

Jo Young

Email: Jo@MightyJo.com

Height/Weight: 5'8"/145 lbs.

FILM (Partial List)

Entropy	Supporting	Indie/Wyatt Rockefeller
Silenced	Supporting	Feature/James Spione, ML Films
The Dawn	Lead	Indie Film/Mymark Prods.
Hank Boyd is Dead	Supporting	Feature Film/Bag of Cats Prods.
Frostbite	Supporting	Indie Film/Bridget Machete
Stagnant	Lead	Hofstra University/Tony Sur
After Midnight	Supporting	Montclair State Univ./Lori Letizia
Touching is Teaching	Supporting	NYU/Lydia Rui
Closer	Lead	Brooklyn College/Jeanette Rosario
Havana in Bushwick	Supporting	Indie Film/Gabriel Rodriguez
Five a Day	Supporting	Hofstra Univ./Megan Corcoran
Oblivion	Supporting	Indie Film/Marco Chiavarelli

TELEVISION

Brain Games (Season 3)	Lead	The House/Nat Geo Channel
Redrum (Season 2)	Lead	Stephen David Ent./Inv. Discovery
Frenemies	Co-Star	Atlas Media Corp./Inv. Discovery
Funny Show (pilot)	Guest Star	Calavera USA
The Perfect Murder	Co-Star	Kaufman Films/Inv. Discovery
Monsters Inside Me	Co-Star	Optomen/Nat Geo Channel
Celebrity Ghost Stories	Co-Star	Jarrett Creative/Bio Channel
Coronet (pilot)	Lead	Companion Pictures
Stalked (Season 3)	Lead	Atlas Media Corp./Inv. Discovery
Chickipedia (pilot)	Guest Star	Back Roads Entertainment
My Life is a Lifetime Movie	Co-Star	DiGa Vision/Lifetime

TELEVISION - HOSTING

Adrenaline Lifeline (pilot)	Co Host	Janet Miranda
Country Style	Co Host	Oklahoma City Cable

THEATRE

The Linguists	Lead	Jewel Box Theater, NYC
Brothaz Bronck	Comedic Ensemble	BoX the Outside Theatre, NYC

INTERNET

Into Girls	Guest Star	Faulkner Allocco
Fish Tank	Guest Star	Diogo Cronemberger
Dating on Mars	Guest Star	Carl Worner
Math Warriors	Recurring	Dr. Kristina Harris
Sherry's Kitchen	Recurring	Saba, Bill Hopkins

IMPROV / STAND-UP / SKETCH COMEDY (Partial List)

Sponge Rob; Delicious Divas	Improv Ensemble	Magnet Theater, NYC
Night at Oscar's; Poker Night	Improv Ensemble	Producer's Club, NYC
Tony's Girls	Improv Ensemble	People's Improv Theatre (PIT), NYC
NY Comedy Club		NYC
Broadway Comedy Club		NYC

COMMERCIALS/V/O/PRINT/INDUSTRIALS

Conflicts available upon request

TRAINING (NYC)

On-Camera Audition Skills for Television & Film	Jamie Schulman, Gayle Keller, Ann Goulder, B. Lynne Jebens, Allison Shomer Steve Vincent, Harley Kaplan, Pat McCorkle, Brette Goldstein, CJ Molidor, Todd Thaler Angela Mickey, Barry Shapiro, TJ Mannix
On-Camera Commercial Technique	Paul Liberti, John McKinney, Bryant Falk, Stacy Seidel Tea, Lisa Fischhoff, Maggie Phillips, Allynn Simons, Matt Smith, Rebecca Yarsin, Darren Dunstan
Voice Over/Animation/Audio Books/Video Games	Sande Shurin, Richard Kline, Pete Jensen, Gene DeFrancis, Alan Gordon Alumna (completed entire program)
Scene Study (Meisner/Method)	Pat Shay, Rebekka Johnson
Improvisation – Long Form, Magnet Theater	
Improvisation – Long Form, PIT	

EDUCATION B.A., Graduated Summa Cum Laude

Oklahoma City University, OK

SPECIAL SKILLS

Abilities: Stand-Up, Improv, On-Camera Host, Teleprompter, Stand-in exp., News Reporting, Singing (low E to high belt b), Horseback Riding
Activities: Ballet (10 years), Former Aerobics Instructor, Yoga/Pilates, Rollerskating Backward, Driving Motorcycles/Jet Bikes, Firearms
Fun Facts: Was the "Nose" in a toilet paper factory, current child mentor for 18+ years, traced my ancestry to a dude named "Otto the Illustrious"!

VALID DRIVER'S LICENSE AND U.S. PASSPORT