

# Sophie Margaret Helmer

TEL: (204) 479-1405  
 AGE: 18  
 DOB: July 11th, 2005  
 EYES: Blue

EMAIL: shelmer789@gmail.com  
 HEIGHT: 5' 2"  
 HAIR: Brown  
 PRONOUNS: She/Her

## Theatre

Love/Sick	Woman	Actor's Studio / C. Moore	Present
Cacophony	Abi	Actor's Studio / C. Moore	2024
Women	Amy March	Winnipeg Fringe Festival / C. Moore	2023
Women	Amy March	Actor's Studio / C. Moore	2023
A Christmas Story	Older Ralph	Grant Park High School / J. Tomanek	2022
Romeo and Juliet	Romeo	Winnipeg Fringe Festival / C. Leeson	2022
The Wolves	#46	Actor's Studio / C. Moore	2022
Three Musketeers	D'Artagnan	Grant Park High School / J. Tomanek	2021
Concord Floral	Bobbie James	Actor's Studio / C. Moore	2020-21
A Midsummer...	Hermia	Grant Park High School / J. Tomanek	2020
Clue	Miss Scarlet	Grant Park High School / J. Tomanek	2019
Almost, Maine	Glory	Winnipeg Fringe Festival / C. Moore	2019
Happily Ever After	Charlie	PTE Festival of New Works / B. Drayder, C. Moore	2019
Almost, Maine	Glory, Ginnette	PTE Youth Acting Conservatory / C. Moore	2019
Cymbeline	Arviraga (Arviragus)	Indifferently Reformed / C. Leeson	2018

## Musical Theatre

La Vie Boheme	Jo March, Gertie Pye	Desautels Faculty of Music / D. Fletcher, R Cameron	2024
Cinderella	Ella	Grant Park / J. Tomanek, K Coppens, R. Fontaine	2023
Chicago	Roxie Hart	Grant Park High School / J. Tomanek, K. Coppens	2022
25th Annual Putnam...	Olive	Grant Park High School / K. Coppens, K. Wiebe	2021
Madagascar Jr.	King Julien	Grant Park Middle School/ R. Fontaine	2019
Peter Pan Jr.	Tinkerbell	Grant Park Middle School/ R. Fontaine	2018

## Scholarships/Awards

Johnson-Takoski Award	Grant Park High School	2023
Jim Carr Legacy Award for Musical Excellence	Grant Park High School	2023
Renewable Scholarship (\$2000/year)	Desautels Faculty of Music, U of M	2023
100th Anniversary Scholarship	Winnipeg Music Festival	2021
W.H. Anderson Memorial Trophy	Winnipeg Music Festival	2021

## Workshops and Training

Upper Voices (DFOM Choir)	Elroy Friesen/Stuart Sladden	2023 - Present
Musical Theatre Ensemble (DFOM)	Donna Fletcher	2023 - Present
Voice Lessons	Donna Fletcher	2020 - Present
Actor's Studio	Prairie Theatre Exchange / C. Moore	2019 - Present
Advanced Choral	Grant Park High School / K. Wiebe	2019-23
Concert Choir	Grant Park High School / K. Wiebe	2019-23
Drama Courses	Grant Park High School / J. Tomanek, E. Stephensen	2019-23
Jazz Band / Concert Band (flute/saxophone)	Grant Park Middle School / J. Karlowsky	2017-21
Ballet	Drop-In Dance	2020
Voice Lessons	Janna Larsen	2019-20
WECC Musical Theatre Workshop	West End Cultural Centre / B. Gorlick	2019
Choir (Glee Club)	Grant Park Middle School/ K. Wiebe	2018-2019
Performing Arts	Grant Park Middle School / R. Fontaine	2017-2019
Broadway Dance Convention	T. Leighton, J. Sevillo, T. Kojima	2018
Junior Shakespeare class	Manitoba Theatre for Young People/ K. Suss	2017-2018
Camp Rainbow	Rainbow Stage	2017
Musical Theatre	Stoney Brook Dance Company/ S. McLean	2015-2016
Hip Hop	RWB Satellite Program, St. Malo School	2014-2015
Ballet	School of Contemporary Dancers	2012-2014
Pembina Trails Voices	Pembina Trails School Division	2011-2013



