



Tamika Katon-Donegal

SAG, AFTRA





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[Web Resume](#) [Headshots](#)

Physical Characteristics:

Gender: Female **Height:** 5' 3" **Hair:** Brown
Eyes: Brown **Dress Size:** 8 **Pant Size:** 10
Waist: 29" **Hips:** 35" **Bust/Chest:** 36"

Body Type: Athletic

Portrayable Ethnicities: African American, Dominican, Irish, Jamaican, Latino/Hispanic, Other Ethnicity, Puerto Rican

Experience:

Television

Ashley the Wise	Guest Star	Gareth Smith & Mike Horowitz/ Holliston LLC
Veronica Mars	Co-Star	Stu Segall Productions
Teen Talk	Host	Kim Fields/ Clark Productions
The Andy Dick Show	Co-Star	MTV Productions
Boston Public	Co-Star	David E. Kelley Productions
Unpretty	Lead	Paul Hunter/ Mars Media

Film

The Business	Supporting	Russ Parr/ UpToParr
Feeling Fat	Lead	Michael Costner & Gavin Black/ One Goat Productions
Rocketboy	Supporting	Justin Guerrieri
Filthy	Featured	Douglas Rath/ Tears in the Gate Productions
Graceland	Supporting	Jennifer Patterson/ Eve Productions
Asteroid!	Supporting	David Choice/ Choiceway Media Inc.
The Simpler Things	Featured	Anthony Bravo/ Reality Candy Productions
My Brother's Keeper	Lead	Michael Lynn Roquemore/ Ghetto Films

Stage

Trees	JJ (Lead)	Ford Theater
Trails of Dr. Eric Oifer	Josie (Lead)	Broad Stage
Sins of Dr. Albright	Josie (Lead)	Broad Stage
I Promise I Won't Get Mad - NBC Diverse City Showcase	Katie (Lead)	Falcon Theatre
Voice of the Prairie	Ensemble	Secret Rose Theater
Tymothy (Showcase)	Ensemble	El Portal Theatre
Macbeth	Witch #2 (Supporting)	Next Stage
Seven Lessons of Life	Allison (Lead)	LA Repertory Theater
The Good Times Are Killing Me	Martha (Supporting)	Laguna Playhouse
Only a Phone Call Away	Singer (Supporting)	Rose Alley Theater
80's Is/ Are Enough (Cabaret)	Chaniquea (Lead)	Masquers Cabaret Theater
Jerry's Girls	Chita (Lead)	Westchester Playhouse



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Little Shop of Horrors	Chiffon (Supporting)	Madrid Theater
Hair	Abie Baby/ Black Girls Trio (Lead)	Candlefish Theater
The Family of Man	Belinda (Lead)	Odyssey Theater
Macbeth	Lennox (Supporting)	Bing Theater
You're a Good Man Charlie Brown	Patty (Lead)	Long Island Repertory Theater
The Killing Game	Politician #1 & Other Roles (Lead)	Bing Theater
The Wild Duck	Hedvig (Lead)	USC Performing Arts Annex
The Rover	Lucetta (Supporting)	Bing Theater
The Mystery Plays	Noah's Wife & Other Roles	Bing Theater
Lynette has Beautiful Skin	Lynette (Lead)	Massman Theater
Vinegar Tom	Goody (Supporting)	USC Performing Arts Annex
Our Town	Stage Manager (Lead)	Massman Theater
Anything Goes	Featured Chorus	Trinity Theater

Links:

Facebook	http://facebook.com/tamikakatondonegal
Twitter	http://twitter.com/elite_qt
IMDB	http://imdb.com/name/nm1346532/

Actor Bio:

This native New Yorker has been in the spotlight for as long as she can remember. She was constantly performing whether it was playing the violin, dancing, singing, or acting. While growing up on Long Island she was surrounded by a tremendously loving family that includes her phenomenal parents, 4 siblings, and an extended family that is just too numerous to count.

One extraordinary circumstance in her life, included being hit by a car. Even then it was her will and determination that prevailed; not her injuries. From that moment, she knew that anything and everything was possible including her life long dream to act.

Tamika eventually found her way to California to attend college, and it was there that she got her break in the TLC music video, Unpretty. It proved to be the opportunity of a lifetime! Not only did she get a chance to work with one of the best female groups in history, but she was also able to tackle a topic she was very familiar with: young women's self-esteem and body image. The response to this video was incredible, and seemed to touch a nerve with a lot of young women. This afforded her more opportunities as an actress such as appearing on television shows like Boston Public, The Roseanne Show, and Veronica Mars along with films like Rocketboy with Robert Picardo and David Clennon. Her work on stage has ranged from Macbeth, The Good Times are Killing Me to You're a Good Man Charlie Brown, and Hair. Regardless of the medium, her passion and creativity radiate throughout.

Skills and Training:

Special Skills:

Comedian (Stand-Up), Improv, Jazz Dancer, Model, Physical Fitness Expert, Roller Blader, Swimmer, Yoga

Other Skills:

Singing: Mezzo-Soprano: Choral / Choir, Musical Theatre, Rock / Pop, Dance: Ballet, Disco, Hip Hop, Improvisational, Jazz, Latin, Modern, Tap, Dialects: American Southern, Brooklyn, Carribean, Jamaican, New England / Boston, New York City , South African / Afrikaans,



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Standard British, Baton Twirling, Cue Cards, Hula Hoop, Jump Rope, Pogo Stick, Stage Combat, Teleprompter , Voice Characterizations, Yo Yo, Jump Rope, Marathon Runner, Pilates, Ping Pong, Roller Skating , Snorkeling, Speed Walking

Professional Training/Education:

High School Holy Trinity (Theatre Arts Major)

B.F.A. University of Southern California (Theatre - Acting)

Acting: Jim Wilson, Saben Epstein;

Scene Study: Anna Stramase, Marilyn McIntyre;

Shakespeare / Classical: Allen Hendrick

Musical Theater: David Ackles;

Voice / Speech: Brent Blair, Rod Menzies;

Audition Technique: Paul Backer, Brian Reise, Margie Haber, & Annie Grindlay (Margie Haber Studios);

On-Camera: Jennefer Warren, Eve Roberts;

Movement: Saben Epstein, Shishir Kurup;

Dance: Glenda Arnold Burns, Dora Krannig, Joey Letteri, Jesus Fuentes, Catherine Murphy