



SARAH ANNE LONG

ACTRESS & MODEL

ABOUT ME

I am a conservatory trained theater and film actress. I am an incredible storyteller with great improvisation and movement skills. My passion for acting comes through finding myself in the characters I enact to bring authenticity and relatability to each performance. I believe art is a fantastic method to spark conversations, create deep thought, and bring change.

SKILLS

- Improvisation
- Dialects and VoiceOver
- Ballet, jazz, & contemporary dance trained
- Whistling
- Swimming
- Yoga and pilates
- Track athlete
- Weight lifting
- Comfortable with all animals
- High fashion, commercial, print, and runway model

CONTACT

✉ sarah.long115@gmail.com

📍 Boston, MA | New York, NY

NON-UNION

TRAINING

THE SECOND CITY: CONSERVATORY 2025

NEW YORK UNIVERSITY: TISCH SCHOOL OF THE ARTS 2018-2022

ONE ON ONE: NY BRIDGE PROGRAM 2023

STONESTREET STUDIOS 2021-2022

THE BLACK ARTS INSTITUTE AT STELLA ADLER 2020-2021

THE LEE STRASBERG THEATER AND FILM INSTITUTE 2018-2020

EXPERIENCE

STAGE

UNLOVABLE

ALYSIA HOMMINGA

AMERICAN THEATER OF ACTORS

THE ARCHIVE SHOW

YAZMIN RAMOS

THE SECOND CITY

MACBETH | LADY MACDUFF

ALEC BALDWIN

SHAKESPEARE DOWNTOWN

THREE SISTERS | MASHA

GEOFFREY HORNE

SHAKESPEARE DOWNTOWN

CAT ON A HOT TIN ROOF | BIG DADDY

WILL DETLEFSEN

LEE STRASBERG

STUPID FUCKING BIRD | MASH

ILLANA STEIN

LEE STRASBERG

FILM

SATURDAY NIGHT LIVE

SNL

NBC STUDIOS

SHE SAID SO | PARAMEDIC

MADELINE CLAYTON

ALPHA CONSTANT LLC

SIMULCRUM | DETECTIVE

ELAINE CHEN

MAINE MEDIA

NEARING THE END | EVE

MILES COHEN

NYU FILM

A NIGHT OUT | ZELDA

STUDENT COLLECTIVE

SQUEAKY BICYCLE PRODUCTIONS

THE LINE | CONNIE

HENRY ESTEVE

LEE STRASBERG

MODELING

HYPEBEAST X G-SHOCK

KEVIN MURPHY HAIR

PROSE HAIR

REDKEN HAIR PRODUCTS

ATLANTIC CITY FASHION WEEK