

# Adelita Contreras-Martinez

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**Height:** 5'3"    **Hair:** Brown    **Eyes:** Brown    **Shoe:** 8  
**Bust:** 40    **Waist:** 40    **Hips:** 47    **Dress:** 16  
**Weight:** 190

## CREDITS

### Television/Film

Morning Show	Guest Donor Speaker	Univision
Neurosphere	Video Portrait	DHD Films
Commercial (Central Health)	Patient	Big Picture Reps

## TRAINING

John Casablancas Modeling & Acting Center: Carrollton, TX

### ACTING

Monologue Training & Development, Commercial Techniques, Character Development  
Improv Techniques, Stage & Blocking Technique, Cold Reading Techniques, Scene Work

### MODELING

Basic Runway Techniques, Catalogue Posing, Grooming, Runway Choreography, Wardrobe Analysis  
Photo Posing

## SPECIAL SKILLS

**SPORTS** – Soccer (intermediate), Softball (intermediate)

**DANCE** – Tejano, Country, Cumbia

**LANGUAGE** – Spanish (intermediate)

**CERTIFICATIONS** – Driver's License (Class C), Texas Public Notary

**MISC** - Internet Radio Co-Host, Crotchet, Sunday School Teacher, Receptionist, 10 Key, Office Management, Bookkeeper, Floral Design (beginner-Intermediate),