

# Sydney Duncan

Actor | Writer | Producer

Manager: Anna Weinstein, Avalon Management [AWeinstein@avalon-usa.com](mailto:AWeinstein@avalon-usa.com)

## Professional Comedy Experience:

2024 - The Tonight Show with Jimmy Fallon  
2024 - Upright Citizen Brigade  
2024 - Adam McKay's Hyperobjects Industries Improv Project  
2023 - Wild'NOut Cast Member  
2022 - Asylum NYC Mainstage Cast Member/Writer  
2021 - Comedy Central IG/Tiktok Feature

## Improv/Sketch Training:

UCB NY - (Maude & Betty House Team, Core Curriculum Graduate, Character, Musical Improv, TV Writing)  
Asylum NYC - (Mainstage House Performer, Sketch Writer, Teacher, Producer)  
The PIT - (Improv Program Graduate, House Performer, Teacher, 2022 SNL Scholarship Recipient)  
Second City - (Late Night TV Writing, Improv)  
Magnet Improv - (Improv Curriculum Graduate, Performer)  
North Coast - (Hip-Hop Improv, Freestyle Rap, Performer)  
Dallas Comedy House - (Improv)

## Acting Training:

Anthony Meindl's Actor's Workshop (NYC) 2019- Present  
KD Conservatory, Theresa Bell Studios & S.T.A.G.E. (Dallas, TX)

## Commercial/VO:

2024 The Tonight Show with Jimmy Fallon  
2024 GEICO VO Commercial  
2023 Cortizone 10 Commercial  
2022 Northwestern Mutual Insurance Commercial  
2022 Don Julio Tequila Digital Commercial  
2020 Indie Animated Short Film "Mountain" Sandra

## Musical Theatre (EMC):

Regional Broadway: Will Rogers Follies: A Life in Review "Ziegfeld Follies Girl" & "Diamonds #1"  
Pioneer Theatre Company | AD: Karen Azenberg Director: DJ Salisbury  
Thoroughly Modern Millie "Muzzy" | Richardson Repertory Theatre

## Performance Experience:

2024 UCB House Teams | Betty, Maude  
2023 JFL NY Callback Showcase  
2022 SNL Showcase  
2022-23 Grandma's Favorite Monthly Sketch Team Member  
2022 Asylum Mainstage Cast Member  
2022 PIT House Performer, BIPOC Diversity Jam Host  
2021 SNL Showcase  
2020 UCB Graduate Program Showcase  
2017-19 Avant Chamber Ballet | Company Dancer  
2012-16 Utah Ballet | Company Dancer  
2010-12 Texas Ballet Theater

## Professional Dance Training:

American Ballet Theatre, Complexions Contemporary Ballet, Arts Umbrella, Oklahoma City Ballet, Hubbard Street Dance Chicago, Ballet West, Texas Ballet Theater, LINES Ballet, Alvin Ailey American Dance Theater

## Education:

Degrees: Ballet Performance BFA & Physics B.S. University of Utah  
Booker T. Washington High School of the Performing & Visual Arts | Dallas, TX

## Special Skills:

Professional Dancer, Choreographer, Pointe, Singing, Improv (Comedic, Dramatic, Vocal, Rap, Dance), Modeling, Alto & Tenor Saxophone, Certified Yoga Teacher, Impressions, Voices