

# Sydney Duncan

Actor | Writer | Producer

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

## Professional Comedy Experience:

2024 - Second City New York Mainstage “*Understudy*”  
2024 - The Tonight Show with Jimmy Fallon “*Various Characters*”  
2024 - Upright Citizen Brigade *House Team Member*  
2024 - Adam McKay’s Hyperobjects Industries “*Lifestyle*” *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 Starva App Commercial  
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 Second City NY Mainstage /UCB House Teams | Betty, Maude  
2023/24 JFL NY Callback Showcase  
2022 SNL Showcase  
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