



AJ Troup

SAG/AFTRA

TELEVISION

Disney Television Discovers: Talent Showcase 2026		Disney/ABC
Found	Large Co-Star	NBC
Obi-Wan Kenobi	Guest Star	Disney+
Grand Crew	Co-Star	NBC
Pam & Tommy	Co-Star	Hulu

FILM

Loved One	Supporting	Dir. Elizabeth Chatelain
She Keeps Me Young	Supporting	Dir. Doron Max Hagay
One of Them Days	Supporting	Dir. Lawrence Lamont
Thanks for the Mammaries	Lead	Dir. Alesia Etinoff
If Given the Chance	Lead	Dir. Jack Murillo
Mixed Body	Lead	Dir. Brock Lewandowski
Runner	Lead	Dir. Jack Murillo
Pull Yourself Together	Supporting	Dir. Ryan Turner

THEATER

Days of Judas Iscariot	Simon the Zealot	Theatre 68 Arts Complex
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NEW MEDIA

Not How It Goes	Lead (7 eps)	African Studios
AJ... as	Lead (5 eps)	Dir. Anjou McNary
Dear Soulmate	Recurring GS	Dir. Ade Dosunmu

TRAINING/EDUCATION

Nancy Banks Studio		
Playhouse West	Robert Carnegie	Meisner Technique
Lesley Kahn & Company		Lesley Kahn
Groundlings		Improv
Billy O'Leary Studios	Billy O'Leary	On-Camera Auditioning
Amy Lyndon Studios		Amy Lyndon

SPECIAL SKILLS

Sports: Swimming, track and field, football, basketball, running, dance; Accents: Jamaican, Minnesota, Boston; Improv