

Jamie Hegland (Non-union)
18A Osler St., Toronto, ON M6P 4A2

Contact: (613) 818-4947
jayhegland@hotmail.com

PHYSICAL ATTRIBUTES

Height:	5'11"	Hair:	Blonde	Build	Athletic/fit
Weight:	180 lbs	Eyes:	Blue		

THEATRE

Chitty Chitty Bang Bang	Ensemble	2018	Orpheus Musical Theatre (Ottawa, CAN)
Don't Dress for Dinner	Robert	2018	Kanata Theatre (Ottawa, CAN)
The Unexpected Guest	Julian Farrar	2018	Ottawa Little Theatre (Ottawa, CAN)
Mamma Mia!	Ensemble	2018	Orpheus Musical Theatre (Ottawa, CAN)
An Inspector Calls	Eric Birling	2018	Ottawa Little Theatre (Ottawa, CAN)
A Year in the Death of Eddie Jester	Max	2017	Kanata Theatre (Ottawa, CAN)
Treasure Island	Ezekiel Hazard	2017	Kanata Theatre (Ottawa, CAN)

FILM / TELEVISION

Loyalty vs. Retention Campaign	Principal	2015	BELL International
Figures	Stunt-Actor	2022	Director: Jade Yurich (Film Short)
M4 Road	Stunts	2022	Director: Aqwam Dodi (Film Short)
KPR Safety Advertisements	Stunts	2021	KPR Safety
Out of Order	Stunts	2021	Director: Ali Jbara (Film Short)
Loyalty vs. Retention Campaign	Principal	2015	BELL International

TRAINING

Acrobatics	Toronto	2019 - 2022	Cirque-Ability
Acting Workshop	Ottawa	2014	Linda Kash (MIM)
Monologue and Auditions	Ottawa	2013	Ottawa Acting Company
Acting for Camera and Television	Ottawa	2013	Ottawa Acting Company

VOLUNTEER / AMATEUR

Carleton Improv Association (Club)	Captain	2014 - 17	Carleton University
Cineplex Casting Call (Competition)	Top 10 Finalist	2015	Cineplex Entertainment

SPECIAL SKILLS / TALENTS

Performance	Character Acting, improvisational comedy, excellent physical acting and movement abilities
Dance	Ballet, theatre jazz
Acrobatics	Back handsprings, back tucks, cartwheels (including aerials)
Stage Combat	AFDC Intermediate Actor Combatant (certified in various weapons disciplines), martial arts (kick-boxing, mixed martial arts, wrestling, etc.)
Music	Guitar (novice), vocals (baritone - tenor)
Additional	General sports, parkour, skydiving (SOLO CSPA skydiving license), gun handling (PAL)
