

# Betsy Helmer



AEA

Height: 5'6"

Vocal Range: Soprano (E3-E6)

202-429-4785

[actors@capitalltalentagency.com](mailto:actors@capitalltalentagency.com)

## TELEVISION

|                                  |            |  |
|----------------------------------|------------|--|
| <i>Shadow of Doubt</i> (ep. 104) | Supporting | Discovery Channel/Dir. Christian Faber |
| <i>Thinking Money</i>            | Featured   | PBS/Rocket Media Group/Dir. Tom Feliu  |
| <i>American Supernatural</i>     | Lead       | The Weather Channel/Dir. Stefan Wesien |

## FILM

|   |          |  |
|---|----------|--|
| <i>Frempty: For Empty Relationships</i> (short) | Lead     | Dir. Brad Johnson                      |
| <i>Funeral Party</i> (short)                    | Lead     | Dir. Brad Johnson                      |
| <i>Business Pro</i>                             | Featured | VIVA Creative/Dir. Justin Toops        |
| <i>Fast Girl</i>                                | Lead     | Georgetown University/Dir. John Onieal |

## FILM

|                                      |           |  |
|--------------------------------------|-----------|--|
| <i>Civil War Christmas</i> (podcast) | Voiceover | Georgetown University Dept. of Performing Arts |
|--------------------------------------|-----------|--|

## THEATRE

|  |                                |  |
|--|--------------------------------|--|
| <i>Pilgrims</i>                        | Girl                           | Urbanite Theatre/Dir. Carl Forsman               |
| <i>Women in Jeopardy</i>               | Amanda                         | Pioneer Theatre Company/Dir. Karen Azenberg      |
| <i>The Fox on the Fairway</i>          | Louise                         | Arrow Rock Lyceum/Dir. Peter Reynolds            |
| <i>Murder on the Nile</i>              | Christina                      | Arrow Rock Lyceum/Dir. Michael Rothhaar          |
| <i>As You Like It</i>                  | Rosalind                       | Alabama Shakespeare Fest/Dir. Greta Lambert      |
| <i>The Importance of Being Earnest</i> | u/s Cecily Cardew              | Alabama Shakespeare Fest/Dir. Geoffrey Sherman   |
| <i>Alice in Wonderland</i>             | Queen of Hearts/<br>Edith/Cook | Alabama Shakespeare Fest/Dir. Nancy Rominger     |
| <i>A Christmas Carol</i>               | Catherine/Caroler              | Alabama Shakespeare Fest/Dir. Diana Van Fossen   |
| <i>The "T" Party</i>                   | Elizabeth                      | Forum Theatre/Dir. Natsu Onoda Power             |
| <i>Sweeney Todd</i>                    | Pirelli                        | Mask and Bauble Dramatic Society/Dir. Alice Cash |

## STAGED READINGS (SELECTED)

|                                      |              |  |
|--------------------------------------|--------------|--|
| <i>Cleave</i>                        | Pina         | Kennedy Center MFA Playwrights/Dir. Will Davis |
| <i>The Family That Lays Together</i> | Nella        | Arena Stage/Dir. Shawn Northrip                |
| <i>Pullman Car Hiawatha</i>          | Insane Woman | Ford's Theatre/Dir. Susan Lynskey              |
| <i>Brother of War</i>                | Nancy        | Kennedy Center Page-to-Stage/Dir. Maya Roth    |

## TRAINING

**BA Theater and Performance Studies, Georgetown University, Washington, DC (Magna Cum Laude)**

**Upright Citizen's Brigade Theatre – Advanced Study Program, New York, NY**

Instructors: Molly Lloyd, Nicole Drespel, John Timothy, Zack Willis, Johnna Scrabis, James Dwyer

Team Coaches: Connor Ratliff, Ray Cordova, Christopher Scott

**Shakespeare (Voice and Text):** Ellen Newman, RADA

**Acting for TV and Film:** James Calleri, The Company Acting Studio

**Acting for Commercials:** Stacy Gallo

**Physical Theatre:** Pig Iron Theater Company, Synetic Theater Company

**Vocal Training/Performance:** Tracy Olivera (Musical Theatre/Pop), Canangela Robertson (Jan Smith Studios), Elizabeth Colson Studios (Opera), Georgetown University's Saxatones (A Cappella)

## SKILLS

Dialects (Southern, British, Cockney, NY, French, Russian, German), Certified Power Yoga Instructor (200 Hours), Inversions, Splits, Jump rope, Basic guitar, Conversational French, Conversational ASL, Long form improv