

Chrystel Contreras

Height: 5'4"

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TELEVISION/NEW MEDIA

Luxury Property Wars	Guest Star	Abode Entertainment/Ben Freidin
Million Dollar House Hunters	Guest Star	Abode Entertainment/Ben Freidin
Legend Transportation	Guest Star	Ambient Skies/Deanna Beghtol & Richard Charney
Finn-Again Web Series	Guest Star	Bijan Shemirani & Andrew Norton
Zach King Video	Co-Star	King Studio, LLC./Lukas Rooney

SHORT FILM

Henry's Anguish	Supporting	Burnham Pictures/Kevin Joshua Burnham
Restitution	Supporting	Monte V Productions/Garrett Midkiff & Ed Kearns

TRAINING

Film & TV	Brendan Robinson	Graham Shiels Studio, LA, CA.
Sitcom Comedy Intensive	Scott Sedita	Scott Sedita Acting Studios, LA, CA.
Teleprompter Levels 1 & 2	Ashley Faulkner/Amanda Melby	Verve Studios, Scottsdale, AZ.
Film Acting Level 1	Amanda Melby	Verve Studios, Scottsdale, AZ.
Acting Foundations: Core Tech.	Amanda Melby	Verve Studios, Scottsdale, AZ.
Scene Study	Bill & Carla Howey	Howey Acting Studio, Mesa, AZ.
Acting (The Lab)	Graham Shiels/Crystal Lowe	Graham Shiels Studio, LA, CA.
Intro to the Theater	M. Zurla	West L.A. College, Culver City, CA.
History of World Theater	M. Zurla	West L.A. College, Culver City, CA.
B.S. Business Administration	Various	CSU Dominguez Hills, Carson, CA.

SKILLS

- US Navy Veteran
- Firearms Training
- Ship/Nautical Training
- Beach Volleyball
- Surfing and kayaking
- Swimming and snorkeling
- Horseback Riding
- Hip Hop Dance