

Alana Crow

SAG/AFTRA

Hair: Salt and Pepper
Eyes: Blue

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FILM

The Polterguys	Supporting	Tom Whelan - The Polterguys, LLC.
Wake Before I Die	Supporting	Todd & Jason Freeman - Wooden Frame Prods
How the Fire Fell	Supporting	Edward Davee - Vladimir Pack Pictures
American Disciples	Featured Principal	Anthony Pierce - Toeknee Productions
Nice Day to Die (short)	Lead	Todd Freeman - Todd Freeman, LLC
Two Years of Sorry (short)	Lead	Jim Keenan - Nomads, Liars & Thieves
Inside Out (student)	Lead	Edward Vilderman - SuperEd86
Decedent (short)	Lead	Robert Blanche - Portland Acting
Reception (original short)	Lead	Vincent Caldoni - Portland Acting

TELEVISION

Leverage	Co-star	TNT / John Rogers
Knight Rider	Co-star	NBC / Bernard McEveety
Teachers Only	Co-star	Peter Baldwin - Carson Productions
Simon and Simon	Co-star	Vincent McEveety - Universal Studios
Joe Dancer	Co-star	Reza Badiyi - Orion Pictures TV
General Hospital	Recurring (1 year)	ABC Daytime
Young & the Restless	Recurring	CBS Daytime
Days of Our Lives	Under-5	NBC Daytime
Emergency One	Co-star	NBC / Georg Fenady

COMMERCIALS / VOICE-OVER Conflicts on request. / Demo reel available.

TRAINING

Advanced Film Acting Workshops	Shelly Lipkin & Robert Blanche
Improv Intensive Workshop	Gary Austin
Acting Technique & Voice	Conner Kerns & Beth Harper - Portland Actors Conservatory
Acting Technique	Jeff Corey & Al Ruscio - Professional Actors Workshop LA
Theatre Major	University of Southern California - 2 years
Voiceover / Comm. & Animation	Susan Blu Workshops LA & Voicetrax San Francisco
Aerial Wire Flying Workshop	Bill Boggs

SPECIAL SKILLS

Scuba Diving PADI (Underwater Moonwalk), Cycling (Road & Mountain), Golf, Trail Running, Skiing (CC & Downhill), Indoor Rock Climbing & Bouldering, Firearms Experience (Target & Skeet), Weight Lift, Power Walking & Aerobic Dance. Prof. Kitchen & Computer experience. Basic Krav Maga.