



49th Parallel Bookings & Mgmt

# FREDERICKA MEEK

SAG-AFTRA

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## TELEVISION

### Suspense

V.I.R.A.L.

General Hospital

CONAN

Kid n' Plays Funny Business (pilot)

Anger Management

Work It

BoomChickBoom Sketchisodes

Conan O'Brien's "Legally Proh." (Tour)

Dak Tandy (Pilot)

Franklin & Bash

The Tonight Show w/Jay Leno

Paradise Drive

BIMBOS LIVE from VEGAS! (sketch pilot)

Passions

Head Cases

Guest Star

Guest Star

Recurring Principal

Sketch Comedy Co-Star

Co-Star

Co-Star

Co-Star

Series Regular/Writer

Coquette

Series Regular

Co-Star

Sketch/Day Player

Series Regular

Series Regular

Principal

Guest Star

Blue Hours Prods.

Viral Productions

ABC/Various

TBS

Rush Hour Prods./Michael Bohusz

FX/Gerry Cohen

Warner Bros./Jeff Melman

Hey Gurrrrrrrr Prods./Various

Conaco

CMS Prods.

TNT/Steve Robin

NBC/Kevin Castro

Homelandfilms Productions

HeyGurrrrrrrr Prd/Kenny "The Jet" Smith

NBC/Phideaux Xavier

20th Century Fox Prods./Jerry Levine

## FILM

Blackbird

Conan O'Brien Can't Stop

Penn

Method Acting

Breathproof

Sweet Oranges

Whigmaleerie

El Mariachi Negro

Supporting

Self/Coquette

Supporting

Supporting

Supporting

Supporting

Supporting

Lead

Dir. Nicole Thompson

Dir. Rodman Flender

Dir. Brandon Green

Dir. Richard Warren

Dir. Richard Warren

Dir. Trey Haley

Dir. Peter MacLean

Dir. Lauren Nadler

## COMEDY (Partial List-Stand-up, Sketch, etc.)

Mommies: An American Parody

That New New Show

Best of Sketch Slam!

Next Comic Standing Comedy Showcase

Crazee Cindy's Comedy Show

Democracy: Never Having to Say Sorry

Saturday Night's Main Event

Pretty Funny Women: Valley Girls

Writer/Performer

Sketch Performer/Writer

Sketch Performer/Writer

Stand-up comedienne

Stand-up comedienne

Sketch Performer/Writer

Sketch Performer/Writer

Stand-up comedienne

1:1 Productions/R. Warren

UCB Sunset/A. Seeley

Comedy Central Stage at the Hudson

HaHa Comedy Cafe

Comedy Store Main Room

LACF Spotlight Series/C. MacKenzie

Second City/C. MacKenzie

Flappers Comedy Club/L. Sundstedt

## THEATRE (Partial List) \*NAACP AWARD WINNER\*

Carmen Jones

WOACA (AKA Ladies in Their Prime)

\*\*Unsung Heroes

A Little New Music

Conan O'Brien's Legally Prohib. Tour

Car Wash: The Musical (Bdwy Wkshp)

Stars At Night @54 Below

NAACP Awards 2014

Love In All The Wrong Faces

The Starmaker

Little Shop of Horrors

\*Bubbly Blk Grl Sheds Her Chmln Skin

Body Language

Celticfusion

Carmen-Lead

Maxine-Lead

Anarcha-Lead

Featured Performer

Coquette

Bunny-Supporting

Lead Vocalist

Lead Vocalist

Lead

Destiny-Lead

Chiffon-Supporting Lead

Emily-Supporting Lead

Tina-Star

Lead Vocalist

ETCSB/Jonathan Fox

Diamond Quimby/Natalie Nucci/Larry Raben

Atlanta Blk Thtr Fest/Dir. Zadia Ife

Wallis Annenberg Theatre

National Tour/Conan O'Brien

Dir. Otis Sallid

SAG/Live It Up Prods.

Saban Theatre

Stage 52/Dir. Taja V. Simpson

Hlywd Theat. Fest./Aloma Wright

Musical Theatre West

Pico Playhouse/Lindsay Gearhart

Stage 52/Warner Theatre/M. Ajakwe

National & Chilean Tour

## TRAINING

Killian's Com'l Wrkshp, UCB, Caroline Liem, Amy Seeley, Brian Reise, Senait Ashenafi, Lauren Patrice Nadler, Tom Todoroff, Chip Fields-Hurd, Improvatorium, Groundlings, Lisa Sundstedt, Robert Townsend, Matilda Haywood (Voice), Jackie Sleight, Liz Imperio, Terry Bee-man, Winifred Haun, Randy Duncan (Dance) **Languages:** Spanish, Scripted French, Scripted Italian. **Dialects:** British, Puerto-Rican, Cuban, Jamaican, Southern, Midwestern. **Dance:** Jazz, Ballet, African, Hip-Hop. **Vocal:** Pop, A Capella, Musical Theatre, Spanish, Jazz, Rock, Gospel, some Piano.