

Sarah Metz

(818) 522-6244

sarahannemetz@gmail.com

Profile

Comedian, writer, visual artist, and producer who is unbelievably passionate about comedy as an artform. Thrives in both collaborative and independent environments. 15+ years of experience in comedy performance. Trying to erase all evidence that she played Kenan Thompson in an SNL sketch for her 4th grade talent show.

Film/TV

| | | |
|----------------------------------|-----------------------------|---------------|
| <i>Jimmy Kimmel Live!</i> | Summer Production Assistant | ABC, Kimmelot |
| <i>We Playin' Spades</i> | Writer (Uncredited) | Wondery |
| <i>Masterclass - Amy Poehler</i> | Performer | Masterclass |

Producing

| | | |
|--------------------------------------|-----------------------|--------------------|
| <i>MessFest Comedy Festival 2025</i> | Co-Executive Producer | Annoyance Theatre |
| <i>Left Unattended</i> | Co-Producer | Playground Theatre |
| <i>MessFest Comedy Festival 2024</i> | Artistic Director | Annoyance Theatre |
| <i>Wisecracks</i> | Senior Editor | BitRake Humor |
| <i>Have You Seen This?</i> | Producer/Head Writer | Studio 408 |

Directing

| | | |
|-------------------------------|----------|-------------------|
| <i>Minprov</i> | Director | Various |
| <i>120 Blackouts</i> | Director | Studio 408 |
| <i>This Blows!</i> | Director | Annoyance Theatre |
| <i>3 Blankets And A Towel</i> | Director | iO Theater |

Miscellaneous

| | | |
|---------------------------|-----------------------------|-----------------|
| <i>Playground Theatre</i> | Lead House Manager | Chicago, IL |
| <i>Attractions Host</i> | Universal Studios Hollywood | Los Angeles, CA |
| <i>Wig Ventilator</i> | DePaul University | Chicago, IL |
| <i>Sales Associate</i> | Topdrawer, Itoya Corp. | Los Angeles, CA |

Recognition

Scholastic Art And Writing Awards; Gold Key

Training

| | | |
|-------------------------------|-----------------------------------|---------------------------------|
| <i>BFA Comedy Arts</i> | <i>Class of 2025</i> | <i>DePaul University</i> |
| Voice and Speech | Lisa Beasley | The Theatre School |
| Acting For Comedy | Jeff Bouthiette | The Theatre School |
| Directing Comedy | Anneliese Toft | The Theatre School |
| Improvisation | Liz Joynt Sandbeg & Johnny Nelson | The Theatre School |
| Satire Writing | Mike Gillis & Sammi Skolmoski | The Theatre School |
| Comedy Writing Intensive | Paulina Pinsky | Columbia University |

Skills

Creative Producing and Development | Satire Writing | Improvisational Comedy (15+ years of training) | Wig Ventilation & Construction | Driver's License | Passport | Proficient In Adobe Creative Suite, Microsoft Office, Final Draft, and Blackmagic Broadcasting Equipment | Printmaking | Visual Art |