

# Sarah Seeds // SAG-AFTRA, AEA Elig, NY/LA/Mid-Atlantic

Innovative Artists | Marla Haut & Mickey Shera | [mickey.shera@iany.com](mailto:mickey.shera@iany.com)

Contact : Dream Maker Talent Mgmt : 516-676-2197 / [DreamMakerTalent@aol.com](mailto:DreamMakerTalent@aol.com)

## Television/Webseries

The City of Children	Series Regular	Dir. Brooke Grondin
After Life	Series Regular	Dir. Mike Cerissano
Riding the D with Dr. Seeds, TV Pilot	Series Regular	Dir. Michelle Cutolo
The Anonymous Lives of John & Jane	Supporting	Q.U. Productions
The Affair	Co-Star	Dir. Scott Winant
Riding the D With Dr. Seeds, Webseries	Series Regular	Edge in Motion/Infiniti Features
Inside Amy Schumer	Co-Star	Dir. D. Powell /Amy Schumer
WILDCATS	Series Regular	Dir. Rachel Puchkoff
Girl: A Musical Journey	Series Regular	Dir. Peter Habbit
The Shorts Show	Co-Star	Dir. Corey Scott Rutledge

## Film

All Mobbed Up (Attached)	Supporting	Dir. John Gallagher
Powerful Stuff (Post Production)	Lead	Dir. Justin Andrew Davis
Sarah Q	Lead	305 Productions
American Fango	Supporting	Dir. Gabriele Altobelli
Heaven is Now	Supporting	Dir. Audrey Lorea
The Mint	Supporting	Dir. Ray Mamrak
SAM	Dayplayer	Dir. Nicholas Brooks/Prod. Mel Brooks
The Networker	Supporting	Dir. John Gallagher
Bicycles	Lead	Dir. John Lazeration
Don Peyote	Featured Dancer	Dir. M.Canzoniero/DanFogler
Bloody Slumber Party	Supporting	Dir. Larry Rosen
Nowhere to Hide	Lead	Dir. Larry Rosen
Last Night	Lead	Powerhouse Films
The Umbrella	Supporting	Dir. Jared Masters
Adam and Eve Must Die	Lead	Dir. Jhoe Davis

## Radio/Voiceover

Y Do You Think? National Spot	Lead	In Your Ear Productions Inc.
Power Girl Webseries	Lead	2 AM Already Prod.

## Commercial and Voiceover conflicts available upon request

### Theater (Off-Broadway, Regional)

Based on Your True Story (Off-B'Way)	Supporting	Dir. Brett Epstein
Avant Garde (Off Broadway)	Lead	Dir. Bobby Holder
Measure for Measure	Lead	Dir. Rick Davis
As Bees in Honey Drown	Supporting	Dir. Ken Elston
Could Angels Be Blessed	Lead	Dir. Howard Kurtz
The Shape of Things	Supporting	Dir. Lisa Messegee
Seven Brides for Seven Brothers	Supporting	The Theater Co. at Fort Lee
Snow White	Lead	Dir. Rhonda Kern Holley

## Training

UCB (Upright Citizens Brigade)	Improv 101/201/301	Don Fanelli, Dru Johnston, Abra Tabak
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, web 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, Greenscreen, DL/Passport