

VOICEOVER LABS

The **SAG-AFTRA Foundation's Voiceover Labs** in Los Angeles and New York offer state-of-the-art recording studios, as well as a variety of educational programs to assist SAG-AFTRA members pursuing careers in voiceover. Throughout the COVID-19 pandemic, we are providing all of our VO Lab programs and resources virtually.

To participate in VO Lab programming, members must complete an online application and attend an online orientation. Members must first create a free user account with the SAG-AFTRA Foundation at www.sagaftra.foundation. Click [here](#) to get started.

Our free classes, panels, workout groups, and recording sessions help actors advance their understanding of the voiceover industry, learn audio software, and improve their voice acting and craft – all necessary skills to be competitive in the VO field.

Core VO Lab programs presented every month include the *VO Lab Orientation*, *Beginner Bundle*, *Intro Workout Groups*, *Workout Groups* (Non-Beginner Bundle), and *Audio Recording Software* (Twisted Wave 101, Twisted Wave 102, Audacity 101, and Audacity 102).

Our classes and panels cover an array of voiceover topics and genres, and they are taught by voiceover professionals who work across the VO industry. The partnerships we build with voiceover agents, casting directors, producers, managers, and talent result in opportunities for members to work with and learn from the best in the business.

ORIENTATION

The Voiceover Lab Orientation

In order to access the Labs and all of our programs and resources, you must complete the required Voiceover Lab Application (online) and the Voiceover Lab Orientation (VOLO). This 2-hour VOLO covers Lab policies, aspects of sound, file formats, sample rates/bit depths, audio interfaces, microphones, voiceover recording, and editing with Twisted Wave software.

BEGINNER BUNDLE SERIES

The **Beginner Bundle** series is for SAG-AFTRA members who are new to voiceover or who have minimal voiceover experience. The focus is on the fundamentals of a specific voiceover genre and how we conduct our workout groups. These can also be prerequisites for Non-Beginner Bundle Workout Groups.

Beginner Bundle: Intro to Commercial Workouts

Commercial voiceover is the focus of this workout, as well as an introduction to the workout group structure. Attendees will practice reading commercial VO copy (provided by the Lab) and receive direction and feedback from the engineer/booth director and peers within the group.

Beginner Bundle: Intro to Audiobook Workouts

This class will introduce members to audiobook voiceover and prepare them for the Non-Beginner Bundle Audiobook Workout Groups. The workout group focuses on narrating, editing, software workflows, audiobook demos, types of payments, and pay rates. Copy will be provided by the VO Lab.

Beginner Bundle: Intro to Animation Workouts

Animation voiceover allows actors to explore an array of vocalizations and emotions that give life to animated characters. This workout group focuses on how character development and acting skills drive VO performances in animation. Those not selected to read will benefit from the overall instruction and by contributing their thoughts when prompted by the instructor. Copy will be provided by the VO Lab.

Beginner Bundle: Intro to Dialogue Voiceover Workouts

Two or more voiceover actors tackling copy together in the same recording space is an exciting proposition. Good timing and vocal dexterity are needed to keep the dialogue sounding lively and conversational. This workout group will focus on amplifying individual performances and elevating the collective read. Copy will be provided by the VO Lab.

Beginner Bundle: Intro to Voice-to-Picture Promo Workouts

Timing, tone, and performance are critical in promo voiceover. Learning how to fit six seconds of voiceover into a three second space takes practice to master. During this workout, members will learn important promo vocabulary and how to analyze a promo script. Then they will practice voice-to-picture technique by voicing promo clips from network programs. Copy will be provided by the VO Lab.

WORKOUT GROUPS

Workout Groups (Non-Beginner Bundle) are for SAG-AFTRA members who have voiceover experience, have completed the Beginner Bundle prerequisite workouts, and/or have participated in workout groups before. Workout groups provide voiceover actors with opportunities to work on copy together, receive feedback and direction, and learn by listening to others in the group. These groups allow members to strengthen their VO chops while being social. Each workout group focuses on the fundamentals of a specific voiceover genre with the goal of applying the skills learned to all voiceover performance.

The VO Lab's Commercial Workout Group

Practice reading your favorite commercial copy, get helpful adjustments from the instructor, and receive constructive feedback from your VO Lab peers. Be ready to offer your thoughts on the reads of other actors in the group to support the learning process.

Audiobook Workout Group

If you are about to narrate your first audiobook or already have a few audiobook credits to your name, this workout group provides you an opportunity to share your creative ideas with fellow actors and receive constructive feedback on your work. It is important that participants pre-read their chosen material before arriving for the workout.

Animation Workout Group

Having several memorable voices in your repertoire brings value to you in animation voiceover, but being a good actor is still first and foremost. Knowing how to identify the funny joke or action, delivering that authentic emotional turn, or even adding a bit of unexpected improv to an audition or session can help a performance shine. This workout group focuses on character traits and intentions to produce better VO performances. Copy will be provided by the VO Lab.

Dynamic Duos: Commercial Workouts for Two (or Three)

Two to three actors join forces to push the limits of what is written on the page. Step out of your comfort zone and elevate the material with your bold, creative choices and collaborative performances. This workout is a good way to improve timing and sounding natural. Copy will be provided by the VO Lab.

Voice-to-Picture Promo Workout Group

In this workout group, members add their voices to real network promos, listening for “sound on tape” (S.O.T.) cues and watching the accompanying visuals to perfect timing and performances. It takes a bit of concentration to get the moving parts working together in promo, and this workout is a good way to improve those skills. Copy provided by the VO Lab.

Voiceover Audition Prep

Voiceover audition copy will be emailed to participants prior to class. The copy must be recorded, edited, labeled, saved, and submitted for review in advance from home. Turnaround is fast, so performers should be ready to put their best recordings and performances forward. All recorded submissions will receive feedback. During live reads, performers will receive direction and adjustments on their takes.

AUDIO SOFTWARE CLASSES

Audio Software Classes teach SAG-AFTRA members how to record, edit, quality control, process, and save recorded audio for auditions, jobs, demos, and more. Regardless of a member’s level of experience with audio software, these classes teach the skills needed to master self-recording.

Twisted Wave 101: Record, Edit, and Workflow

Twisted Wave is an intuitive and affordable audio editor for Macs. If you have some experience working with Twisted Wave and are looking to expand your knowledge of its functionality, or looking for ways to improve your workflow, this class is for you. Twisted Wave must be downloaded on your computer and operational to participate. This class does not focus on the iOS (iPad/iPhone) version of Twisted Wave.

Twisted Wave 102: How to Master Your Audiobook Recordings and More

Twisted Wave 102 is an intermediate class that explores audio mastering and related recording concepts taught in Twisted Wave 101. This class is also for users of Twisted Wave who want to understand how audio processing can affect voiceover recordings beyond audiobooks. Twisted Wave 102 is a prerequisite for Twisted Wave 103, where members learn about specific plug-ins that add a more professional quality to voiceover recordings.

Twisted Wave 103: Audio Processing with Plug-Ins

Twisted Wave 103 is an advanced class for members who want to learn how plug-ins can be used to repair and improve the overall sound quality of voice recordings. There are numerous plug-ins on the market, so we will focus on the plug-ins that are frequently used in voiceover and voice-related audio production.

Audacity 101: Multi-Track Recording and Key Features

Audacity is a popular (and free) DAW (Digital Audio Workstation) for Macs and PCs. This class teaches members how to advance their workflow and produce better auditions, voiceover demos, songs, and other audio projects. Key functions and concepts taught in Audacity 101 may translate to other multi-track recording software. Audacity 101 is a prerequisite for Audacity 102, where members produce a commercial with voiceover, music, and sound effects.

Audacity 102: Record, Edit, and Mix

Audacity 102 is an advanced class that requires significant experience with Audacity to participate. Members must have the skills and ability to self-direct, self-record, self-edit, and self-QC audio in order to self-produce an audio commercial (voice, music, and sound effects) from start to finish using Audacity software. This class offers a blueprint on how to produce a voiceover demo.

Audiobook Essentials: Process and Master Your Recorded Audio for Distribution

Mastering is the final stage of production before an audiobook is released or distributed. During mastering, narrated audio is transformed into professional quality recordings that meet specific standards and ensure audio levels are consistent. In this class, members learn about RMS, peak values, noise floor, and other aspects of the process. Twisted Wave is used for this class, so if you use Twisted Wave, have it with you during the instruction. For those who do not use Twisted Wave, the techniques in this class can be applied to other popular DAWs and audio editors. Members who are recording audiobooks from home or who want to learn more about mastering audio may find this class useful.

Diving Deeper into REAPER - Intermediate Level

REAPER (Rapid Environment of Audio Production, Editing & Recording) is a multi-track music production DAW (Digital Audio Workstation), and because of its customizability and affordable price, it is popular for voiceover and audiobook recording. In fact, REAPER is Audible Studios' DAW of choice and the subsidiary ACX (Audiobook Creation Exchange) recommends it for recording and producing audiobooks from home studios. Learn how to improve your self-recording workflow using this incredibly flexible DAW. REAPER is Mac and PC compatible and required for this class. Click [here](#) for exact specs.

Pro Tools | First - Part 1

Pro Tools | First is Avid's free version of their popular audio software. Pro Tools | First looks much like the standard version; however, its leaner set of functions make it easier to manage. Plus, it is available for Mac and Windows users. This introductory class offers members a hands-on Pro Tools experience.

Pro Tools | First - Part 2

Part 2 builds upon the introductory class by sharing additional tools available in Pro Tools | First and how to best apply them to recordings. Members also learn how to optimize recording, editing, and mixing features.

The Home Recording Studio

For some time, home recording has been a goal of most voiceover artists; however, now it is practically essential. This class is all about creating a home recording studio that meets the needs of voiceover actors. We will discuss recording spaces, cable types, microphones, pre-amps, interfaces, headphones, audio software/DAWS (Digital Audio Workstations), remote recording solutions, and other essentials.

VOICEOVER LAB FLOW CHART

VO Lab Eligibility Requirements

1. SAG-AFTRA Foundation User Account
2. VO Lab Application
3. Voiceover Lab Orientation

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Audio Software Classes teach SAG-AFTRA members how to record, edit, quality control, process, and save recorded audio for auditions, jobs, demos, and more. Regardless of a member's level of experience with audio software, these classes teach the skills needed to master self-recording.

Beginner Bundle Workouts

- Intro to Commercial Voiceover Workouts
- Intro to Audiobook Workouts
- Intro to Animation Workouts
- Intro to Dialogue Voiceover Workouts
- Intro to Voice-to-Picture Promo Workouts

Workout Groups (Non-Beginner Bundle)

- The VO Lab's Commercial Workout
- Audiobook Workout
- Animation Workout
- Dynamic Duos - Commercial Workouts
- Voice-to-Picture Promo Workout
- Audition Prep

Audio Recording Software Classes

- Twisted Wave 101
- Audacity 101

Audio Recording Software Classes

- Twisted Wave 102
- Audacity 102

Audio Recording Software Classes

- Twisted Wave 103

VO Lab Classes and Panels

- All VO Lab Eligible can attend
- Read program *Synopsis & Requirements*
- Classes led by professionals in the VO Industry
- Panels featuring marquee VO talent, casting directors, agents, producers, and more.