

# LAUREN SPRING

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**ACTRA Member**  
**EQUITY Apprentice**

## SELECTED THEATRE CREDITS

*\*Upcoming: Rita in "Hellfire-Pass"- Centaur Theatre Feb 2006 ( Dir. Gordon McCall)\**

*\*Graduated with "great distinction" from Concordia University's theatre program\**

BLOOD AND ICE	The Creature	Concordia (Dir: Lib Spry)
DESPERATE COMICS	Sketch Comedy (various roles)	Theatre St. Catherine (bi-monthly)
IMPROV	Performs every Sunday night	Theatre St. Catherine
DEAD COMIC'S SOCIETY	Sketch Comedy (Various roles)	Theatre St. Catherine (bi-monthly)
DONALD'S AFFAIR	Voice 2	Player's Theatre (Dir: Paolo Paola)
A CHRISTMAS CAROL (An improvised comedic version)	Fanny Scrooge/Martha/ Nephew's wife	Theatre St. Catherine (Eric Amber)
24 HOUR PLAY CREATION	Lauren	Theatre St. Catherine (Joe Cobden)
AUSTIN OF GILLIOT	Lady Katherine	Calixa Lavallier (Hamlet Rooney)
ESU AND THE	Ade/ Businessman #2/	Outdoor venue in Montreal
VAGABOND MINSTRELS	follower/Spokesman	(Dir: Diane Roberts)
THE CYCLOPS (Musical)	Jessie, Rose Petal, Wood Nymph	Geordie Space (Paul Van Dyke)
UNTOLD STORIES	Writer and performer	Teesri Duniya (Edward Little)
ENDGAME	Clov	Arts York (Rob Cook)
ANTIGONE	Antigone	Arts York (Rob Cook)
THE IMPORTANCE OF BEING EARNEST	Cecily	Arts York (Janette Pirie)
AS YOU LIKE IT	Phebe	Arts York (Janette Pirie)
MIDSUMMER NIGHT'S DREAM	Helena	Arts York (Janette Pirie)
THE CHILDREN'S HOUR	Rosalie Wells	City Playhouse (Randy Price)
INTO THE WOODS	Cinderella	Yorkwoods (Shari Quallenberg)
THE ORPHAN MUSES	Isabelle	Arts York (Jeff Young)
THE SOUND OF MUSIC	Maria	Yorkwoods (Shari Quallenberg)
THE WIZARD OF OZ	Dorothy	Newmarket Theatre (Allan Price)
GREASE	Sandy	Burton Theatre (Shari Quallenberg)
BYE BYE BIRDIE	Nancy	Burton Theatre (Shari Quallenberg)
ANNIE	July	City Playhouse (Allan Price)
PYJAMA GAME	Poopsie	Farview (Shari Quallenberg)
JOSEPH AND THE AMAZING (W/ Donny Osmond)	Choir member	Hummingbird Centre for the Arts
DORA AWARDS'95	Choir	Elgin Theatre

*\*Presently sitting as the student representative on the board of the Quebec Drama Federation\**

## SELECTED FILM AND TELEVISION

BLESS THE CHILD	Actor	Paramount/Chuck Russel
REVELATION	Actor	Apocalypse Film
DAY AFTER TOMORROW	Actor	Dir./ Roland Emmerich
JUST FOR LAUGHS FESTIVAL	Actor	Intro for Sugar Sammy
DEAF AS A POST (*to be aired in Dec. 2006)	Actor (Amy)	BBC Special
CATFIGHT	Principle (Esther)	Independent Film
ANGEL	Principle	Independent Film

## COMMERCIALS

GENERAL MILLS

SOC

FBC Toronto

## **WORKSHOPS AND TRAINING:**

**Bio-Mechanics and advanced movement training:** *Robert Reld*  
**Acting Shakespeare and Classical Text:** *Bryan Doubt*  
**Clown:** *Pete Jarvis, Andrew Shaver*  
**African theatre, dance and music intensive:** *Diane Roberts*  
**Teaching Acting Works:** *Bryan Doubt*  
**Voice:** *Anne Skinner*. **Dialects:** *Kalo Gow*. **Singing:** *Ellen Kestenber, Margret Rumney, Dave Bertram*  
**ACTRA TORONTO Apprentice workshop**  
**Playwriting:** *Harry Stanjofski, Kit Brennan, David Gow, Robert Astle*  
**Laban/Grotowski physical theatre intensive workshop-** *Kate Bligh*  
**Directing:** *Daniel Brooks*  
**Improv :** *On The Spot professionals; Eric Amber, Actor's Studio Montreal, Second City Toronto*  
*\*Canadian Improv Games Trainer for high school students*  
**Theatre Ontario Summer Intensive:** *Scholarship winner of 2 week residence and training*  
**Modelling (Print and Runway):** *One Model Place (Eldor Gemst), Promotion Institute; Panache.*  
**Interviewing Workshop:** *Katherine Gambay (CBC Montreal)*  
**Audition Workshop:** *Gordon McCall*  
**Dance:** *CharActors Troupe, Academy of Ballet and Jazz, Ilana Kalef School of Dance, Jazz be Nimble,*  
**Neutral, character masks and Commedia Dell' Arte :** *Rob Cook, Jeff Young*  
**Stage Combat:** *Theatre Ontario summer intensive*  
**On Camera Acting Workshop:** *Anne Tait, Elizabeth Ritchie*  
**\*QDF HI Team volunteer\***

## **SPECIAL SKILLS:**

*Singing, writing, dancing, physical theatre, improv, teaching, swimming (qualified lifeguard and red cross instructor), biking, running (competitive triathlete), skiing, rollerblading, skating, baseball, basketball, reading, juggling, working with children and people with special needs, doing extra work ©*