

LAINY HELMERS

SAG-Eligible | Based in New York
5'6 | Brown Hair | Blue Eyes

Management: Jaime Baker, filmbaker1@gmail.com
Personal contact: laineyhelters@gmail.com

FILM and TV

THRILLER HAMPTONS	Leandra Kellner(Co-Star) Co-Star	20th Television/ Max Winkler 20th Television/ Jennifer Lynch
----------------------	-------------------------------------	---

THEATER + = writer as well as performer, * = digital event, ~ = reading

OIL	May	BADA Midsummer in Oxford/ Geraldine Alexander
MACBETH	1st Witch/Seyton	NYU Tisch - Stella Adler/ Matt Dickson
CASTAWAY: HAMLET	Hamlet/Castaway #1	Glow-Worm Theatre Company
AS YOU LIKE IT*~	Celia	Shakespeare Acad. @ Stratford/ Ben Curns
THE WINTER'S TALE	Mamillius/Time/Bear	Shakespeare Acad. @ Stratford/ Sara Holdren
JULIUS CAESAR	Portia/Soothsayer/Cinna	Glow-Worm Theatre Company/ Brian Bowyer
THE BOULDER PROJECT+	Girl	NYU Tisch - Stella Adler/ Stacey Robinson
STILL BORN*	Jennifer Wright	NYU Tisch - Stella Adler/ William Sullivan
TREASURE ISLAND*	Squire Trelawney	NYU Tisch - Stella Adler/ Christa Kimlicko-Jones
CORIOLANUS	Virgilia/Citizen #2	Shakespeare Acad. @ Stratford/ Ben Curns
ORLANDO	Orlando	Riely Theater/ Emma Gibson
MUCH ADO ABOUT NOTHING*	Don Pedro	The Pop-Up Players/ Alex Hess

TRAINING AND EDUCATION

BFA in Drama and BA in English and American Literature at NYU Tisch – graduated with Honors

Stella Adler Studio:

Scene Study: Alice Saltzman, Paul Takacs, **Stage Combat:** J Steven White, **Voice and Speech:** Alithea Phillips, Andrew Wade, Jonathan Hopkins, Christa Kimlicko-Jones, **Technique:** Ron Burrus, Antonio Merenda, **Character:** Betsy Parrish, **Shakespeare:** Ian Hersey, Angela Vitale, **Movement:** Joan Evans, Joanne Edelmann

Stonestreet Studios:

Commercial Auditions: Lori Hammel, **Producing Your Career:** Rebecca Yarsin, **Screen Acting:** Cormac Bluestone, Alana Barrett-Adkins, **Legit Auditions:** Gil Zabarsky

BADA Midsummer in Oxford

Modern: Geraldine Alexander, **Shakespeare:** Johnnie Broadbent, **Clown:** Mick Barnfather, **Voice and Speech:** John Tucker, **Audition Technique:** Leo Wringer

Shakespeare Academy @ Stratford

Verse and Text: Sara Holdren, Benjamin Curns, **Stage Combat:** Benjamin Curns, **Lucid Body:** Fay Simpson, **Alexander Technique:** Joan Frost, **Grotowski:** Nora Wooley, **Clown:** Annelise Lawson, **Droznin:** Rachel Jett, **Voice and Speech:** Steven Eng, **Viewpoints and Suzuki Technique:** Avery Wigglesworth

SPECIAL SKILLS

Stage Combat: quarterstaff, knife, hand-to-hand; **Accents:** British RP; **Dance:** ballet, tap, jazz, modern; **Voice:** Soprano; Clown; Viewpoints and Suzuki; driver's license; basic ice skating; basic French