



Andrew Trygstad

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(630)-957-7614

andrew@andrewtrygstad.com

6'2", 200 Lbs.

Vocal Range: Tenor

Acting Experience

| | | |
|----------------------------|-----------------------|-----------------------------------|
| Romeo and Juliet | Mercutio | Wheaton Drama |
| Sweeney Todd | Sweeney Todd | Elmhurst College |
| Joseph... Dreamcoat | Joseph | WMC Productions |
| Picasso at the Lapin Agile | Picasso | EverGreen Theatre Ensemble |
| Bobby Gould in Hell | Interrogator | Elmhurst College |
| Dog Sees God | Matt | Elmhurst College |
| Skyscraper | Joseph | Dauntless Players Theatre Company |
| Red Noses (Remounted) | Bembo | Strawdog Theater Company |
| Joseph... Dreamcoat | Judah / Dance Captain | Summer Place Theatre |
| The Odd Couple | Speed | Dauntless Players Theatre Company |
| Red Noses* | Bembo | Strawdog Theater Company |
| High School Musical | Zeke | Metropolis Performing Arts Center |
| West Side Story | Riff | Summer Place Theatre |

*denotes Jeff Nomination: Best Ensemble

Education and Training

- Columbia College Chicago: BA Acting - Shakespeare: Tom Mula; Stage Combat: David Woolley/John McFarland; Physical theatre: Marc Frost; Feldenkrais: Suzanne Thompson
- College of DuPage: Various Studies - Acting: Connie Canaday-Howard, Amelia Barrett; Stage Combat/Movement: John Tovar
- World Stage Combat Conference: Advanced level Classes

Special Skills

- Juggling styles: Balls; clubs; rings; cigar boxes; Diabolo (Chinese yo-yo); Poi; contact juggling; spinning plate; balance ball/hat
- Circus Arts: Unicycle, stilts (standard and Jumping); intermediate tumbling; clowning
- Martial Arts training in Tae Kwan Do, Aikido, Karate, Krav Maga, knife, Jo staff, Bo (long staff), Kama
- Memberships: International Jugglers Association; Society of American Fight Directors; The Academy of Fight Directors Canada; British Academy of Stage and Screen Combat
- Certifications and Awards:
 - Society of American Fight Directors: Advanced Actor Combatant; Recommended in Unarmed, Rapier and Dagger, Smallsword, Sword and Shield, Broadsword, Hollywood Single sword, Knife
 - The Academy of Fight Directors Canada: Certified Advanced Actor Combatant
 - Society of Australian Fight Directors, Inc.: Level 3 Advanced Actor Combatant
 - British Academy of Stage and Screen Combat: Advanced Actor Combatant; Passed with distinction in Unarmed, Rapier and Dagger, Knife, Sword and Shield, Smallsword, Passed with Broadsword
 - Nordic Stage Fight Society: Level 2 Advanced Actor
 - Paddy Crean award, The Academy of Fight Directors Canada
 - Instructor's Award: Society of Australian Fight Directors, Inc.
 - Actor of the Year: Elmhurst College