

SARAH SEEDS

SAG-AFTRA



Height: 5'2", Weight: 115lbs, Hair: Brown, Eyes: Blue | SarahSeeds.com | Traci Turton traci@90210talent.com 347.974.2379

COMMERCIAL (ON CAMERA & VOICEOVER) CONFLICTS AVAILABLE UPON REQUEST

TV/FILM/WEB

<i>Sarah Q (Attached)</i>	KC (Supporting)	305 Productions
<i>All Mobbed Up (Attached)</i>	Darlene (Supporting)	Dir. John Gallagher
<i>Riding the D with Dr. Seeds, TV Pilot (Post-Prod)</i>	Dr. Seeds (Lead)	Dir. Michelle Cutolo
<i>American Fango</i>	The Diva (Supporting)	Dir. Gabriele Altobelli
<i>The Anonymous Lives of John & Jane</i>	Barbara 'Babs' Binghamton (Supp)	Q.U. Productions
<i>Heaven is Now</i>	Kit (Supporting)	Dir. Audrey Lorea
<i>The Affair</i>	Sassy Student (Featured)	Dir. Scott Winant
<i>The Mint</i>	Jenny (Supporting)	Dir. Ray Mamrak
<i>Riding the D With Dr. Seeds, Webseries</i>	Dr. Seeds (Lead)	Edge in Motion/Infiniti Features
<i>Inside Amy Schumer</i>	Brunette in Christian Couple (Feat)	Dir. D. Powell /Amy Schumer
<i>SAM</i>	Fast Talker (Featured)	Dir. Nicholas Brooks/Prod. Mel Brooks
<i>The Networker</i>	Feminist Networker (Supporting)	Dir. John Gallagher
<i>WILDCATS</i>	Cheese (Lead)	Dir. Rachel Puchkoff
<i>BICYCLES</i>	Lisa (Lead)	Dir. John Lazeration
<i>Don Peyote</i>	Chef (Featured Dancer)	Dir. M.Canzoniero/DanFogler
<i>Bloody Slumber Party</i>	Sierra (Supporting)	Dir. Larry Rosen
<i>Nowhere to Hide</i>	Marissa (Lead)	Dir. Larry Rosen
<i>Girl: A Musical Journey</i>	Mandy Mouse (Lead)	Dir. Peter Habbit
<i>The Shorts Show</i>	Stranded Girl (Featured)	Dir. Corey Scott Rutledge
<i>Last Night</i>	Dani (Lead)	Powerhouse Films
<i>The Umbrella</i>	Sarah (Supporting)	Dir. Jared Masters
<i>Adam and Eve Must Die</i>	Eve (Lead)	Dir. Jhoe Davis
<i>Date Junkies</i>	Samantha (Lead)	Dir. Jhoe Davis

RADIO/VOICEOVER

<i>Y Do You Think? National Spot</i>	Heather (Lead)	In Your Ear Productions Inc.
<i>Narrator for Promotional Video</i>	Lead	Waitex Corp. Intl.
<i>Power Girl Webseries</i>	Power Girl (Lead)	2 AM Already Prod.

THEATER (Off-Broadway, Regional)

<i>Based on Your True Story (Off-B'Way)</i>	Sarah, Waitress... (Supporting)	Dir. Brett Epstein
<i>Avant Garde (Off Broadway)</i>	Mary (Lead)	Dir. Bobby Holder
<i>Romantic Stories (Off Broadway)</i>	Sarah (Lead)	Dir. Bobby Holder
<i>Measure for Measure</i>	Mariana (Lead)	Dir. Rick Davis
<i>As Bees in Honey Drown</i>	Muse, Amber,...etc	Dir. Ken Elston
<i>Could Angels Be Blessed</i>	Marlene (Lead)	Dir. Howard Kurtz
<i>The Shape of Things</i>	Supporting Player	Dir. Lisa Messegee
<i>Seven Brides for Seven Brothers</i>	Alice (Supporting)	The Theater Co. at Fort Lee
<i>Snow White</i>	The Queen (Lead)	Dir. Rhonda Kern Holley
<i>Singing in the Rain</i>	Lead Dancer	The Theater Co. at Fort Le
<i>Doister 2000</i>	Ana, Trupenie (Lead)	Dir. Lisa Messegee

Training

UCB (Upright Citizens Brigade)	Improv 101/201	Don Fanelli, Dru Johnston
"Commander in Chief" Casting Assistant	Touchstone Pictures/ABC	Jeanie Boisineau
Stonestreet Film & TV Workshop	Stonestreet Studios/NYU	Alyssa Bennet/NYU

Education

George Mason University	BA Theater/ Minor in Dance
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Special Skills

Stand Up Comedy, Improv, Horseback riding, flag twirler, website design, British dialect, modeling, picks up dialects very quickly, light board op, Linklater Voice training, Stage Combat, Dance (Jazz, Tap, Ballet, Hip Hop, Modern- 9 years), Singing (Private Voice Lessons – 6 Years, Chorus/Show Choir – 4 Years), Greenscreen, Driver's License/Passport