

SHANNON AMES

shannon@shannonames.com

SAG-AFTRA Eligible

Height: 5'1" | Weight: 115
Hair: Dark Brown | Eyes: Hazel

"Shannon Ames' amazing energy lights up The Whole Theatre and will undoubtedly warm the hearts of young and old in 'Almost Maine'." ~ *Monroe Casting, Film & Television*

FILM

Scratch *	Lead	Palm Pictures
The Long Way Home **	Lead	Rompe Kabeza Ent.
Spinsters	Lead	Tantrum Productions
Crushed	Lead	Perky Productions
Art of Racing	Lead	Hanger 7 Productions
Itchi	Supporting	Masevo Films
Girl	Supporting	3 Day Films

TELEVISION / NEW MEDIA

Top Billin' - <i>In Production</i>	Series Regular	Heavy Artillery Ent.
Hollow Hills - <i>In Post Production</i>	Series Regular	Rompe Kabeza Ent.
HOARS (Home Owner Association Regency Supreme)	Recurring	Viking Beach House
Headshots ***	Recurring	Funny Or Die
No Excuse	Guest Star	Perky Productions
The CW Upfront: Madison Square Garden	Guest Star	Warner Bros
The Arsenio Hall Show	Guest	CBS
The Tyra Banks Show	Guest	CBS

THEATRE

Almost, Maine	Ginette, Gayle, Rhonda, Suzette	The Whole Theatre
She's Totally Committed	Susana, Mrs. Richardson	Dir. Melanie Starks

COMMERCIALS / MUSIC VIDEOS / VOICE OVER (Available upon request)

TRAINING

Advanced On Camera Film & TV, Cold Reading	Margie Haber Studio (Master Class)
Scene Study, Character Study, Improv	Young Actors Space (Adult) *Ongoing
Comedy Sitcom & Character Technique	Scott Sedita Acting Studio
Comedy Improvisation	Upright Citizens Brigade (UCB)
Monologue Technique	Sam Christensen Studios
On Camera Film & TV	Young Actors Space (Adult)
On Camera Commercial	Jan & Jon Workshops
Comedic Scene Study	Comedy Academy
Voice Over Technique	Voice Trax West

SPECIAL SKILLS

Tae Kwon Do (*Black Belt*), Aerobics, Yoga, Hiking, Zumba, Weight Lifting, Bicycling, Baking, Graphic Design, Web Design, World Renowned Professional DJ (*Mixing, Scratching, Beat Juggling*), Percussionist (*Drumset, Marching Snare, Mallets*), Music Producer, Record Label CEO, Teacher, Published Author, Drivers License, Current Passport.

* Winner, Audience Award - Atlanta Film Festival | Nominated, Grand Jury Prize - Sundance Film Festival | Nominated, Independent Spirit Award

** Winner, Shannon Ames: Outstanding Acting Performance Award - Zed Fest Film Festival

*** Winner, Best Web Series Award and Best Screenwriting Award - Hollyweb Web Series Festival

Commercial Agent: Tracy Mapes - Imperium 7 | tracy@imperium-7.com | 323.931.9099

Demo reel available at www.shannonames.com