

Lydia C. Sims

Email: lydiacsims@gmail.com

Phone: 912-547-2727

Height: 5’8

Weight: 145 pounds

Hair: Brown

Eyes: Brown

Theatre:

Planting Day	George	The Tank / Dir. Claire Marieb
Koi-Coy	Gina	Lenfest Center / 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
People, Places, and Things	Director	National Theatre Institute

Film/TV:

Dud	Cam	Columbia MFA Program / Dir John Foster
Small Liberal College	Morgan	Sarah Lawrence College Student Film
Malkovitch	Woman	Moon 86 / Dir John
Upwards	Lorelai	NTI Short Film / Dir Lydia Riess
All or Nothing	You	Mahlon Whitney Films / Mahlon Whitney

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