

## **Alistair Cook**

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### **EDUCATION**

**Douglas College**, Vancouver, BC June 1996  
Department of Performing Arts, Diploma in Theatre

### **EMPLOYMENT EXPERIENCE**

*Faculty and Artistic Advisory Member*, **Vancouver TheatreSports League**, Vancouver, BC  
2007 – Present

Design and manage all classes at VTSL's Centre for Improv Theatre; provide ongoing artistic assistance with mainstage and secondary productions, including direct feedback to cast; advise director Jay Ono; perform on the mainstage and instruct at the Centre for Improv Theatre.

*National Director*, **Canadian Improv Games**, Vancouver, BC 2000 – Present

Manage coaching and regional tournaments; produce training materials for coaches; produce annual tournament at National Arts Centre in Ottawa; handle budgeting, marketing, financial management and general artistic direction of the organization and its programs; organize, staff and produce the annual Improv Camp.

*Artistic Director*, **Vancouver International Improv Festival**, Vancouver, BC  
2000 – Present

Founded and serve as artistic director of Vancouver's annual showcase and ensemble improvisational theatre festival, which includes acts from all over the world. Duties include production, design, marketing, budgeting and the financial management of the organization. Present the annual festival at various venues around the city.

*Director*, **Instant Theatre Company**, Vancouver, BC 1998 – Present

Founded and serve as artistic director of Vancouver's world-renowned longform improvisational theatre company. Duties include production, design, marketing, teaching and coaching, and the financial management of the organization, including leadership to players and students in workshop and conservatory classes.

*Manager*, **Vancouver Little Theatre**, Vancouver, BC 1996 – 2001

Managed the entire theatre, including budgeting, financial administration, front of house and technical production of events; marketed for and promoted these events; assisted countless emerging artists and theatre companies in the city in the production of their first works for the stage.

*BC Regional Director*, **Canadian Improv Games**, Vancouver, BC 1992 – Present

Managed the BC region of the tournament, including budgeting, marketing and financial administration; trained games staff and teams of high school students within the BC region with the goal of competition on the regional and national level.

### **AWARDS & AFFILIATIONS**

- Second-place winner, Tournament of Wonders, 2008
- First-place winner, Masters of the Universe Improv Tournament, 2007
- Founders Award, Canadian Improv Games, 2002
- Second-place winner, Vancouver TheatreSports Rookie Tournament, 1992

## Alistair Cook

has been performing, instructing, consulting, and directing improvisation for audiences across Canada, the US and Europe. He is currently the National Director and President of our nation's improvisation tournament for young people, the Canadian Improv Games. Alistair is a performer and instructor at Vancouver TheatreSports League and is the Founder and Director of Instant Theatre Company. He's also the Artistic Director of the Vancouver International Improv Festival.

### Professional Performance and Production

#### 1992–1997

- 2nd place VTSL Rookie tournament (1992)
- Competed in Canadian Improv Games representing BC. (Placed 2<sup>nd</sup> overall in Canada.)
- *Vancouver's Most Dangerous Improv*, Gastown Theatre
- *X-Fools: The Spoof is Out There*, Gastown Theatre.
- Canada Day, Federal Government, Ottawa Ont.
- *Loose Moose International Improv School*, Calgary, AB
- *Micetro Improv*, Vancouver Little Theatre
- *The Audition*, Vancouver Little Theatre
- BC Summer Games Improv Tournament, Shadbolt Centre
- Seattle International Improv Festival, Seattle, WA

#### 1997–2001

- *Thread*, Vancouver Little Theatre
- Vancouver International Improv Festival, Vancouver Little Theatre
- Seattle International Improv Festival, Seattle Wa
- *Premiere: an Improvised Play*, Vancouver Little Theatre
- *Campfire*, Vancouver Little Theatre
- *Blank Slate*, Vancouver Little Theatre
- *Transformations*, Vancouver Little Theatre
- *Antiques Improv Roadshow*, Vancouver Little Theatre

#### 2001–2003

- *Vancouver International Improv Festival*, Roundhouse Performance Centre
- Seattle International Improv Festival, Seattle, WA
- *The Riddle*, Presentation House Theatre
- *TheatreSports*, Green Door Studio
- *Antiques Improv Roadshow* (2002 Vancouver Fringe Festival)
- *Cage Match*, Jazz Cellar.
- *Improv All-star Show*, McNally's, Regina, SK
- *Impromaniacs*, Victoria BC

#### 2003–2008

- *Cage Match*, Vancouver Fringe Festival and Jazz Cellar
- Vancouver International Improv Festival, Festival House
- *Catch 23 Improv*, Clintons Tavern, Toronto, ON
- *Superstar*, Arts Court Theatre, Ottawa, ON
- *Headlines and Professor Mendelson and His Mind*, Festival House
- *The Blender*, Festival House
- Victoria International Improv Festival, Victoria BC
- Ryan Stiles' The Upfront Theatre, Bellingham Wa.
- Berlin International Improv Festival, Meringhoff Theatre, Berlin
- Miami International Improv Festival, Miami FL.
- Chicago Improv Festival, Athenaeum Theatre Chicago.

- Seattle International Improv Festival, Seattle, WA
- The Sunday Service, wink Café
- *So You Think You Can Improvise*, Vancouver TheatreSports league
- *TheatreSports*, Vancouver TheatreSports League
- *Ultimate Improv Championships*, Vancouver TheatreSports League
- *The Complete Works of Bill Shakespeare*, Vancouver TheatreSports League
- *24<sup>th</sup>*, Vancouver TheatreSports League

### **The Canadian Improv Games**

#### **Productions:**

- The Canadian Improv Games BC (LM) Regional Tournament, Kitsilano Studio (1993) Waterfront theatre (1994-97), Roundhouse Performance Centre(1998-present)
- CIG Lower Mainland Tournament, Vancouver (2002 to 2007)
- CIG Island Regional Tournament, Victoria BC (2002 to 2007)
- CIG Okanagan Regional Tournament, Penticton BC (2003 - 2004)
- Canadian Improv Games National Festival and Tournament (Vice President, President and National Artistic Director), National Arts Centre, Ottawa Ont (2000-2006)
- The Improv Camp, Camp Tawasi, Regina Sask (2002 to present).
- The Next Act Festival, Havana Theatre, Vancouver (2002 to 2006).

#### **Workshops:**

- CIG Summer Dream Team, Vancouver, BC (1994-97)
- CIG Spring Masterclass, Vancouver, BC (1998-2000 & 2003 - Present)
- CIG Winter Masterclass, Vancouver, BC (1998-2001)
- CIG Certification, Vancouver, Victoria, Toronto, Regina, Edmonton, Ottawa (1999-Present)

***\*Over the past 16 years Alistair has also done easily over 450 workshops with High School improv teams and Drama Classes across Canada the US and Europe.\****

#### **Writings and Video:**

- *Discovering The Moment*, versions 1, 2, 3, 4 and 5 (CIG training manual)
- *Preparing The Moment*, versions 1, 2, 3 and 4 (CIG Producers manual)
- *Inspiring The Moment*, version 1, 2 and 3 (CIG Certified trainers manual)
- *The Canadian Improv Games Training Video* package
- *The Canadian Improv Games Coaches Video*

### **Consulting and Presenting**

- Manitoba Improv League (1995)
- Impromaniacs (2001-present)
- General Fools Improvisation, Regina, SK (2000-2001)
- No Rehearsal Necessary (2000-2002)
- TheatreSports North Vancouver (2002)
- Victoria International Improvisation Festival (2003 - present)
- Upfront Theatre, Bellingham (2005- Present)
- International Drama Educators Association World summit 2005.
- American Alliance of Drama Educators conference 2007.

### **Directing and Workshops**

- Association of BC Drama Educators, Vancouver Island (2001)
- Improvisation for Teachers, Simon Fraser University (2002)
- Improvisation and Longform, Harbour Theatre, Prince Rupert BC (2002)

- Improvisation for Teachers, University of BC (2003)
- Instant Open Workshop, spring/summer (2000-2002)
- Harold and Longform, Instant Festival (2000-2002)
- Improvisation for Actors, Douglas College (1999-2000)
- Longform, Fort MacMurray AB (2001)
- Improvisation and the CIG, Theatre Alberta (2004)
- *Professor Mendelson and his Mind*, (2004)
- International Drama Educators Association World Conference, Ottawa, ON (2005)
- *The Young and the Spontaneous* (2006)
- *Thundercrowd* (2007)
- AATE Conference, Vancouver, BC (2007)
- *The Complete Works of Bill Shakespeare*, Vancouver TheatreSports League (2007)
- New Directions Series: *Mindstorm*, *STORY3* & *Friends Forever* (2007)