

# 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 “*Various Characters*”

2024 - Upright Citizen Brigade *House Team Member*

2024 - Adam McKay’s Hyperobjects Industries Improv Project *Cast Member/Writer*

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 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

## Live Theater Performance Experience:

2024 UCB House Teams | Betty, Maude

2023-24 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