



**Alana Crow**

**SAG-AFTRA**

**Momentum Talent Agency 310-858-6655**





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[Web Resume](#) [Headshots](#) [Video Clips](#) [Audio Clips](#)

**Representation:**

Available to work in the following additional locations: CA - Hollywood, Oregon

Momentum Talent Agency	Agency - AFTRA Verbal	Los Angeles	310-858-6655
Option Model & Media	TV & TH	Portland	503-549-8684

**Physical Characteristics:**

**Gender:** Female                      **Height:** 5' 2"                      **Weight:** 120 lbs.  
**Hair:** Brown                          **Eyes:** Blue                          **Dress Size:** 6  
**Pant Size:** 6                          **Waist:** 25"                          **Hips:** 36"  
**Bust/Chest:** 34"                      **Cup Size:** B

**Body Type:** Average, Petite

**Portrayable Ethnicities:** Australian, British, Caucasian/White, European, Irish, Scandinavian, Scottish

**Experience:**

**Stage**

Company Member                      68 Cent Crew Theatre Company    Ronnie Marmo - Artistic Director

**Film**

Don't Let Them In (short)	Jan - Lead	Negative Space Films / David Lawrence
The Polterguys	Cat Lady - Supporting	The Polterguys, LLC / Tom Whelan
Wake Before I Die	Belle Lewis - Supporting	Wooden Frame Productions / Freeman Brothers
How the Fire Fell	Sarah Hurt - Supporting	Vladimir Pack Prods / Edward Davee
American Disciples	Secretary - Supporting	ToeKnee Films / Anthony Pierce
Nice Day to Die (short)	Iris / Lead	Todd Freeman, LLC / Todd Freeman
Inside Out (student)	Rebecca - Lead	SuperEd86 / Edward Vilderman
Two Years of Sorry (short)	Lana / Lead	Nomads, Liars & Thieves / Jim Keenan
Decedent (short)	Dr. Reneau / Lead	Robert Blanche - Portland Acting
Reception (original short)	Francine / Lead	Vincent Caldoni - Portland Acting

**Television**

Leverage	Caretaker Lady	Leverage 4 Prods Inc / John Rogers
Knight Rider	Michael's Friend	Universal Studios
Teachers Only	Punk Rocker	Carson Productions
Simon and Simon	Juvenile delinquent	Universal Studios
Joe Dancer - The Big Trade	Office Assistant	Orion Pictures



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General Hospital	Beth	ABC-TV
Days of Our Lives	Candy Striper	Corday Productions
Young and the Restless	Cult Member	CBS-TV
Emergency One	Accident Victim	Universal Studios

**Links:**

Website - Alana Crow	<a href="http://www.alanacrow.com">http://www.alanacrow.com</a>
Acting Reel & Film Clips (HD)	<a href="http://www.vimeo.com/alanacrow">http://www.vimeo.com/alanacrow</a>
IMDB - Alana Crow	<a href="http://www.imdb.me/alanacrow">http://www.imdb.me/alanacrow</a>

**Skills and Training:**

**Special Skills:**

Bicyclist (Racing), Bowler, Golfer, Mountain Biker, Photographer, Scuba Diver, Skier-Snow, Swimmer

**Other Skills:**

Indoor Rock Climber, Firearms, Aerial Wire Flying - (basic training), Web Site Designer

**Professional Training/Education:**

Commercial Audition Technique - Killian McHugh

Cold Reading & Audition Technique - Melissa Skoff

Improv - The Groundlings (core program) - Jay Lay & Tom Blank

Improv Intensive Workshop - Gary Austin

Film Acting - Portland Acting - Robert Blanche

Acting Technique & Private Coaching - Portland Actors Conservatory - Connor Kerns & Beth Harper

Acting Technique - Professional Actors Workshop LA - Jeff Corey & Al Ruscio

Voice-over (Commercial & Animation) - Sue Blu Voice-over Workshops LA - Susan Blu

Voice-over (Commercial & Animation) - Voicetrax San Francisco - Samantha Paris & Guests

Theatre Major (2 years) - University of Southern California

Radio & TV Major - Cal State Northridge