



Sophia Spring ©

James Parker

Photographic Assistant Profile

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Yorkshire born, London based, Scottish educated assistant.

I have supported photographers and filmmakers for 4 years with a positive, friendly attitude, carrying an abundance of common sense and problem solving. I am highly skilled with lighting and digital systems, having both a photo degree, trained as a lighting technician and worked within London studios. I assist on a variety of shoots, from small crews to large high-end productions, from intimate editorial to vast advertising campaigns, both at home in Britain and internationally.

When not on set and location, I continue to keep up to date with equipment, film and photographic trends, freelancing at both Focus 24 (T.V and Film), JJ Media Equipment (Stills) and GripVan.

I hold a vast skill set with both analogue and digital photography, a clean driving license, passport and playlists. I live a healthy lifestyle, being very fit, adaptable and hard to exhaust.

Photographers

Nassima Rothacker - Sophia Spring - Tim Cole - Regan Cameron - Tung Walsh - Henrik Knudsen - Serge Leblon - Koto Bolofo - Harry Rose Carr - Tereza Cervenova - Tom Van Schelven - Amy Smyth - Leonn Ward - Robin Gillanders and others.

Experience

(2012 - Present) *Photographic Assistant, London.*
(2014 - 15) *Lighting Technician, ThreeFourSnap, London.*
(2014 - 15) *Studio Assistant, Snap Studios, London.*

Equipment Knowledge

Lighting	Profoto, Brieze, Broncolor, Bowens, Kino, Dedo, Arri Tungsten and HMI lights
Digi	Capture One 9, Chronosync, Lightroom, Photoshop Adobe CC Suite.
Systems	35mm, 120mm, 4x5, 10x8, MF, Phase, Nikon, Cannon, Pentax, Sony, Hasselblad
Scanners/Printers	Epson, Flextight, Imacon.

Education

2010 - 2014 // 1:1 BA(HONS) Photography, Edinburgh Napier University & Ryerson University, Toronto
2009 - 2010 // A level, Commercial Photography, Barnsley/Sheffield College.