

# SARAH YOUNG

SAG-E

IMSARAHYOUNG.COM [SARAHCATHERINEYOUNG@GMAIL.COM](mailto:SARAHCATHERINEYOUNG@GMAIL.COM)



THEATRICAL



MANAGER



COMMERCIAL

## TV / FILM (partial list)

Ladies Room

Lead

Dir. Christine Gignac

Unreasonable Studios

One Another

Lead

Dir. Stephanie Saavedra

Send Off

Lead

Dir. Melody Mohktarian

Zed-Stuy

Supporting

Dir. Devan Gallagher

Dying is Fine

Supporting

Dir. Caroline Rugo

The Dejects

Lead

Dir. Robert Rayher

## IMPROV / SKETCH (partial list)

Sketch Cram

Sketch

Upright Citizens Brigade NY

Fully Floral – BoogieManja Team

Sketch

People's Improv Theater

Helvetica – BoogieManja Team

Sketch

People's Improv Theater

Dumb Dumb Girls

Improv/Sketch

People's Improv Theater

Terrorbird

Sketch

People's Improv Theatre

The Network Suits

Sketch

People's Improv Theater

## THEATRE (partial list)

Ms. Steven's English Class Project  
1984

Megan

People's Improv Theatre

Leftovers

The Young Comrade

Reckless Theatre

Pumpkin Pie

Littlefield TinyRhino

## COMMERCIAL / VO

Conflicts avail. upon request

## TRAINING

ADVANCED INTENSIVE  
SCENE STUDY

MARGIE HABER STUDIOS - JIM NIEB

ATLANTIC STUDIO - SAM GONZALES, DANNY ROCCO

U. MICH - GILLIAN EATON, LEIGH WOODS

ANTHONY ABESON STUDIOS

JAMES REES STUDIO

ACTING FOR THE CAMERA

U. MICH - ROBERT RAYHER, JIM BERNSTEIN,

PAM RACK-GUEST

COMMERCIAL

BROOKE THOMAS, MARY EGAN CALLAHAN,

STACY GALLO, PHIL CASSESE

VOICEOVER

ED LEWIS

IMPROV/CHARACTER

UCB - MATT NEWELL, MARY HOLLAND, JACKIE JENNINGS,

ALEX DICKSON, NICOLE DRESPELL, ZACK WILLIS,

JAMES DWYER, SARAH SMALLWOOD PARSONS

## SPECIAL SKILLS

Elementary American Sign Language, comedic improvisation, sketch writing, character writing and performing, singing (alto), whistling, kickboxing, boxing, softball, diving, can recite majority of Periodic Table of Elements, valid driver's license, valid passport, background work