

*Confessions  
of a  
Casting Assistant*

WITH

NOHELY



AUDITION PREP WORKSHOP FROM THE OTHER SIDE OF THE TABLE

Get the insight on what casting is looking for from someone whos been on both sides of the table. How to prep your audition book, how to budget life, and booking in the room and on tape.



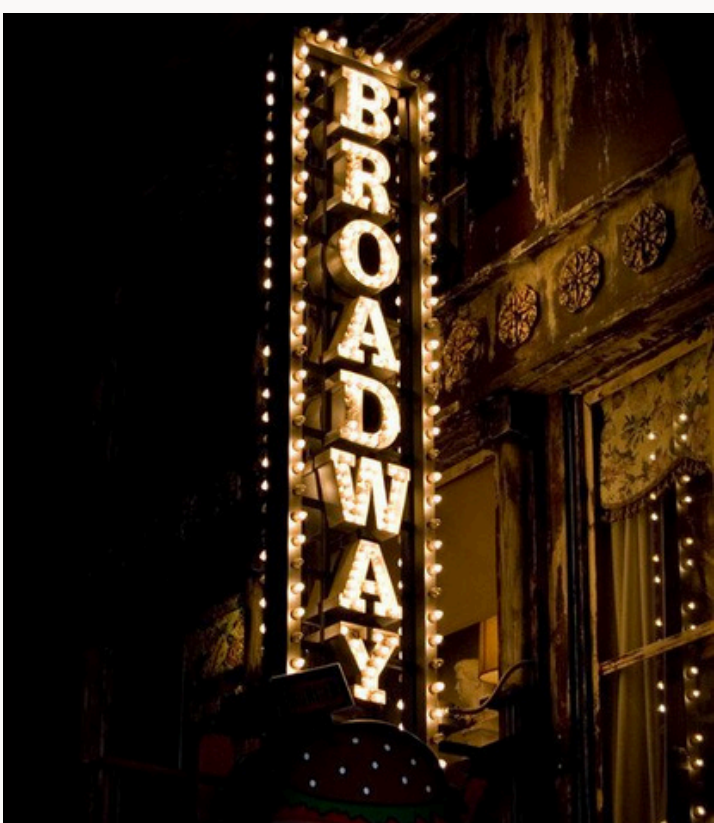
## Workshop Contents

### #Audition Feedback

Artists will come prepared with their audition book to get feedback from Nohely on what they can improve on and what their strengths are.

### #Music Book & Headshot/Resume Prep

I'll provide examples and go through some artists books to correct how to notate your music, how to communicate with your accompanist, and feedback on headshot/resumes.  
\*Accompanist available for hire or this can be a no music educational only.



### #Q&A

I'll answer questions all things auditions, agents, New York auditions, what to do after high school, how to prep for college, **how to budget for the life of an actor.**

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# Nohely Quiroz

## *Confessions of a Casting Assistant*



Nohely Quiroz is a singer, actress, writer and stunt performer, and casting assistant! On top of 11 years experience as a theme park performer for Disney, she has performed across California theaters such as The Chance Theater, The Landis PAC, DOMA Theater, The Wallis Annenburg & Rockwell Table and Stage. Nohely made her New York debut at Carnegie Hall in Touch the Sky honoring Chita Rivera, hosted by Seth Rudetsky, singing alongside Melissa Errico, Liz Calloway, and Charlotte d'Ambiose.

Recent work includes Disney's Monsters at Work, the animated film Sheep & Wolves II and the animated show Camp Camp. She was also the female voice for development of the feature films Waiting in the Wings I & II, where she later worked on both soundtracks. Past stage credits include Better Call Saul, NCIS, and originating the role of Rita in The Unauthorized Musical Parody of Bridesmaids directed by Tony Award Winner Marissa Jaret Winokur. Magenta in Rocky Horror with Frankie Grande & Tai in UMPO Clueless at Rockwell Table & Stage. Extraordinary Girl in Green Day's American Idiot with DOMA Theater company, Georgie in Full Monty, & Rusty in Footloose. Nohely was part of the 2020 CBS Diversity Showcase Cast where she is under their mentorship today. Nohely has worked on several original musical parodies at Rockwell Table and Stage, readings of new musical developments, and continues to work in dubbing Spanish television to US tv. Her one woman show Tales of a 5 Foot Nothing has also been presented in multiple venues in Orange County. **Nohely is also a casting assistant for Los Angeles and Orange County theaters, making her a key player in helping young artists come into the room with confidence and professionalism.**

# Nohely Quiroz

nohelyqrz@gmail.com

949.872.7441

Los Angeles, CA 91601

English/Spanish

20 years working in the entertainment industry. Proficient in music, theater, dance, voice, animation, film production and everything from casting to producing and the final product. Casting and working in music or theater are my strengths. Experience by doing for many years has elevated me to have a great talent pool and relationships with local producers.

## EDUCATION

Audio Technology-Music Department. Pasadena City College. (ongoing)

Music and Dance Composition- Theater Department. Orange Coast College

Active Member SAG-AFTRA / AEA

## EXPERIENCE

### CBS SHOWCASE 2020

6 months working closely with Talent Casting Executives writing hundreds of sketches for a show. Learning the ins and outs of a network and their creative decisions. Cast and performer.

### CASTING ASSOCIATE

(Alison Franck Casting, The Telsey Office, Lindsay Brooks CSA)

Casting associate and assistant for multiple offices by project. Consistent intern for Lindsay Brooks casting McCoy Rigby Productions. Working closely with the creative team to help facilitate auditions, paperwork, run auditions, make cuts, reader for final callbacks, and communicating with the monitor for the room.

### WALT DISNEY WORLDWIDE SERVICE

From starting out as a performer at the Disneyland Resort I have had the privilege of wearing multiple hats for Disney. Media Host escorting event guests for the brand. Talent Casting Assistant for on-site auditions, Youth Education Series facilitator, escorting school groups, and more recently voicing Disney Animation and dubbing Disney+ series.

### CARNEGIE HALL DIRECTORS ASSISTANT

"Touch The Sky" a benefit concert honoring Chita Rivera. Assistant to Andrew McBean. Book rehearsal rooms, schedule high profile calendars, run rehearsals, contact producers and agents and managers for scheduling and guest list, and rehearsal notes.

### LULULEMON

7+ years working as a seasonal educator in retail customer service in Orange County and Los Angeles. 3+ years working for the Guest Education Centre. Brand voice and knowledge of product, calls, emails, chats with guests. And contributed to meetings with the I.D.E.A. team for feedback on diversity and inclusion.

## SKILLS

Typing, Spreadsheets, Word Documents, iMovie, Reaper, Zoom, excellent organization skills, meets deadlines, resourceful problem solver.

# NOHELY QUIROZ

(no-elle-lee) (key-rose)

**SAG-AFTRA/AEA**

Based in Los Angeles | Local to NM, NY, TX

Height: 5'0"      Weight: 108lbs

Eyes: brown      Hair: dark brown

Languages: english & spanish

Vocal Range: mezzo-soprano (D#4-D6 Belt)

949.872.7441 / info@nohelyquiros.com

## Los Angeles (Theatrical)

Lilly Bankston  
1901 Avenue of the Stars, Suite 200  
Los Angeles, CA 90067  
210.683.5089 | lilly@bankstontalent.com

## New Mexico & Texas (Theatrical)

Kacey Royce  
PO BOX 33541  
San Antonio, TX 78265  
951.833.8193 | kacey@banstontalent.com

## Los Angeles (Voice Over)

Arlene Thornton  
12711 Ventura Blvd Suite 345  
Studio City, CA 91604  
818.760.6688 | voiceover@arlenethornton.com



## THEATRE

NOHELY QUIROZ: TALES OF A 5 FOOT NOTHING

8 STEPS TO DOMESTIC BLISS

UMPO BRIDESMAIDS (Fight Choreographer)

TOUCH THE SKY: HONORING CHITA RIVERA

UMPO A LEAGUE OF THEIR OWN

UMPO CLUELESS

ROCKY HORROR WITH FRANKIE GRANDE

GREEN DAYS AMERICAN IDIOT (Aerial Captain)

DOGFIGHT (Dance Captain)

Full List Available Upon Request

Self

Paula

Rita

Featured

Betty Spaghetti

Tai

Magenta

Extraordinary Girl

Chippy

Dir. Ruben Bravo / SoCal Tour

Dir. Jolie Fisher / Comedy Central Stage

Dir. Marissa Jaret Winokur / Rockwell

Dir. Andrew McBean / Carnegie Hall

Dir. Emma Hunton / Rockwell

Dir. Jimmy Smagula / Rockwell

Dir. Chadd McMillan / Rockwell

Dir. Marco Gomez / DOMA

Dir. Mathew McCray / The Chance

## TELEVISION

ON CALL

MONSTERS AT WORK 2

BETTER CALL SAUL

NCIS

2020 CBS SKETCH COMEDY SHOWCASE

LAS AZULES

THE FIRST OF US

SIEMPRE FUI YO

TIERRA INCOGNITA

CAMP CAMP

AZTECA MUSICA: LA ACADEMIA

Stunt Double

VO (Various)

Co-Star

Co-Star

Cast/Writer

VO (Lead)

VO (Supporting)

VO (Various)

VO (Theme Song)

Featured Vocalist

Featured Vocalist

Stunt Coord. Eddie Yansick / AMAZON

Dir. Kevin Deters / DISNEY+

Dir. Michael Morris / AMC

Dir. Terrance O'Hara / CBS

Dir. Stephen Guarino, Tess Paras / CBS

Dir. Ezra Weisz / APPLE TV

Dir. Nathalia Hencker / Paramount+

Dir. Fabiola Stevenson / DISNEY+

Dir. Timmy Red / DISNEY+

Composer Ben Zecker / ROOSTER TEETH

AZTECA MUSICA / AZTECA-TV

## FILM

SHEEP AND WOLVES 2

OMEGA INCIDENT

ALOUD

THAT FRANK

WAITING IN THE WINGS: STILL WAITING

WAITING IN THE WINGS: THE MUSICAL

Featured Vocalist

Lead (Stunts)

Featured Vocalist

Co-Star

Featured Vocalist

Demo Vocalist

Composer Ben Zecker

Dir. Cameron Elmore

Composer Ben Zecker

Dir. Dana Maddox

Dir. Q Allen Brocka

Dir. Jenn Page

## TRAINING

Voice & acting      Marni Nixon, Jo Monteleone, Louie Avila, The AFA Studios

Dance      Jimmie Defore Dance Center, Millenium Dance Complex

Stunts      Mike Chat, Tim Storms, Stephen Koepfer, Jo Witherall, Matt Baxter

Aerial Hammock      Ray Pearce, Maya Kramar, Womack & Bowman

## SKILLS

High Falls (10ft), Aerial Hammock, Pole, Wire Work (2 point and single point),

Ratchet pulls, Rope Swings, Basic Gymnastics, Acro Yoga, Boxing, Kickboxing, BJJ,

Stage Combat: Hand to Hand, Ground and Pound, Knife, Sword, Fencing, Bo staff, Bullet Squibs,

Bullet FXS, Fire handling (no full body burns), Firearms Safety and Operation (stage and screen)

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# Let's Connect

Book for workshops or coachings  
in person or online

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Website: [www.nohelyquiroz.com](http://www.nohelyquiroz.com)



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