

# C.Eternal Polk

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[www.idegosuperego.net](http://www.idegosuperego.net)

## SEGMENT PRODUCER | DIRECTOR | WRITER | EDITOR

Film | Television | Digital Media | Photography

Emmy-nominated segment producer and creative storyteller with comprehensive experience in creating, editing, directing. Creative and inspiring mentor and leader in production of video and digital projects in the arenas of film, television and web. Collaborative, end-in mind thinker committed to bringing visions to life through multiple media platforms with discipline.

-Project Management  
-Work flow Management  
-Client Relationship Management  
-Planning & Organizational Skills  
-Mentor

-Video/Film/ Digital Media Production  
-Budget Management & Cost Control  
-Business Development  
-Time Management  
-Leadership

## PROFESSIONAL EXPERIENCE

IDEGOSUPEREGO MEDIA - New York City, NY

2004 - Present

### Creative Director / Editor / Writer / Digital Producer

- Creative director responsible for the creative strategy and implementation of the vision and direction of *idegosuperego media*.
- Director, project and production manager of concepts from ideation to final execution on Donn T - "[Waiting](#)", "Midnight", "Last Breath (Questlove Remix)."
- Cross functional leader with clients, agencies, third-party vendors, and internal departments to plan and coordinate production of ground breaking video in collaboration with the artist Big Pooh for the video of "Plastic Cups" along with other artists in the *idegosuperego* portfolio.
- Maintained budgets to prevent excess production cost while managing and editing of idegosuperego media.
- Supervised post-production of off-line and online editing, audio, voice-over, ADR, color grading and closed-captioning.
- Edited and collaborated with BET on the Tribute to Queen Latifah Open and BET Hip-Hop Awards Post Show
- Conceptualized four treatments for Episodic - *In Reality* and the documentary of Maurice Claret, "*The Rise, Fall & Redemption of Maurice Claret*" & various music videos and spec commercials

### Additional projects:

#### Director

- Music Videos
  - **Artist:** Remah - "Window"
  - **Artist:** Young Wise - "Ryder"
- TV Pilot - The Post Game Meal [LIVE] 2 Camera shoot - Round-table discussion with Don Legreca
- Spec Commercials - Better Oats | Boylan Soda - "Taste Test" | Nike Brand - "The Layup" | Levi's Brand - "Hands"
- Documentary - Maurice Claret | Brandon Beal - Album Release [Segment Producer, DP, Editor]
- Digital Media - Profile for Modern Drummer "Daru Jones"

#### Producer

- Music Videos - Donn T, Yahzarah, Rapper Big Pooh, Young Wise
- Spec Commercials - Better Oats, Boylan Soda & Nike
- Stage - Scribbin at the Automat - a conversation between James Baldwin & Richard Avedon

#### Editor

- idegosuperego media - "On the L with Daru Jones" | Donn T - "Waiting", "Midnight" & "Last Breath [Questlove Remix]" | Yahzarah - "Love Come Save the Day" | Youngwise - "Ryder" | MoMA - "Basquiat - Still Fly @55" | Boylan Soda - "The Wine of Sodas"

#### Writer

- Treatments

- Music Video - Donn T - Waiting, Midnight, Last Breath|Yahzarah - Love Come Save the Day|Youngwise - Ryder|Boylan Soda - Wine of Sodas & The Pitch|Levi's - Hands|Nike - The Catch
- Article – Album & Artist Review – Kendra Ross, Brandon Beal

**NFL FILMS** - Mt. Laurel, NJ

2000 - 2004

**Emmy Nominated Segment Producer/Editor/Writer**

- Received Emmy nomination as a contributing editor of the groundbreaking HBO series *Hard Knocks: The Dallas Cowboys*.
- Received Emmy nomination as Segment Producer in the High School story of Raghieb Rocket Ismail.
- Developed and maintained relationships with players, coaches and PR personnel to gain access for stories and production of team and player specific content in the creation of NFL player interviews – Peyton Manning, Troy Aikman, Michael Irvin, Emmitt Smith, Jason Elam. Other projects included **Dallas Cowboys** Team Highlights 2000, 2001, and 2002 along with the production of the **Green Bay Packers Hall of Fame: "Day in the Life of a Trainer & Equipment Manager."**
- Liaison between substantive and corresponding departments to provide timely completion of film and video projects.
- Managed the travel and planning of daily schedule for a team of five crew members, two camera and sound members, production assistant and directors.
- Coached and mentored multiple producers on editing techniques in order to foster the creative process and post-production for Fox's NFL's *Under the Helmet*.
- Initiated, selected and organized research of archival footage for offline editing of segments.
- Edited, scored, produced, and wrote scripts for long form and short form segments of bumpers, teasers, profile segments, team highlights and interviews that was broadcast to 233 countries digitally.
- Supervised and managed post-production process of online final edits, voice-over and sweetening sessions ESPN's Take 2/Distant Replay, three seasons of Road to the Pro Bowl, and the live studio shoot with Stuart Scott for *Behind the Scenes of Remember the Titans*.
- Creative set designer for ESPN's *Behind the Scenes of Remember the Titans with Stuart Scott*
- Wrote the script used in the narration of the NFL's 1999 NFC Championship Minnesota Vikings vs. The St. Louis Rams.

**Additional projects:**

- **HBO shows:** *Inside the NFL*, *Hard Knocks - Dallas Cowboys*
- **ESPN shows:** *Take 2/Distant Replay*, *Road to the Pro Bowl* 2001, 2002, & 2003  
*Behind the Scenes of Remember the Titans with Stuart Scott [LIVE] Studio shoot*
- **FOX show:** *NFL's Under the Helmet*
- **Physics of Football** featuring Dr. Tim Gay

**Director / Digital Producer**

- Stand-ups: ESPN- *Behind the Scenes of Remember the Titans with Stuart Scott*
- Green Bay Packers Hall of Fame: *"Day in the Life of a Trainer & Equipment Manager"*
- NFL player interviews – Peyton Manning, Troy Aikman, Michael Irvin, Emmitt Smith, Jason Elam

**TECHNICAL SKILLS:**

Experience with MAC & PC platforms|Canon 5-D & 7-D, Sony A7S,RED - Epic Dragon|Photographer|Sound Recordist & Playback

**SOFTWARE:**

Avid Media Composer | Final Cut Pro | Adobe Premiere, Speedgrade| DVD Studio | Aperture | Microsoft Office (Excel, Word, Powerpoint) | After F/X [Basic] | Apple Color

**AFFILIATIONS/ VOLUNTEER EXPERIENCE:**

NYiFA - New York Indie Film Alliance - Brooklyn Skyhawks Football Club

**EDUCATION**

**New York University - Tisch School of the Arts**

Bachelor Fine Arts-Film