

SOFIA JOANNA POPOL

SAG-AFTRA Eligible

sofajoannapopol.com

sofajoannapopol@gmail.com

SCREEN

Monkey Bars Lead Big Blue Pictures/dir. Jacqueline Xerri

*Reel footage available upon request

PRE-PROFESSIONAL THEATRE

Bare: A Pop Opera Nadia McConnell Levine Performance Institute/dir. Carolyn Agan
A Chorus Line Kristine The Theatre Lab (DC)/dir. Aidan Quartana
Newsies Ensemble/Dance & Fight Cap. The Theatre Lab (DC)/dir. Josh Sticklin

HIGH SCHOOL/COMMUNITY THEATRE

Once on This Island Andrea/Storyteller Elizabeth Seton High School
The Callbacks* Stacey Ross/Co-writer Elizabeth Seton High School
Concrete Jungle* Isabel Adler MD Performing Arts Academy
Bird Set Free* Sofia MD Performing Arts Academy

ADDITIONAL EXPERIENCE

Varsity Dance Team (2 Years) Elizabeth Seton High School
Teen MT Institute Cabaret The Theatre Lab (DC) 2019 & 2020
The Nutcracker Baltimore Ballet
Dance Competition/Convention NYCDA
Dance Competition LEAP
Dance/Vocal Intensive Recital MD Performing Arts Academy
Hamilton Intensive MD Performing Arts Academy
Dance Lab Commercial Featured Dancer
Dance Video Shoot "Unsteady" Featured Dancer

EDUCATION & TRAINING

Boston Conservatory at Berklee BFA Contemporary Theatre Class of 2024

Atlantic Acting School Teen Conservatory (2020-2021)
Levine Performance Institute (Fall 2019)
The Theatre Lab Teen Musical Theatre Institute (Summer 2019 & 2020)
Maryland Performing Arts Academy

Acting: Melissa Mahoney, Monique Midgette, Carolyn Agan, Chad Vann, Aidan Quartana, Julian Ivy, Jodie Johnson
Casting: Todd Thaler
Singing: Nova Payton, Emma Gorin, Emily Riley, Julian Ivy, Joshua Sommerville
Voice: Quentin Moore
Dance: Tiffany Quinn, Sarah Williams, Denise Rose, The Ballet Academy
Masterclass: Joseph Pearlman, Maddie Rodrigue, Trent Soyster, ArtsBridge, Sam Gonzalez

SPECIAL SKILLS

Intermediate Spanish, Strong Improv, Alto, Beginner Guitar, Flexibility, Swimming, Experience Working Backstage/Tech, Graphic Design, Marketing, Choreographing, Alexis Rose Impression!

*Original Show