

# FILM/TV ACTING

*With Style Dayne*



WELCOME TO

## BAR S STUDIOS



We're building something special: a space where actors train hard, connect deeply, and grow their careers – right here in Saskatchewan. Whether you're brand new to us or part of the Bar S family already, here's a look at what's happening, what we're learning, and what's coming next.

“

I had the absolute pleasure of conducting mock auditions in Style's class. Duly impressed. Where passion meets preparation. They are ready!

~ **Brenda McCormick: Casting Director**



In this newsletter you will find:

Audition tips, Studio Spotlight, Upcoming Events, Whats Casting



We must overcome the notion that we must be regular... it robs you of the chance to be extraordinary and leads you to the mediocre.

~ Uta Hagen: NYC Acting Coach (1919-2004)

## The Heart of a Great Audition

### TRUTH, COURAGE, AND CONNECTION

When it comes to auditions, it's easy to get stuck chasing "perfection" – hitting the lines exactly, standing on the right mark, giving the “right” performance. But here's the truth: casting directors aren't looking for perfect. They're looking for connection. For truth. For something that feels alive.

The auditions that stick aren't the ones where every word is polished and rehearsed within an inch of its life. They're the ones where the actor brings a piece of themselves to the work. Where the performance feels honest – messy, human, and real.

At Bar S Studios, we teach that a great audition is rooted in truthful connection. First to yourself: your instincts, your emotions, your point of view. Then to your scene partner (even if that partner is just the reader in a room). Auditions are not about proving yourself. They're about sharing yourself.

**And that takes courage.**



## Bold, brave choices

Bold, brave choices are what make auditions memorable. It's not about being loud or flashy – it's about making strong decisions based on what you believe the character wants and needs in that moment. It's about risking vulnerability. About trusting your gut, even if it feels a little scary.







The strongest auditions have a heartbeat. They feel like a real human being fighting for something real. Even if you only have two pages of sides, you can still show casting a window into a whole world. It's not about getting it "right" – it's about being true.

HONESTY OVER POLISH. CONNECTION OVER PERFORMANCE. COURAGE OVER FEAR.

If you leave an audition knowing you showed up fully, bravely, and truthfully – that's a win. Whether or not you book the role, you're doing the real work of being an actor: telling the truth under imaginary circumstances.

At Bar S Studios, we believe the audition is not a test to pass or fail. It's a chance to create. To connect. To be an artist, not a product. Every time you walk into a room or send in a tape, you have the opportunity to leave a mark simply by being real.

So next time you prepare for an audition, remind yourself: you are enough. The work is enough. Trust the truth. Make bold choices. And let them see who you are – not just what you can do.

**That's what matters.**



## WHAT'S SHOOTING

~ Not an official, vetted or exhaustive list ~

### Priest Walks into a Bar

Medium: Short Film  
Location: Moose Jaw  
CD: Denise Seguin-Horth  
Union: Non Union  
Timeline: May 2025

### Bloodletting

Medium: Feature Film  
Location: Regina and Area  
CD: TBD  
Union: TBD  
Timeline: June 2025

### One Perfect Date

Medium: Feature Film  
Location: Regina  
CD: Brenda McCormick  
Union: ACTRA  
Timeline: July 2025

### Split Rock

Medium: Feature Film  
Location: Avonlea and Area  
CD: TBD  
Union: TBD  
Timeline: Fall 2025



# WHAT'S NEXT



## TEEN INTENSIVE

JUNE 7 AND 8. 10AM-4PM

**Two days. One camera.  
Endless possibilities.**

Get ready for a weekend of deep, on-camera training designed just for teen actors who are serious about their craft.

At Bar S Studios, our Teen Weekend Intensive will sharpen your skills, boost your confidence, and prepare you for real opportunities in film and television. Through hands-on scene work, character development, and audition techniques, you'll spend two full days working on truthful, brave, and professional performances – all captured on camera.

LIMITED SPOTS



## Set to Screen

MAY 15 - JUNE 5, EVENINGS

Set to Screen (Masterclass) prepares you for the work – and gives you the tools to book it. Build on-set confidence, plus professional headshots and a polished demo reel that captures your best.



## Intro to Camera

MAY 13 - JUNE 3, EVENINGS

Intro to Camera is where the fear fades – and the magic begins. Designed for emerging actors, this class helps you find your truth in front of the camera, trust your instincts, and build the confidence to be fully seen.

email me: [styledayne@gmail.com](mailto:styledayne@gmail.com)







## LAURA ABRAMSEN

*SCHITT'S CREEK, DIE ALONE, #VANLIFE*

FROM SCHOOL PLAY TO SET LIFE:  
MY JOURNEY AS AN ACTOR

Like many actors, my journey began in a high school play. From the first moment on stage, I was hooked. That passion led me to the University of Regina's Theatre program, where I discovered a deep love for film acting. Over the next four years, I dove headfirst into the work – completing 11 feature films, 12 short films, 10 plays, and earning my degree. (Let's just say... I'm still tired.)

After graduation, I packed my bags and headed to Toronto, ready to level up. I trained hard, cried harder, and pushed myself every step of the way.

### **New Projects, New Challenges**

These days, I'm thrilled to be working on a new feature film called *One Perfect Date*, written by my incredibly talented friend Lucas Frison. It actually began as a short film (*Pen Pals*), which I was lucky enough to be part of. Now, we get to bring the story to life on a bigger scale.

Even more exciting? I get to play the antagonist – a role I don't usually land, and one that's stretching me in all the best ways. It's refreshing to do something different, especially with such an awesome cast beside me.

### **Evolving My Process**

My approach to acting has changed a lot over time. I started out hyper-focused on the details – deep script analysis, full character breakdowns, intense preparation. And while I still value that foundation, I've learned that true magic happens in the moment, especially when I shift focus from myself to my scene partner. Serving the story – and the people in it – creates performances that are more grounded, collaborative, and alive.

Laura in a Sasktel Campaign



*One thing that's stayed the same, though? My lucky orange highlighter.*

### Training That Changed Everything

Training at Bar S Studio has been a game-changer. Working with Style Dayne and the other actors at the studio has revolutionized how I audition and perform. Auditions used to feel terrifying – all nerves and pressure. But now? I play. I listen. I connect. I've learned how to let go of control and trust the work. I wish I could redo every audition I've ever done with the tools I have now. But what matters most is where I'm going – and the future looks amazing.

### Advice for Fellow Actors

If I could tell new actors one thing, it's this: say yes to everything. Treat every opportunity like it matters – because it does. Build meaningful relationships, stay in training, do the work, and show up consistently. The industry sees that. And when you talk about yourself and your work, speak with positivity and belief.

*Laura is repped and managed by Lisa Marie Schwartz at the Edge Agency, Regina, SK.*



At the Regina International Film Festival

### Dreaming Big

My dream role? A dark, dramatic psychological thriller – something like *Black Swan*. I want to lead in a story that messes with your head and breaks your heart. And if there's a fight scene or two in there? Even better.



Laura on set of #VanLife

### Staying Inspired

Let's be honest – staying inspired can be tough. It's a muscle like anything else. For me, it means staying curious and creative, both inside and outside the industry. I train regularly, but I also sketch, visit local theatre, and hit the cheap seats at the symphony (hello, RSO!). I soak up experiences wherever I can. Lately, I've even learned how to knit – so if you ever need a lumpy dog sweater, I've got you covered.