

**Lydia C. Sims**

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Phone: 912-547-2727

**Height:** 5'8

**Weight:** 145 pounds

**Hair:** Brown

**Eyes:** Brown

**Theatre:**

Koi-Coy	Gina	Columbia MFA Program / Dir. Danica Salem
The Stories We Tell Ourselves At Night	The One	The Brick / Dir. Erin Gray
Hir	Paige	Sarah Lawrence College/ Dir. S. Morse
How to Make Friends and Kill Them	Sam	Sarah Lawrence College/ Dir S. Knoll
Romeo & Juliet	Nurse	Sarah Lawrence College/ Dir. A. Dubus
MR BURNS	Director	National Theatre Institute
People, Places, and Things	Director	National Theatre Institute
Treehouse	Director	Sarah Lawrence College / Colette Shaw

**Film/TV:**

Small Liberal College	Morgan	Sarah Lawrence College Student Film
Malkovitch	Woman	Moon 86
Upwards	Lorelai	NTI Short Film
All or Nothing	You	Mahlon Whitney Films

**Training:**

Sarah Lawrence College	BFA Theatre '22	New York
Tony DiBenidetto Training	Acting lessons	Savannah, GA
Audition Lab	Todd Thaler	Atlantic Theater, NY
Breaking the Code	Kevin Confoy	New York
Movement for Performance	David Neumann	New York
National Theatre Institute	Rachel Jett	Waterford, CT
Character Study	Forrest McClendon	Waterford, CT
Acting for Film I	Jose Vasquez	Alliance Theater- Atlanta, GA
Acting for Film II	Sharon Foote	Alliance Theater- Atlanta, GA

**Awards and Honors:**

Shuler Award Nominee Best Supporting Actress, Best Actress Georgia Regional One Act Competition

**Special Skills:** British accent (RP, Cockney, London), Australian accent, New Zealand accent, American Southern Accent (Coastal & Texan), Driver's License, Passport, Jazz, Ballet, Contemporary, Tap, Butoh, sewing