



Helen Tong

Ht: **5' 2"** Wt: **105 lbs.**

Dress: **2** Bust: **32**

Waist: **23** Hips: **32**

Shoe: **6**

Eyes: **Brown** Hair: **Black**

Vocal Range: **Mezzo-Soprano**

Vocal Type: **Musical Theater,
R&B**

Personal Contact Numbers

Primary: **212.731.9889**

Email: contact@helentong.com

TELEVISION

Flight of the Conchords	U5	HBO / Paul Simms
Totally Untrue History Of: Janet, Kanye and Gwen	U5	CTV MuchMusic / Monica Dolejsi
Massage Manhattan (Pilot)	Series 5 Regular	Spike TV / Allyson Turner

FILM

A Thousand Hills	Supporting	Thousand Hills Productions / Allison Wilmarth
Drop Box	Principal	Carasoulos Brothers / Anesty Carasoulos
Cinderella ... Attitudes Regarding Social Demographics (NYC VISA 48Hr Film Festival Finalist)	Supporting	Cup O' Meat Productions / Eric Kritzler & Ron Houghtaling
Overheard In New York	Lead	Imminent Film Productions
Solace	Principal	Syndicate Films / Mara Ravins
The Walk Back	Lead	Lloyd Choi
Hispanacea	Lead	Fulana / Andrea Thome
Mack The Knife (Music Video)	Lead	Michelle Long
Misadventures In Roommating	Lead	Four Lanes Productions

WEB

iVillage Dating Disasters	Lead	NBC Universal
Team Epic	U5	Poetic Licence Productions
They Are The Living	Series 5 Regular	Brenden Woods

THEATRE

Lyrical Arts (Off-Broadway)	Kain / Dasani / Erica	The American Theater of Actors Inc. / Rashawn Strife
Second City Mainstage	Performer	The Second City Toronto / Ayumi Iizuka
The Writings On The Wall	April	Lorraine Kisma Theatre For Young People
Outreach Improv	Performer	Horizon Juvenile Center
The Dining Room	Various	Stella Adler Studio / Michael Grenham

COMMERCIAL / VOICE OVER

<i>Conflicts available upon request</i>		
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TRAINING

As Promised Productions: The Travelling Stage
Drama Teacher

School of Visual Arts:
Guest Lecturer

Neighborhood Playhouse School of Theater Conservatory:
Richard Pinter, Gary Kingston, Ron Shetler, Barbara Cole, James Brill, Gary Ramsey, Colleen Wallnau, Leslie Myers, Kathleen Kelly

Stella Adler Studio of Acting Conservatory:
Patrick Quagliano, Don Williams, John Nagle, Christina Duarte, Jenna Necrason, Kolhi Calhoun, Lillian Pierce, Pilar Garcia

Michael Howard Studios:
Michael Howard, Larry Singer, Polina Klimovitskaya

Equity Showcase Theatre:
Kevin McCormick, Bernadette Jones

The Second City Improv:
Kerry Griffin, David Pearce, Doug Morency, Shari Hollet, Ayumi Iizuka

SPECIAL SKILLS

Music: Piano, Trumpet Voice: Mezzo-Soprano.

Athletics: Synchronized Swimming, Volleyball, Tennis, Snowboarding, Skiing, Skating, Martial Arts, Horseback Riding (Western), Gymnastics, SCUBA, Snorkeling, Ballet, Body-boarding, Badminton, Soccer, Yoga, Golf, Bowling, Billiards, Roller -Skate/Blade, Sprint, Diving, Baseball, Poker, Blackjack, Sous-Chef.

Drives: Manual, Automatic, Moped.

Languages: French, Mandarin, Cantonese.

Dialects: New York, British, French, Asian, Spanish.

Valid Passport.

Visit this page online at <http://www.nycastings.com/HelenTong>