



# LARA SCHMITZ

ACTRA 11-00291 | Equity #33480

JAY FOX

Ten48 Inc.

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1015 Royal Avenue SW, Calgary, AB, T2T 0L8

**Height:** 5'4"  
**Weight:** 125 lbs

**Eyes:** Hazel green  
**Hair:** Dark blonde

**Citizenship:** Canadian

## CAMERA EXPERIENCE

Falling Through the Cracks	Actor	SEVEN24 & Dreamers Rock/Dean Bennett
Randomocrity <i>Webseries</i>	Recurring	Downtime Productions/Kevin Weir
Man Running	Background	Man Running Ltd/Gary Burns
Hell on Wheels	Body Double	AMC
Visa: Olympic Campaign <i>Commercial</i>	Principal	BBDO New York
I Just Got Audited! <i>Music Video</i>	Principal	Roadwest Pictures/Dan Perrott
Touch the Top of the World	Background	A&E Television Networks/Peter Winther

## SELECT THEATRE

Iceland	Anna ( <i>Lead</i> )	Theatre Calgary/Jenna Turk
The Lonely Diner	Sylvia ( <i>Supporting</i> )	Vertigo Theatre/Kelli Fox
It's a Wonderful Life	Mary ( <i>Supporting</i> )	Theatre NorthWest/Jack Grinhaus
Sextet <sup>1</sup>	Sylvia ( <i>Supporting</i> )	Verb Theatre/Jamie Dunsdon
The Hollow	Doris ( <i>Principal</i> )	Vertigo Theatre/Jan Alexandra Smith
Much Ado About Nothing <sup>1</sup>	Hero ( <i>Supporting</i> )	Thou Art Here/Andrew Ritchie
Vanya & Sonia & Masha & Spike	Nina ( <i>Principal</i> )	Alberta Theatre Projects/Glynis Leyshon
Twelfth Night <sup>2</sup>	Viola ( <i>Lead</i> )	The Shakespeare Company/Kate Newby
Improvised Soap Opera ( <i>2018 to present</i> )	Main Company/First Gen	Dirty Laundry/Karen Johnson-Diamond

<sup>1</sup>Nominated for Betty Mitchell Award for Outstanding Ensemble, 2017

<sup>2</sup>Betty Mitchell Award for Outstanding Production of a Play, 2014

## VOICE OVER & RADIO PLAYS

White Noise	Lead	CJSW & Calgary Radio Theatre/Justin Guild
Hibernation Simulator	Lead	Beakerhead & Humble Wonder/Anton de Groot
The Raggedy Man Cometh	Lead	CJSW & Calgary Radio Theatre/Justin Guild
Community	Actor	Wordfest & Six Degrees/Christian Goutsis

## TRAINING

Upstart		AMPPIA
Advanced- The Camera Loves You	Chantal Perron	The Camera Loves You
Audition Hell	Peter Skagen	Calgary- 4 <sup>th</sup> Street Studio
VO Boot Camp	Christian Goutsis	Six Degrees
Performance for Microphone	Kathy Shane	VoiceSPOT
Advanced Voice Program	David Smukler & Judith Koltai	Canada's National Voice Intensive
On Camera Audition		Rhonda Fisecki

## EDUCATION

BFA	Drama	University of Calgary
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## SPECIAL SKILLS & ABILITIES

**Accents:** Standard RP, North Country

**Languages:** intermediate French and Spanish, novice Mandarin and German

**Sports:** soccer, wall climbing, yoga, cycling, archery, ice skating, roller skating, downhill skiing, running

**Combat:** basic stage combat, foils and unarmed

**Other:** singing, piano, improvisation, physical theatre, non-traditional partnering, clown, balloon animals