

2025 Rising Star Alum Honoree

UPSAHL

Class of 2017



Fierce, provocative, edgy, but never boring, UPSAHL is a force to be reckoned with. She has used her natural performance and writing talents to create a blend of pop, dance, and punk for a sound that is uniquely her own, carving her niche in the music world with a devoted following that avidly waits for her tours to come to town.


Kicking off her recording career with Arista records in Los Angeles directly after high school, she recently revealed on Instagram

that she scrapped her latest album prior to release and parted ways with Arista, in order to provide the “best version” of herself for her fans. UPSAHL is now recalibrating and writing fresh songs in a new direction. We are looking forward to continuing the journey with her.

We have been watching with delight as you rise and rise...and rise in the indie pop world since you graduated from ASA. Is this the trajectory you envisioned for your career when you were standing on the stage at the Salty Seniorita as a high school freshman, or did your vision evolve as opportunities came to you?

Thank you :) I've always known I wanted to be an artist, but as I've worked in the music industry throughout the years, my vision for my career has continued to evolve. I didn't realize I wanted touring to be such a massive part of my life until I found myself on the road all the time. Similarly, I didn't realize that people could have careers as songwriters for other artists until I stumbled into doing that as well. My love for making music and performing is the most consistent thing in my life, so it's fun to explore the different avenues that my creativity can take me.

One hears so many versions of how songs get written: sitting down to write or a sudden inspiration that becomes a song in a day or saved fragments that get pieced together through collaboration in the studio, etc. What method works best for you?



When I'm not on the road, I'm in sessions every day, working with different writers and producers. Most days, I come in with either a little bass line/chord progression, a song title, or a melody that popped into my head that morning. Some days, I come in with nothing. Either way, I usually spend an hour or two talking with my co-writers about how we're feeling until someone accidentally says something that feels like it could lead to a song. Once that initial spark happens, the rest of the song happens pretty naturally from there.

You're an artist whose visuals and style is an enhancement to their music. Where do you find inspiration and do you have a major influence in your video shoots?

I find a lot of inspiration from other art, whether it's movies, paintings, photography, fashion, or a late night Pinterest board deep dive :) The visual aspect of my music is very important to me, so I work for the most part with the same team of directors, stylists, makeup/hair artists, photographers, etc to bring the vision to life, whether it's a photoshoot, a music video, or even social media content.

How did ASA's unique "Arts + Smarts" approach to learning help shape where you are today in life? Was there an "A-ha" moment with a particular teacher or in a particular class?

I credit so much of who I am to ASA. I was constantly surrounded by so many talented, hard working people as a student at ASA, and that inspired me to work hard towards my own goals. My 6th grade science teacher, Nadia Rioux, pulled me aside after a talent show and encouraged me to record my song in a studio that she had a connection to. I ended up recording an EP at that studio, and she was cheering me on every step of the way. Having support like that from someone at ASA that I really looked up to meant the world. When I was in high school, my choir teacher (and also my second mom because I have been best friends with her daughter for 16 years :) Dana Bender, was such an inspiration to me. I look up to her as a musician and as a person, and getting to learn from her in Chamber Choir was a highlight from my time at ASA.

You tour pretty regularly, predominantly in the United States and Europe, but also Canada, Australia and New Zealand. Besides Phoenix (for obvious reasons), what is your favorite place to perform, where you feel most simpatico with the audience? Where and/or what do you want to conquer next?

Obviously performing in Phoenix is my favorite because there is nothing like a hometown show. I also really love touring in Europe. The fans over there truly only care about the music. When I play a show, it always feels like I'm in flow state, and European fans ride that wave with me. It feels like a collaborative experience with the crowd, rather than a performance. A new goal for me is to tour in Asia. I've done some songwriting trips out there, and I feel like I would have a blast on tour there.

Keep on the lookout for new music and tour dates from UPSAHL on [Instagram](#), [Facebook](#), [YouTube](#), and her [website](#) where you can sign up for up news and updates.

