

**Toby Frost**  
**40 East Walk, East Barnet**  
**Herts, EN4 8JU**  
**020 8361 0561 toby@tf-technical.co.uk \_ 078 4110 8124**

**Objective:** To become a competent and knowledgeable Sound Engineer within the Entertainment and Leisure Industry.

**Personal:** **Date of Birth:** 17<sup>th</sup> March 1989  
**Nationality:** English  
**Marital Status:** Single  
**Driving Licence:** Full, Clean Category B UK Licence

**Employment History:**

**Event Engineering** **Various**  
**November '06 – Present** **AV Technician**  
Setting up and operating corporate conferences, including building set, running cables, rigging lights, setting up projectors and sound equipment.

**Centre Stage** **Various**  
**September '06 – January '07** **Crew**  
Working on a few different events setting up lighting, sound and power equipment for gigs. Including running cables, rigging lighting and sound equipment, loading and unloading trucks.

**Soho Theatre** **London**  
**10<sup>th</sup> – 14<sup>th</sup> April 2006** **Showman**  
Working as a showman for the Royal Shakespeare Company on their new production of 'Breakfast with Mugabe'. This was a two-week run and involved doing scene changes and striking a 4' by 5-meter carpet

**Crew Co** **Various Locations**  
**March 2006 to Present** **Crew**  
Working in Venues setting up equipment, loading and unloading trucks, moving equipment around.

**Soho Theatre** **London**  
**13<sup>th</sup> February 2006** **Showman**  
I started on 13<sup>th</sup>-14<sup>th</sup> on work experience as a sound technician and then from the 14<sup>th</sup> became a showman for the in-house show. Assisting to set-up, rig and patch speakers. Also assisting the Sound Designer, and learnt a bit about SFX sound program. During the run I worked backstage as a showman making scene changes.

**Wyllyotts Centre** **Potters Bar**  
**November 2005 – Present** **Casual Theatre Technician**  
Working on shows as and when required. Helping to fly lights, clothes and scenery. Lay cables and set-up the stage for in-house show. I am also involved in off-loading visiting company trucks and assist with set up their equipment. Also operate followspots and other equipment as and when needed.

**CW Newton** **Various Locations**  
**2004 to Present** **Technician/crew**  
Working on various shows and gigs setting up lighting and sound equipment. Also doing sound and lighting installations, and working in the warehouse.

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**Bodens Studio and Agency**  
**April 2003 to Present**

**Barnet**  
**Engineer**

Working in a youth theatre setting up set, sound and lighting equipment for all show and running sound and/or lights for a variety of performances that are put on.

**Work Experience:**

**Scala**  
**January 2007**

**Kings Cross**  
**Sound Engineer**

Assisting with setting up microphones and speakers, running cables and assisting other Sound Engineers for multiple bands. Setting up Vinyl and CD Decks for DJs.

**Education: Southgate School**  
**2000 - 2005**  
**Qualification Level – GCSE**

**Enfield**

Applied Business (Double Award)	BB
D&T: Resistant Materials	C
English Language	C
English Literature	C
Mathematics	C
Religious Studies	D
Science (Double Award)	BB

**Professional Courses:**

**Martin Professional - Introduction to Light Jockey**

This course was an introduction on how to use Martin's computerised lighting controller 'LightJockey'.

**White Light – Strand 500 series**

Course on basic use of the strand 500 series lighting desks. Including patching, programming and FX

**LAE London – Live Sound Operation**

I have attended a four-week Live Audio Engineering Diploma Course, in which I setup, operated, and fault found Monitor and Front Of House sound systems. I also learnt about important information and calculations like Ohms Law and Gain structure. During the course I also had the opportunity to put all the skill learn into practice on live bands.

**Interests**

Sports, Music, Computers, Driving

**References available on Request**