and international scene, Toya resides in Chicago, IL, and is, married to attorney Garvin G. Ambrose and their greatest adventure is being foster parents to two baby girls.