



SOPHIA K. METCALF

www.sophiakmetcalf.com | 5'4" | Mezzo Soprano | They/them*

THEATRE

Treatment and Data (reading)	Various	Tectonic Theatre (dir. Moisés Kaufman)
King Lear	Fool	Santa Cruz Shakespeare Festival
Taming of the Shrew	Tranio	Santa Cruz Shakespeare Festival
Romeo and Juliet	Benvolio*	Hudson Valley Shakespeare Festival
The Tempest	Ariel	Utah Shakespeare Festival
All's Well That Ends Well	Musician* (u/s Paroles)	Utah Shakespeare Festival
Twelfth Night	Feste	The Acting Company
Guilty Party	Soph^	Cosmic Cherry Arts Festival
The Runaway Game	B	PEI Fringe Festival
We Accept Her	Josephine	Montreal Fringe Festival

*denotes music captain ^ self-created works

TV

Mean Girl Murders	Guest	ID Network / Dir. Bill Kerr
Bugged (pilot)	Co-star	Dir. Katie Schiller / It Doesn't Suck Prod.

FILM

I'm No Longer Here	Featured	Netflix / Dir. Fernando Frias
What Are We? (short)	Principal	Dir. Eileen Hanley
Emily, Rachel, and Joseph	Principal	The New School / Dir. Joseph O'Malley
Object Memories (short)	Principal	Columbia University / Dir. Justin Cheng

COMMERCIAL

Conflicts available upon request.

TRAINING

On Camera - Margie Haber Studios - Robin Dale Meyers. JJ Perez.
 MFA Acting - UC Irvine (2021)
 BA Drama and Music - McGill University (2018)

SKILLS

Instruments: Guitar, ukelele, alto and bari sax, piano. Beginner banjo and accordion.
Vocal: Mezzo Soprano, high mix (range A3 - D6). Sight-read.
Movement: 8+ dance, various styles. Stage combat (unarmed, rapier, Aikido). Viewpoints. Laban Technique. Yoga. Contact improv.
Dialects: IPA proficient. Southern (Rhotic, Non-Rhotic), RP, US, French, Italian, Russian, Irish (Belfast), New York, Boston.
Other: Conversational German, French. 10+ years of devising and performance creation. Valid driver's license. Biker. Stilt-walker.

*comfortable playing female, male, and non-binary roles

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