

Lydia C. Sims

Email: lydiacsims@gmail.com

Phone: 912-547-2727

Height: 5'8

Weight: 145 pounds

Hair: Brown

Eyes: Brown

Theatre:

| | | |
|-----------------------------------|----------------------|---|
| Hir | Paige Connor | Sarah Lawrence College/ Dir. S. Morse |
| How to Make Friends and Kill Them | Sam | Sarah Lawrence College/ Dir S. Knoll |
| Twelfth Night | Andrew Aguecheek | Sarah Lawrence College/ Dir. H. Riddick |
| Romeo & Juliet | Nurse | Sarah Lawrence College/ Dir. A. Dubus |
| MR BURNS | Director | National Theatre Institute |
| People, Places, and Things | Director | National Theatre Institute |
| R&J | Schoolboy 3/Benvolio | National Theatre Institute/ Dir Forrest McClendon |

Film/TV:

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| Small Liberal College | Morgan | Sarah Lawrence College Student Film |
| Malkovitch | Woman | Moon 86 |
| Lydia Dancing Yay | Lydia/Creator | Short Web Series |
| Upwards | Lorelai | NTI Short Film |
| Inkwell Lies | Margot | Sarah Lawrence College Student Film |
| All or Nothing | You | Mahlon Whitney Films |

Education:

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| Sarah Lawrence College | BFA Theatre '22 | New York |
| National Theatre Institute | Rachel Jett | Waterford, CT |

Training:

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|---------------------------|-------------------|-------------------------------|
| Tony DiBenidetto Training | Acting lessons | Savannah, GA |
| Breaking the Code | Kevin Confoy | New York |
| Movement for Performance | David Neumann | New York |
| Actor's Workshop | Angelia Pierce | New York |
| Character Study | Forrest McClendon | Waterford, CT |
| On Camera Audition | Matt Newton | Waterford, CT |
| Acting For Camera | Deidre Goodwin | 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, directing, playwriting, sewing