

**RESUME**  
**MONIQUE PREFONTAINE**

**STUNT PERFORMER**  
**ACTRESS/ EXTRA PERFORMER**

Ht: 5' 1.5" Wt: 100 lbs.  
Hair: Brown Eyes: Green  
**Phone #:** (780) 920-7713

**Training/ Professional Experience**

- Police Officer  
(10-year member - Edmonton Police Service,  
Patrol Emergency Response & Undercover Policing)
- Hot Yoga (Bikram Yoga) Instructor

Stunts I Workshop (United Stuntmen's Association)  
Master Stunt Fighting Workshop  
First Aid and CPR Certification – level C  
Undercover Police Officer (8 years experience)  
Police Surveillance – Driving & Techniques Certified  
Close Quarter Battle (hand to hand combat) Certified Instructor  
Police Control Tactics Instructor (PPCT Instructor)  
Firearm (Glock Pistol) Certified  
Emergency Response and Precision Driving, Police Certification  
Muay Thai Kick boxer (Thailand Ring Fight Winner, May 2005)  
Karate Martial Artist International Karate Champion  
Motorcycle Driving (Class 6 Certification)

**Special Skills**

Police Tactics: movement, weapon disarming/ retention, baton tactics, handcuffing, take downs/ fighting techniques  
Firearms/ Gun Handling: Long Barrel, Handguns  
Horse Riding Abilities: Western, English, Cutting  
Driving Abilities: Precision, High Speed, Police Driving Techniques  
Motorcycle Operation: Street bike (Class 6 certified)  
Recreation Motorized Vehicles – dirt bikes, quads, skidoo, jet skis, sea-do, speed boat  
Fights: Martial Arts, Western-style, weapons  
High Falls, Flying/ Wire Work, Rappelling, Rock Climbing, Ratchets  
Bull Dogging, Trampoline, Fire Burns  
Long Distance Running, Advanced Level Swimmer, Competitive Women's Baseball, Ice Skating/ Hockey, Mountain Biking, Snow Skiing, Slalom Water-skiing, Skate Cross Country Skiing, Classic Cross Country Skiing, Whitewater and flat water Kayaking

**References**

David Boushey (President United Stuntmen's Association,  
Stunt Coordinator) U.S. 425-290-9957  
Daniel Ford Beavis (Stunts Instructor and Performer) 306-222-1941  
Jodi Stecyk (Stunt Coordinator) 403-852-5748  
Tom Erikson (Stunt Coordinator) 403-228-3123  
Alyson Lockwood (Extras Coordinator) 403-651-2302  
Sgt. Tony Simioni (Police Sergeant) 780-446-6107  
Inspector Chris Caughell (Police Inspector) 780-916-0055  
Sgt. Joan Ashmore (Police Sergeant) 780-421-3333  
Constable Barry Demare (Police Officer) 780-991-4285  
Sensei Chris Bonde (Karate and Muay Thai Instructor) 780-414-6513  
Master Margite Hilbig (World Martial Arts) 780-497-7934  
Pernille Tjelum Jenner (Director Yoga Studio) 780-429-0707

**Film Credits/ Experience**

Holiday In Handcuffs (Observation/ Stunt Shadow – Jodi Stecyk)  
To Serve and Protect (Stunt Double – stunt driving- Tom Erikson)  
To Serve and Protect (Extras Casting – Alyson Lockwood)