The Sports Magazine CC Studio

21.04.– 24.10.2021

Brahim





Copenhagen Contemporary

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Thanks to

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The Thursday Club: Huda, Yasmin, Yasin, Mascoud, Mustafa, Muhammed, Gavin, Ibrahim

Copenhagen Contemporary is in 2021 supported by: Augustinus Fonden, Aage og Johanne Louis–Hansens Fond, Anonymous Fund, Private donation, A. P. Møller og Hustru Chastine Mc–Kinney Møllers Fond til almene Formaal, The City of Copenhagen, Spar Nord Fonden, Knud Højgaards Fond, Beckett– Fonden, Den Danske Forskningsfond, Det Obelske Familiefond, Foreningen Roskilde Festival, Ministry of Culture, Danish Arts Foundation, Sportgoods Fonden, Minister Erna Hamiltons Legat for videnskab og kunst, Bikubenfonden, 15. Juni Fonden, William Demant Fonden, Gangstedfonden, Toyota Fonden, Refshaleøens Ejendomsselskab A/S, Fredericia Furniture, Ege and Ferm Living. Art of Sport is supported by

Knud Højgaards Fond

Short Story is supported by

Anonym Fond



Using the magazine as your guide, you can now take a trip through the world of sport and art

In the exhibition

The first part of the magazine tells you about all the artworks in the exhibition. It contains questions about the works. Right at the end, there's a crossword puzzle, a paper plane competition and much more.

Short Story

A special feature in the magazine is about the exhibition *Short Story* by the artists Elmgreen & Dragset. It will give you some ideas about how best to explore the exhibition.

Meet Nikolina, Aisha, Sofie, Cath and Tora

CC collaborates with many different people and in another part of the magazine, we'll tell you about some of them. They are volunteers in the organisation Street Society, which plays football at Under Buen in the Nørrebro district. Read about their fascinating work and what it means to them to play football.

You're going to meet Cath and Tora, both of them are dancers. They're going to tell you about how they met through movement and dance, how they use their bodies to express feelings, and what it's like to have a different body than most.

Drawings by the Thursday Club

Our friends have helped us create this sports magazine. Every Thursday, a group of young people attend a club at CC. They've named it the Thursday Club. They work with all the art we have here at CC. The Thursday Club has developed a paper plane competition for you to take part in! Many of the drawings you see in this magazine are also made by them. Huda and Yasmin from the club have had a stroke of luck. They had the opportunity to interview their great idol, the footballer Nadia Nadim! Read their interview in this magazine.

CC Outdoors

When you've finished inside, you can explore *CC Outdoors*, just outside the door. Take a leaflet at the desk in the foyer and follow the guidelines.

Children and adults

We recommend that children experience the exhibition *Art of Sport* in the company of adults as some works will trigger questions and call for dialogue.

Look after the art

Help each other look after the art. In this exhibition, you're not allowed to touch anything.

Share your experience

If you want to share your experience at CC, you can use the hashtags #ccstudio and #ccart.

Exhibition hosts

Ask our exhibition hosts if you need anything. They know the exhibition well and are always ready to chat with you.

You can take the *Sports Magazine* home with you.



Explore the exhibition Art of Sport

1 **Miguel Calderón** *México vs Brazil,* 2004

\rightarrow The foyer

The Mexican artist Miguel Calderón has taken film footage from real-life football matches and compiled them. Now, it looks like a ninety-minute final where Mexico wins 17-0 over Brazil. In other words, he has created a match that was never played – using footage from lots of real-life football matches. A kind of jigsaw puzzle.

What's it like to watch the match when you know that it hasn't been played in real life? And what do you think about watching it here in the foyer at CC? On the scoreboard below, you can decide which teams play opposite each other and what the result is. Why did you choose these specific teams for the board? What does the result mean to you?



2 Erik A. Frandsen Boksehandske, 2007 → The foyer

The Danish artist Erik A. Frandsen often makes use of photography in his art. Here, he has enlarged a photo and used a detail to make a glass mosaic measuring more than five metres. A glass mosaic consists of several pieces of coloured glass. The artist has had help from Italian and Danish craftsmen. The title *Boksehandske* means boxing glove in English. Walk around the work, look through the glass, and notice the colours. Now, walk the other way around. How is that different?

We see two boxing gloves, which, all of a sudden, are much bigger than us. What are your eyes drawn to? What's it like to look at a picture made of glass?



3 Hellmuth Costard Fussball wie noch nie, 1971

\rightarrow The foyer

The artwork is made by the German film director Hellmuth Costard in 1971 and the title is *Fussball wie noch nie*. In English: 'Football like never before'. What's it like to watch football in this way?

The video shows the famous British footballer George Best who was filmed by eight cameras while playing a full match. Which facial expression of the sounds?

A camera has a lot of power because it decides what we see. Imagine your eyes being a camera. Find a person in the gallery space whom you can follow with your eyes. Do it for as long as you can. What's it like?





4 Sara Sjölin Sportscast 1, 2018 → The yellow hallway

In this video, the Swedish artist Sara Sjölin provides a commentary for a football match. She talks about her own life via the match between Sweden and Switzerland at the World Championships in 2018.

How do you experience the artist's way of telling a story? How does her words affect your way of experiencing the work?

Watch the video. Now try to commentate the match in your own way. You can talk about what you see, invent stories, sing, or whatever. You decide.





5 Sam Taylor-Johnson David Beckham (David), 2004 → Hall 1

This video lasts 107 minutes and shows the football star David Beckham sleeping. Even though he doesn't play football any longer, he's very famous and a huge idol for many people. In this work by the English artist Sam Taylor–Johnson, we see him right up–close. Look at the work for at least two minutes. What's it like to watch someone sleeping? What, in particular, do you notice?



6 Bianca Argimón Two Seconds to Go, 2018 → Hall 1

Take a good look at the drawing. Which details do you notice first?

The French artist Bianca Argimón frequently works with drawing and here, she has included countless details. The artist said that she did this drawing when Donald Trump had been elected president of the USA.

Which parts of the work do you like looking at? Find a detail you'd like to take a closer look at. Describe what you see to someone with their eyes closed.

On the drawing, there are empty seats for the spectators. You can draw the spectators you think should be sitting in these seats.



7 Paul Pfeiffer Caryatid, 2008 → Hall 1

Three screens show three footballers each wearing differently coloured jerseys: red, yellow, and blue. They're falling over, but we don't see why they fall. The artist has removed the opponent or whatever made the players fall. The films are shown very slowly, in slow motion. Here, what we would normally be looking at is invisible.

The American artist Paul Pfeiffer has made several works entitled *Caryatid*. Caryatids are kinds of sculptures that depict female figures. In ancient Greece, they were used as columns in the temples. What do you think about the title?

What do you notice when the players fall over? What are their facial expressions like? What's it like to watch it in slow motion?

8 Laura Owens Untitled, 2003 → Hall 1

In this painting by the American artist Laura Owens, we notice some figures, but there are also abstract elements – that is, something we cannot readily explain what is.

We see two footballers wearing different jerseys. What do you think about the way the two of them are painted? What do their bodies tell us? Here and there in the brown area, something resembling puddles appear. In them, we glimpse something that could be a natural landscape, perhaps a forest. Invent a story about what happens next in the scene shown in the painting. Make a drawing of it, if you like, or describe it to the others in your group.

9 Stephen Dean VOLTA (Banderia), 2003 → Hall 1

The American artist Stephen Dean has filmed spectators from fourteen different matches. We never get to see what the spectators are looking at.

What do you notice? How does it feel to be here? What kind of feeling do you think it evokes when watching sport with others?

During the COVID-19 pandemic, we've seen that matches have been played without spectators. What difference do you think that makes – to players and spectators alike? Here you can see three fans. How do you think they feel when they're present at the stadium experiencing a match? Write a feeling in each of the bodies. Draw their facial expressions to match the feeling you wrote on their bodies.



10 Jeff Koons

Three Ball 50/50 Tank (Spalding Dr. JK Silver Series), 1985 Sir Sid, 1985 The Williams, 1985 Board Room, 1985 Hall 1

In the 1980s, the American artist Jeff Koons got some posters which he combined with other works into a series called *Equilibrium*. This means 'equal weight' – meaning that things are worth the same, weigh the same, or are equally strong. Along with the posters, the artist showed the sculpture *Three Ball 50/50 Tank*. Artists sometimes use objects which are quite ordinary or objects made by others – they are called 'ready– mades' – which is to say, an object that is already made – such as a basketball. By showing these objects in new contexts, the artist can make us think differently about the things we already know.

Inside the showcase are three balls. They are filled with air, which makes them float on the water in the tank. They can move a bit, but the water makes their movements very slow. The artist is showing us the basketballs in a way we haven't seen before. What comes to mind when you look at the basketballs?

The posters are from a campaign which the sports brand Nike made about basketball. It's a very popular sport in the USA and in the 1980s, many young black men became famous basketball players, for example, Sidney Moncrief known as Sir Sid. Basketball offered them an opportunity to become successful in a society, in which it was otherwise tough. Sports stars are reproduced as flying super heroes, knights, etc. on many of the posters in this series. Walk around the sculpture. Compare it with the posters. Have they got anything in common?







11 Sarah Lucas Gold Cup Maradona, 2015 → Hall 1

This sculpture is made by the English artist Sarah Lucas. The title is *Gold Cup Maradona*. The Gold Cup is a football tournament and Maradona is the name of the world-famous footballer Diego Maradona who died in November 2020. What do you think the sculpture looks like? Do you see the sculpture as a tribute to Maradona – or is it teasing him? The artist works with enlarging and changing body parts. Draw one of your idols by transforming their body. If you don't have an idol, you can draw a child or a grown-up you know. You could, for example, make body parts bigger or smaller – or you could try to make the figure funny or dangerous.

12 Hank Willis Thomas Switchski's Syntax, 2017 Verve, 2017 → Hall 1

The works *Switchski's Syntax* and *Verve* by the American artist Hank Willis Thomas are made of fabric. He has used a technique called quilting where you mix different pieces of fabric. In this case, the artist has created his work from sports jerseys.

Switchski's Syntax is the title of a painting by the American painter Stuart Davis from 1961. 'Syntax' is a word used about the way we build up a sentence. It can also mean a kind of language or a computer program. Hank Willis Thomas has practically copied the painting but, instead of paint, he has used sports jerseys to write the word Champion – which means 'winner'. Why do you think it's so important for us to win?

The word 'verve' can mean that you do something with lots of energy. In fact, the artist has emulated a famous artwork by the French artist Henri Matisse of the mythic figure of Icarus from 1947. According to legend, Icarus flew so high that he collided with the sun.

In the work, we see two black silhouettes of bodies intertwined in a pattern. Are the two figures going up or down? Which kind of energy do you think they possess? Draw an outline of your body as it looks when it's full of energy. Compare your drawing with the artist's works.



13 Brian Jungen Plague Mask 2, 2020 → Hall 1

The Canadian artist Brian Jungen has made this sculpture by using lots of Nike Air Jordan shoes. The sculpture is entitled *Plague Mask*. That's the name of the mask worn by doctors to protect themselves against the infectious plague disease in medieval times.

People have always used masks for rituals – that is, something you do in a certain way and which has special significance for a culture or religion. Rituals can bring people together and make us feel united about or against something. Perhaps a sports event is a kind of ritual? Is there a specific activity you always do with your friends, or something you always do in your family when you watch sport? Do you sing, eat special food, or do something else? If you don't watch sport, are there other things you do in a certain way every time? Write down the rituals you like best here.

14 Lyle Ashton Harris Appunti per l'Afro Barocco, 2015 Ready Made, 2001 → Hall 1

The American artist Lyle Ashton Harris finds images and words in newspapers, magazines, books, and on the internet. He compiles the cuttings into what is known as a collage. In the work *Appunti per l'Afro Barocco*, he has chosen pictures reflecting what he is interested in: politics, gender, and where we come from. Try to look for cuttings that match the different topics.

The other work is entitled *Ready Made*. The artist discovered an Italian advert from 2001, showing the world-famous footballer Zinedine Zidane and a man tending his feet. Zidane is white and the man caring for his feet is brown. What do you think about that?

The artist works with racism and power. He believes that everyone should have equal rights. He often mentions Black Lives Matter. That's a movement fighting for justice and equal rights regardless of skin colour. Harris believes that art can help create and strengthen such movements and he says that we need to pay attention to moving forward and making changes together.

Find old newspapers and magazines, when you get home. Make a collage with cuttings that says something about who you are. Cut out things you like and find interesting. Glue it on to a piece of paper – try placing some of the cuttings in new ways.

15 Erik A. Frandsen Tour de France, 2020 → Hall 1

Take a good look at the drawings. The Danish artist Erik A. Frandsen has worked with twenty-four photos of the bike race Tour de France and converted them into drawings.

Sport is usually something we watch on the television, computer screen, or as photos in newspapers and magazines. In this case, though, the artist has given an account of the sport using crayons. What is the difference between the various ways of experiencing sport?

16 Paul Pfeiffer Long Count (Thrilla in Manila), 2001 → Hall 1

In this work by the American artist Paul Pfeiffer a boxing match is shown – the final between the world-famous boxers Muhammed Ali and Joe Frazier. Here, we only see their bodies in silhouette. Which drawing do you notice in particular? Why is that? Is it the colours, the way it is drawn, or something else entirely?

What's it like to watch this film? Why, do you think, has the artist erased the figures?

17 Kota Ezawa National Anthem, 2018 → Hall 1

In this film, the artist Kota Ezawa works with animation, a technique used to make dolls or drawn figures move in a lifelike manner, on film, for instance. The artist finds pictures from real-life situations and transforms them into drawings with watercolours. Afterwards, he joins up the pictures and makes a film.

Ezawa has a Japanese father, grew up in Germany, and now lives in the USA. He's always found it difficult to explain exactly where he comes from. Who would he support, do you think, if Japan and Germany were to play against each other? Talk to someone about the place or the places you come from and what it means to you. How do you show that you support someone? Do you have a special song, special clothes, a flag?



18 Olaf Nicolai BIG SNEAKER [THE NINETIES], 2001 Zadie Smith – A Short Catalogue Of Things That You Think You Want, 2005 → Hall 1

This is a nine-metre-long inflatable shoe made by the German artist Olaf Nicolai. Walk around it. Which details do you notice?

Take off your shoes and sit down inside the shoe. One person is allowed in there at a time. Please, be careful. What's it like to be inside a shoe?

The work is entitled *BIG SNEAKER* [*THE NINETIES*]. Precisely this shoe was very popular in the 1990s. Many recognise it and consider it a symbol of the sports company Nike.

A text by the English writer Zadie Smith is screened on the wall as a kind of backdrop to the work. The text is spread across the walls like the pages in a book. The title is *A Short Catalogue of Things You Think You Want*. The text describes our desire to buy things and spend money in order to feel happy.

There are countless adverts in the world of sport and countless people earning money on making us want to buy things like those worn by sports stars. Look at your own shoes. Why are you wearing this particular pair? What does the brand mean to you? Ask other members of your group about their shoes. You could also ask people you don't know about their shoes.

desmin.

19 Andreas Gursky *F1 Boxenstopp III*, 2007 → Hall 1

The German artist Andreas Gursky is interested in what it looks like when people gather in large groups. He takes photos and combines several photos into one – without us noticing. This photo is made up of photos from various Grand Prix races in Istanbul, Monte Carlo, São Paulo, Shanghai, and other cities. Take a good look at the picture. How can you tell that the picture is made up of several pictures? Does it make a difference to you that the photo shows something that never really took place? Examine various ways of experiencing this artwork. Is it better to look at it from a slight distance? Or close up? Or is it best to sit on the floor and look up at it? Pass your recommendations on to others, if you like.

20 **Sylvie Fleury** Formula One Dress, 1999 → Hall 1

This dress is created by the Swiss artist Sylvie Fleury. She's inspired by outfits worn by Formula One racing drivers. Formula One is a motorsport.

How would you describe the outfit? What do you like best about it?

How should your outfit look if you were a Formula One racing driver? Draw your own outfit here.

21 Mark Bradford Practice, 2003 → Hall 1

The American artist Mark Bradford features in this film. He's very tall and many people have said that he should consider playing basketball. Sadly, he's not very good at basketball, even though many people think he would be.

Have you experienced that others expect something of you because of the way you look?

The artist is wearing a voluminous dress in the film, which makes it difficult for him to play basketball. He stumbles a lot and gets up again. How do you experience that?

22 Louka Anargyros Leatherboys, 2018 Leatherboys II, 2020 Leatherboys III, 2021 Hall 1 \rightarrow

Examine the three sculptures. They are made of clay and painted to give the impression of being dressed in motor sport outfits. Logos are usually printed on such outfits for advertising, but, instead of logos, these have words printed on them. It is abusive language, which has been directed at the French artist Louka Anargyros himself, because he is homosexual.

What do you think about the artist having decided to quote these words here?

How do you experience the way the sculptures are lying and standing?

23 Hazel Meyer Muscle Panic, 2014-2021 Non-Archival Archive (Muscle Panic), 2018-2021 Hall 1 \rightarrow

This installation is entitled Muscle Panic. An installation is a collection of objects you can walk in between and experience. Here, the Canadian artist Hazel Meyer has decided to put different objects together on some scaffolding. Which objects do you recognise?

Some of the objects in the installation may remind us of a changing room. To some people, that's a room, which may make them feel awkward. If you're shy about your body - or feel trapped inside the wrong body - it can be very difficult to be in a changing room.

Have you tried to be in a place where you felt you didn't belong? If you have, what did you do? What can people actually do if they don't feel that they belong?

Once during the exhibition period, there's a performance inside the installation where LGBTQI+ people take part. LGBTQI+ is short for homosexuals, bisexuals, trans people, intersex persons, and others.

The other work is entitled Non-Archival Archive (Muscle Panic). An archive is a place where you keep historical objects, documents, pictures, etc., which could be important for the future. This archive contains what the artist considers to be important sports events.

Which sports events have been important to you? What would you keep in an archive from these events?



one of the bodies. If you're

visiting with someone you

imitate it with your bodies.

know, select a sculpture and



24 Jeffrey Gibson ALL I EVER WANTED ALL I EVER NEEDED, 2019 → Hall 1

Look at the sculpture from several angles. Look at it close up and from a distance.

The American artist Jeffrey Gibson's art often addresses minority groups – such as the Native American population and culture, which he is part of himself. He's inspired by a certain event called powwow. This is where Native Americans get together dressed in special costumes to sing, dance, and celebrate their culture.

On the sculpture is written: 'All I ever wanted all I ever needed', which is the chorus of a song by the famous band Depeche Mode.

The artist has embroidered the sentence with beads on a punching bag he found. What do you think about the fact that the sentence is written on a punching bag?

If you were to write something on a punching bag, what would it be? Write or draw it here.



25 Rineke Dijkstra

The Gymschool St. Petersburg (Anna, Eva, Lera) #2, 2014 The Gymschool St. Petersburg (Eva, Lera, Arina) #1, 2014 → The Cube

In these photos, we see bodies doing things that only few bodies can. The Dutch artist Rineke Dijkstra visited the children Eva, Lera og Arina in a gym in Russia.

A gym is usually packed with objects. We see only a few props, the white wall, the light-coloured floor – nothing distracts our gaze from the main protagonists.

How do the children look? How does it feel in your body when you look at the pictures? Share your thoughts with somebody.

26 **Camille Henrot** *Tuesday*, 2017 *Punished*, 2017 *Defeated*, 2017

→ The Cube

These are works by the French artist Camille Henrot. One work is entitled *Tuesday*. The Latin for Tuesday is 'Martis', meaning 'the day of Mars'. In Roman mythology, Mars is the god of war.

Take off your shoes, sit down on the mattress, and watch the film. The film consists of two scenes. In one scene, two men are engaging in a special wrestling match called BJJ, Brazilian Jiu– Jitsu, which focuses on control and strength. In the other, a horse is being washed, stroked, and prepared for a race. Everything is in slow motion. What do you notice? Which similarities and differences can you pick out in the two scenes?

There are also two sculptures. One is entitled *Punished*, and the other *Defeated*. Look carefully at the two sculptures. How do you think the titles and the sculptures match?

The sculptures show abstract details from a body. Abstract means that there may be things we recognise without quite knowing what they are. What comes to your mind when you see the sculptures? Draw one of the sculptures. Find a comfortable place to sit and then study the sculpture carefully. Draw it here.

27 Cajsa von Zeipel Kolibri, 2020 → Hall 1

NAME:

Hanging in the air is a new sculpture by the Swedish artist Cajsa von Zeipel. The title *Kolibri* means humming bird in English. She makes sculptures from different materials and combines lots of objects. Her sculptures often wear special costumes. Take a good look at the sculpture. What is it, and what might it be able it do? Describe the face. Which sport is this figure good at, do you think? If something else were to be added to the figure, what should it be? Give the sculpture a name.

28 **Catherine Opie** *Stephen,* 2009 *Blake,* 2007 *Tyler S.,* 2008 → Hall 1

These are three portraits of the teenagers Stephen, Blake, and Tyler. They are photographed by the American artist Catherine Opie. They are standing on the pitch in their outfits ready to play American football. Describe their outfits. Take a good look at the pictures. What feelings do they evoke in you? Choose three words that you think best describe the persons on the pictures. You could also write your own words instead.



proud

29 **Ei Arakawa** Smell Image (Cobra), 2012 Smell Image A (Navasana I), 2012 → Hall 1

Here, you see two sculptures made by the Japanese artist Ei Arakawa. He often makes art in ways that activate our senses and he believes that smells make you remember special places. The works are entitled *Smell Image*. How would you describe what a smell image is? Take off your shoes and lie down on the floor without touching anything. Lie in the same posture as the sculptures and look at yourself in the mirror. What does it feel like? And how does it look?



30 Emelie Carlén Chora, 2014 → Hall 1

The video work *Chora* by the Swedish artist Emelie Carlén is filmed in an amphitheatre, a theatre where you sit in a semicircle out in the open. Lots of these were built in ancient Greece. At that time, it was primarily men who were allowed to perform in the amphitheatre.

In the video, we see women installing a pole in the centre of the theatre and taking over the stage. A pole is a device like the one on which this video screen is mounted. A pole is often associated with strip clubs where it is usually women who dance in front of men.

'Pole dancing' is a kind of performance art combining dancing, acrobatics, and gymnastics. In this video work, the artist is mixing the two worlds: by showing the dance in an amphitheatre, which, historically, was a place for men only, women take over the place. And by dancing in front of other women and not men, which otherwise is often the case, they take control of their own bodies. They perform, dance, and cheer each other on. They show the strength of their bodies and that being a pole dancer requires technique and a powerful body. What's it like to watch the work? What do you think of the way in which it is shown? The title *Chora* could mean 'something that's difficult to describe exactly'. What do you think about the title?

31 **Robert Mapplethorpe** *Lisa Lyon,* 1982 → Hall 1

In the 1980s, the American artist Robert Mapplethorpe shot a photo series of the famous bodybuilder Lisa Lyon. Bodybuilding is about training and healthy eating in order to change the body and get taut, powerful muscles. Lisa Lyon saw herself as an artist forming her own body into a sculpture.

Mapplethorpe photographed many different bodies, including his own. As an artist, he examined both feminine and masculine bodies. Stand in a way that makes you feel strong. If there are several members in your group, you could ask someone to take a photo of your powerful posture. Find a good place to take the photo. If you want, you can send the picture to ccstudio@cphco.org, then we'll print it and hang it on the wall in the Common Room.

32 Martin Schoeller Kim Harris, 2003 → Hall 1

This photo is entitled *Kim Harris*, the name of the woman in the picture. The German artist Martin Schoeller has done a portrait series featuring sixty photos of female bodybuilders, whom he has photographed over many years. Here, you see one of them. How would you describe the woman? Which feelings do you get when looking at the picture?

What does it mean to have a powerful body? Look at the figure below. Where do you feel strong? Mark those places with a circle on the figure.



33 Jean-Luc Godard Armide, 1987 → Hall 1

In the film *Armide* by the French film director Jean–Luc Godard, we hear the opera *Armide* written by Jean–Baptiste Lully and we witness opera theatre merge with a fitness centre.

How do these two places – the opera theatre and the fitness centre – resemble one another?

35 Kathy Acker Against Ordinary Language: The Language of the Body, 1993 → Hall 1

On the whole wall, from floor to ceiling, you see a long text in English. It's written by the American writer Kathy Acker and describes how being a bodybuilder is difficult to put into words. Working with one's body is like learning a new language, she writes. What do you think about the title?

Acker writes that, as a bodybuilder, you count your breaths as a form of meditation. There's no set definition of meditation, but it's often said that meditation is about using your will to train your attention, so you only register the here and now. Close your eyes and place a hand on your stomach. Sense how your stomach extends when you breathe in. Count 10 deep breaths. How does your body feel afterwards?

34 Lea Guldditte Hestelund

Dumbbells & Dumbbell rack, 2014 Portrait with Cap, 2014–15 Woman in Bathing Suit, 2014–15 → Hall 1

The Danish artist Lea Guldditte Hestelund practices sculpture and performance art, using her own body, or those of others, for her artistic practice. The artist is inspired by Lisa Lyon who, during the 1980s, was one of the most famous female bodybuilders.

The artist trained her body for months and ate special foods to create the body you see in the photos. How do you think she looks?

Pose like the artist in the picture. How do you sense your muscles? Arrange a competition in which you do arm-wrestling with somebody else. On the first floor, here at CC, there is plenty of room.



36 Thierry Geoffroy Critical Run, 2006–2020 The Awareness Muscle Has to Be Trained Every Day, 2015 → In front of Hall 21/2

The Danish–French artist Thierry Geoffroy works with conceptual art. This means that his artwork consists of an idea which is often more important than the physical end result. The title of the work on the screen is *Critical Run*. The idea behind this work is running with others while talking and discussing important and critical subjects.

The second work is entitled *The Awareness Muscle Has To Be Trained Every Day*. What do you think about that title?

TRAINING PROGRAMME FOR MY AWARENESS MUSCLE

Step 1: Step 2: Step 3: Where is your awareness muscle exactly? What is it especially aware of?

Make a training programme for your awareness muscle.

37 Cyprien Gaillard Desniansky Raion, 2007 → Hall 2½

Cyprien Gaillard is a French artist who combines films that he finds with film and sound that he makes himself. He called this film *Desniansky Raion*, which is the name of a Kiev suburb in Ukraine. The film consists of three parts. In the first part, we see two groups of people in a residential area. They're wearing red and blue jerseys. It could resemble a sports match between two teams – but there's something else going on. The two groups might be hooligans, people who show their support for a team through violence and fighting. All of a sudden, they look like two groups at war with each other.

In the second part, we experience a kind of light show on a building – a bit like a stage for a concert. At the end, the building suddenly blows up. In the third part, we see an urban area void of people with concrete high-rises. The area is filmed from the air from a helicopter. How, do you think, the three parts relate?

The film may, in part, appear intense with violence and fighting. Close your eyes for a minute. What sounds do you hear? What happens when you can't watch the pictures, but only hear the sound?



38 Nicolai Howalt Boxer, 2003 – ongoing

\rightarrow The staircase

The Danish artist Nicolai Howalt has done a print series on boxers. He has photographed a boxer before and after a match. The works consist of two parts. We don't see the actual boxing match, but we see the traces it has left on the boxer's skin and body. How do you think the boxer feels – before and after? How do you think you look before and after a boxing match? Draw yourself here.



39 Fiona McMonagle

The Ring, 2014 \rightarrow On top of the stairs

The Australian artist Fiona McMonagle has created an animation film. She has painted watercolours after lots of photos and films and edited them together, so that they're shown in quick succession. We now see them as moving images. The film shows pictures of a lot of female boxers. The soundtrack consists of the artist's own breathing, music, and sounds from a gym. We hear the sound of the bell, which is the sound indicating when two boxers can begin to box and when they have to stop. The artist writes: *Female boxing was introduced as an Olympic discipline in London in 2012*.

The film finishes with the song *I Am Woman* by Helen Reddy from 1972. Read some of the text here.

What do you think about the lyrics?

I am woman, hear me roar In numbers too big to ignore And I know too much to go back an' pretend 'Cause I've heard it all before And I've been down there on the floor No one's ever gonna keep me down again

Oh yes, I am wise But it's wisdom born of pain Yes, I've paid the price But look how much I gained If I have to, I can do anything I am strong (Strong) I am invincible (Invincible) I am woman

Elmgreen & Dragset Short Story, 2020 → Hall 2

The two artists, Michael Elmgreen from Denmark and Ingar Dragset from Norway, have been making art together for many years. They are known for transforming familiar objects and spaces into new ones. They take something that is familiar to us, but add something that is not usually there. Suddenly, the look of the space is different. Here, they have created an almost full-size tennis court. Which elements do you recognise and which don't normally belong to a tennis court?

Many of the aspects we usually experience during a tennis match have been eliminated by Elmgreen & Dragset. The sound of spectators, the players' many movements, the sound of the rackets hitting the ball.

On our way around the court, we come across some sculptures. We might even invent some stories about what is happening or might have happened. The artists have entitled the work *Short Story*. A short story is like a mini-novel that narrates a very short piece of fiction. Sort of like a scene in a movie, a chapter in a book, or a single experience taken from a whole life of experiences. What does the title *Short Story* mean to you? Elmgreen & Dragset are especially fascinated by 'moments' in our lives.

Write about – or draw – a special moment you remember as being important in your life.

The space

A tennis court is a place where one is active. In this case, however, it is an artwork and we're looking at it – a bit as if it was a painting. In ancient times, people often painted two paintings and joined them with hinges, so that they could be opened and shut like a book. That's called a diptych and the method was used to protect the paintings.

Now take a look at the tennis court. The line at the centre of the court could be the 'line' that divided up the two paintings. You could almost pretend to fold the court along this line in the middle, so it turns into a book telling a story.

The sculptures

The sculptures are cast in bronze and painted white. They appear to be alive and, then again, not. It looks like they may just feel like moving, all of a sudden. At the same time, however, they seem very frozen in their posture. Frozen in that very moment – the very movement chosen by the artists.

There are three sculptures in the space. The sculptures *Flo* and *Kev* are placed on the tennis court, whilst *Bogdan* is placed on the floor.

Examine all three sculptures. Look for details. What do you notice?

TITLE

Walk around the artwork. What do you notice?

How would you describe the light? What kind of mood does it create?

Make up a story that involves the three sculptures and share it with the others in your group.

Write the title of your story here.



The world outside

Elmgreen & Dragset make art that asks questions about the world we live in. People invent many systems and decide, that things need to be in a certain way. Take a closer look at the lines on the tennis court. They tell us about the rules of the game, about where to stand, and they divide the court into two parts. We know that because we've learned that this is what those lines mean.

Can you think of other cases where spaces are marked in special ways? How does it affect our behaviour?

Is there anything that makes you wonder? Ask the world a question below.

'Dear World. Why ...?'



The cup

In sport, there is always a winner and a loser. Can you describe the feelings you get when you win or lose? Which feeling is the stronger, do you think? Share your thoughts with someone you know. This is your cup. We pretend that you've won it. What did you do to win it? It's up to you. Perhaps you're good at gymnastics? Perhaps you're a good friend? Or you're good at cooking? Consider what you think it's important to be good at and write it on the cup. Show the cup to someone and tell them why you won it.

Huda and Yasmin meet Nadia Nadim



There's a very special slightly edgy mood this Friday afternoon in the Nørrebro district of Copenhagen. Huda and Yasmin are seated in the district community centre at Lundtoftegade. They're going to talk with their idol, the footballer Nadia Nadim online. The technique is playing up, but suddenly, there's Nadia Nadim on the screen. She waves happily and smiles.

- Nadia: Hi there, girls, I'm thrilled to meet you.
- Huda: Hi! I'm Huda and this is Yasmin.
- Nadia: Wow, great names, nice! The girls giggle: 'Thank you, thanks.'
- Huda: I play football all the time with Yasmin in the yard. We play with others and sometimes we also play just the two of us.
- Nadia: When you say the yard, where's that, exactly? Is it street or club?
- Yasmin: Well, we go to football training and then we also play in the Street Society 'Under Buen' (Under the Arches) and in our yard.
- Nadia: Cool, so did I when I was living in Denmark. I went to football training and we also played a lot in front of our block and then we had these pitches with street football and basketball; I was there all the time!
- Yasmin: We play for a club called Nørrebro United and I'm a forward and Huda plays full back and also keeper.
- Nadia: How long have you been playing?
- Yasmin: I've played all my life, but only started to train when I was six.
- Nadia: What was the reason you started playing football? What made you think: Now I'm going to play football?
 - Yasmin: I grew up with three brothers and when our dad took us out to play football, I played with them. I thought it was fun and now I've become really
- good. I really enjoy it. Huda: I also grew up with three brothers, but only one of them plays football. I've always watched them play. So, I also thought it might be fun.
- Nadia: What are you doing now, I mean right now with COVID? I imagine you're not

allowed to train with your club.

- Yasmin: We go and play every day Under Buen or in front of our yard with the others who live there.
- Nadia: Cool. That's the best way to play football when you're with your friends. You can do what you like, play two against two, three against three, or alone if there's a wall. Sounds really great.

Yasmin: Why did you start playing football?

- Nadia: The reason I started is very like your situation because I happened to be at a place where it was easy to play. I lived at an asylum centre and they had some football pitches. I saw some girls and boys playing. I thought it seemed like fun, so I wanted to try. Since then, I've been playing all the time. Many say that they go to football training, but I don't train, I just play. Well, I enjoy football because it makes me happy and the more you play the better you get.
- Huda: How does it feel to play football?
- Nadia: It's difficult to describe. but, with a football, I feel that I can forget everything that does on around me. I can stand for hours, alone or with friends, as long as I've got a ball. It's like an escape from everything that happens around you, you can really immerse yourself in the sport. I think the best thing about football is that you can always learn new things, no matter how much you've been training, there are always new things to learn. And the joy, of course, it makes me happy, truly happy, when I play ball. You must feel the same way, Yasmin, you're a forward, you must know 100% that it's the greatest feeling

when you score a goal. And you, Huda, saving a ball on the line as a keeper must be a really wonderful feeling, too. It's all these emotions that make me love it plus the friends you get. You get to know other people, you learn about other cultures, and I think that's pretty interesting.

66 At this moment, you're a sort of mould-breaker or trendsetter, as they say, and you're doing it because you think it's fun. ??

- Yasmin: When you were a child and played in your yard with the boys, did you experience that when you, let's say, dribbled past one of them all the boys would roar, 'Oh, you've been dribbled by a girl', or something. Did you get that, too?
- Nadia: In the beginning, I remember many comments about being a girl and every time I dribbled a boy, another five boys would be laughing, 'ha ha, look at him'. But then, after a while, they discovered that I was actually a decent footballer and it all petered out. Once you've earned their respect, it lasts for life. Have you experienced that?
- Yasmin: When we play in our yard, Huda and I are the only girls playing. There are more girls there, but they don't come out.
- Nadia: Don't worry about it, that's just how it is! You're there because you love playing football, so look at it this way: although no other girls are there now, you are contributing to encouraging them to gradually come

out and join in. I remember when I was playing with the boys: to start with, I was the only girl, too, but after about a year, all the other girls had joined in. They came out and wanted to be part of the fun. You know what I'm saying? At this moment, you're a sort of mould-breaker or trendsetter, as they say, and you're doing it because you think it's fun. In time, it's bound to be quite the normal thing. The boys probably say these things because they're impressed by what you can do; as you say yourself, not very many girls play. You two are some of the first out there. but it'll soon be the norm for everyone. I think it's cool that you're doing it. It takes courage, but you both seem rather brave.

py, then that's it. It's not an obstacle. It's your choice. It's not a problem for me – Muslim girls can do what they want.

Yasmin: Was it tough to become a footballer? Nadia: It wasn't exactly easy, but honestly, I play football because I think it's fun. So, I just had fun for the most part. Of course, there are times when it's hard to be alone and away from your family. But then again, it's just part of the game and because I love football so much, I know it's a sacrifice I've got to make. But no, of course it isn't easy. You've got to be willing to work hard and believe in vour own talent, because there are lots out there who want to make a living as a

Look at me, I started in Gug Football Club close to the asylum centre and I played in Skørping, which you've probably never heard about! If you want to become a professional, you have to prove it and have it in you. ??

Huda: Do you think Muslims can become footballers? Nadia: Of course, they can!

I'm a faithful Muslim myself. and I pray at least two or three times a day. I love my morning prayers - love the moment I'm allowed to pray. Religion has nothing to do with sport and it should not stand in the way of sport. I've proved that it's possible and so have you. I know that vou wear headscarves, but that shouldn't be a problem, neither for you nor the people giving you funny looks. It's your decision. If wearing a headscarf makes you happrofessional footballer. It will only happen if you work for it. You can achieve anything, you want, but nothing comes for free, you must really, I mean really, want to do it and be prepared to sacrifice everything.

- Nadia: Are you two considering a professional career? Is that a path you're considering?
- Huda: I'd like to be a footballer, but I'm not sure that it will happen.
- Nadia: Why not, what exactly is it that makes you unsure?
- Yasmin: Perhaps it will be too hard. Don't you have to join

a big club? Have a private trainer?

- Nadia: Honestly, no. Those things come later. If you're good and the talent is there, you'll be discovered regardless of where you play. The size of the club is not so important. If you're good, you'll be noticed. It's hard work to get that good, it takes a lot of commitment. lots of training and getting noticed on the pitch, scoring goals, and so forth. It can be tough, of course, because of the competition and because so many want to do this. I reckon many people think you've got to play in one of the major clubs in Denmark to be discovered, but that's not true. Look at me. I started in Gug Football Club close to the asylum centre and I played in Skørping, which you've probably never heard about! If you want to become a professional, you have to prove it and have it in you.
- Yasmin: Which were you more interested in, school or football?
- Nadia: Both, actually. I've always loved school. Ha ha Huda, you gave me a funny look just now! It's cool to learn new things. Just like football. I feel that every time you learn something new, you become a better person. So, if you're a person who knows a lot, you have an open mind and then it's easier to understand other people and communicate with them. Plus the thing about putting all your eggs in the same basket when it comes to sport. It's a short career. It'll stop in your mid-thirties. I'm stimulated physically when I play football, but I also need to use my head. Both things are important. If, one day, I get injured, I've got something to fall back on. Being a doctor, I can help

lots of people and help those who need help and contribute to society. I do that differently as a doctor than when I play football.

66 Religion has nothing to do with sport and it should not stand in the way of sport. I've proved that it's possible and so have you. ??

Yasmin: What's your advice if we want to be footballers? Nadia: Well! What I can say to you girls is this: if you want to become footballers, you've first and foremost got to love football, of course. When you love something and are passionate about it, you want to do it all the time. Meaning that you always want to play and so you play all the time, which will make you good. Remember to have fun. Then you've got to believe in your own skills, well, let me tell you, when I was a child, I was perhaps a bit different to the others, my skin was a bit darker - it was then, now I'm pale because I haven't seen the sun for a hundred years ha ha ha. I was always told that what I did was wrong. But something inside me told me: 'Actually, I think this is ok', so I believed in my skills and in myself. So: remember always to have fun, believe in yourselves, and work hard. Things don't happen by themselves.

- Huda: Was it your own decision that you wanted to play football?
- Nadia: Yes, it was. I fell in love with the sport immediately. You know, like ... argh ... love! I've got to do this!
- Yasmin: Did your parents support you?

- Nadia: My mum always said that as long as I didn't neglect school, I was free to play football. So, I made sure I did. I presented her with top grades - she said, 'fair enough' – she was neither for it or against it, more neutral, like. My mum hasn't watched very many of my games; even when I'm playing for the national team, she hardly even watches that, she doesn't like football! Ha ha. The important thing for me was that she wasn't against it; she wasn't and I'm grateful to her for that.
- Huda: When COVID is over, perhaps you'd like to come and play football with us, if you've got the time?
- Nadia: I'd really like that. Let's hope that we'll meet one day, so we can do a one-againstone or a two-against-two. I'd really like that. That would be great!

Huda and Yasmin take a screenshot with Nadia.

Nadia: It was fun meeting you – take care, girls. They wave goodbye and end the call.

- Huda: Oh, wow! That was awesome. I was really nervous to begin with. But it's fine now. She was mega nice. I feel I know her now.
- Yasmin: Wow, she is just so lucky. I like her Danish language – she speaks Danish differently. I've never heard anybody speak Danish like that before. And you won't have to join a big club, after all.



Yasmin Mohamed Ibrahim Hassan and Huda Abdi Guddi

The beautiful imaginary creature





our everyday life?

Meet Cath and Tora. Cath has cerebral palsy and is a dancer and Tora is a performance artist. They use their bodies and movements guite differently - and via their bodies they gain a better understanding of each other and themselves.

ABOUT A BODY

First, take a look at this:

Tora is sitting alone on the stage; the lights are directed at her and she is scrunching her toes. Not that she finds it embarrassing. Not at all. No, she's really scrunching her toes. She's straining hard and her foot is all twisted. She is also scrunching her fingers. Not in a fist, only the two outermost joints. Her thumbs are sticking out. She stretches backwards. One arm moves so far across her head that it seems as if her bones and joints have reached their limit. Is she being pulled by something invisible? She has no control over her body. It looks really weird, but with the slow movements also quite graceful.

When the performance is over, a young woman approaches her in a wheelchair. That's Cath. She's got cerebral palsy and is wheelchair-bound. 'You're dancing my dance!' she exclaims. They're both very surprised. That was how Cath and Tora met for the first time.

NEW MOVEMENTS FOR THE BODY

Let's fast-forward to this day when they're talking about how they got to know each other via their bodies.

'I had no expectations whatsoever when I saw you dance,' says Cath. 'And then I suddenly saw myself!' Cath was born with cerebral palsy. That means that her muscles get no signals from the brain that will make them relax. That's why they tighten up all the time. Cath continues: 'You just went on stage, Tora, without knowing about my cerebral palsy and then mirrored it with your body! It was crazy! Like discovering that Earth is round.' Cath is thrilled and moved. 'You showed what it's like to be pulled at from the outside. That's what my muscle spasms do to me. I can't control them at will.'

Tora dances like this for a very special reason. 'Dance has norms just like sport. How to act to impress and be the best? Which movements are correct and good? How to appear most graceful and beautiful, etc.? I can't feel those things, at all!' she says. 'They're not important to me. I want to dance in a different way!'

FREEDOM TO BE SLOW AND DIFFERENT

Tora discovered her own imaginary creature: the gripping beast (from Norse mythology). She just had to express it in movements. It was the gripping beast in which Cath saw herself. The gripping beast is an imaginary creature, which is very important to Tora. 'I had to try to get this imaginary creature right inside my body. I can't explain why. But you don't have to explain everything, anyway,' she smiles. 'Sometimes it's important just to be absorbed in things that don't necessarily make sense.'

In Tora's dance, the gripping beast reaches out for planets, stars, and solar systems. 'It's so vast out there. That's why the gripping beast moves slowly – like Cath, who is slow because of the spasmodic universe inside her body.'

Cath and Tora have done a dance performance together. 'When doing sport, you're training your body to be powerful, fast, etc.,' says Cath. 'But we've erased all that. We want to focus on other things.' She loves to dance according to inner images like the gripping beast. 'All of a sudden, it's not about my cerebral palsy, but about me,' she says. 'And that sets me free!'

In a way, they're both fighting for the freedom to move in ways that are not purposeful, upright, forward, and efficient. As Cath puts it: 'If I'm not constantly reminded of what I can't do, then I can do anything!'

Cath Borch Jensen: spastic, co-developer, and dancer in the performance SPLASTIC

Tora Balslev: performance artist. Choreographer and dancer in the performance SPLASTIC Photos: Jens Juul

www.dailyfiction.dk - see the trailer to SPLASTIC here.





Photo by Aisha Jan & Sifat Shahid

Presenting the three footballers from Street Society: Aisha with a big camera slung over her shoulder, Nikolina with her woolly hat pulled tightly over her curls, and Sofie in a short, quilted jacket.

Street Society was established in 2014 and works to promote street sport and activities in Copenhagen, especially in socially disadvantaged neighbourhoods.

Not cheerleaders

It is bitterly cold and corona has put a stop to afternoon activities, Sunday football, and the tournaments that started it all for these three women. Nikolina says, 'Last summer, Aisha had discovered that a football tournament for girls had been organised in this place. We weren't active here, but then we helped build a team and started playing.'

The traffic is roaring along the six-lane flyover overhead. But here, Under Buen (Under the Arches), which is the official name of the place, there are stages, containers, and music, asphalted tracks, striped goal posts, and a new burger bar on the corner.

Sofie: 'When I went to school, the boys played soccer in the playground. The girls were just watching and acting a bit cheerleader-like. But then we joined in and it was cool! So, I was really happy to discover some street football for girls here.'

More than 300 members

Aisha continues: 'The three of us had so many ideas already then, during the tournament, that we just talked and got so carried away that we missed the final.' They laugh.

They didn't waste much time and very soon the Facebook group 'Street sport for girls and women' had more than three hundred members and scores of activities. Nikolina herself came two or three times a week to play. 'And when someone posted something about a Sunday team, perhaps twenty or twenty-five girls and women turned up,' she says. Back then, in late summer, they all joined Street Society. Today, they refer to themselves as fiery souls. Sofie is temping as a teacher and will soon start information studies. In one year's time, Nikolina will be a physiotherapist, and Aisha studies media science.

Sofie says: 'I'd like to help create diversity within football – as regards age, gender, and culture. Many people have fought to get girls to play street football and it's actually happening here.'

Playing in jeans, sweater, and borrowed shoes

'It's so much fun to be part of this!' Aisha exclaims. 'You meet new friends and everyone is welcome. We don't have uniforms and fixed training days. I've played in jeans, sweater, and borrowed shoes! There's no coach making decisions and you can join in even when you haven't got much time. The atmosphere is great, we play for fun – and we play to win!'

She bursts out laughing. 'I have contributed to winning the gold. It's really something when people cheer. They don't know you, but they want you to win. I'm really a competitive person.'

We're optimistic

In the autumn, before the COVID-19 restrictions were tightened, the group just managed to hold a successful sports day with fifty participants aged between eleven and twenty-one. But now the activities have been closed for a long time. 'I'm optimistic!' says Sofie. Aisha smiles and continues: 'Something happens to people when the sun peeps through. Everyone's bored during this long lockdown, so I'm sure they'll be back.'

> 'Football is about being together,' says Aisha, 'It's like when you've built something and you say: We've built that together. Members of a football team fight and do something together.'





Crossword puzzle

Try this Art of Sport crossword puzzle – you'll find the clues in the exhibition. Each question is numbered. Write your answer against that number in the crossword puzzle. If you need help, you could ask a grown-up, or one of the exhibition hosts. Enjoy yourself!



- 5 What are the sculptures by the artist Louka Anargyros made of?
- 9 The artist Lea Guldditte Hestelund is inspired by a female bodybuilder. What's her full name?
- 10 Which sports star do we follow in the film Fussball wie noch nie by the artist Hellmuth Costard?
- 11 What's the word we use when drawn pictures are put together to make a film as in the work *National Anthem* by the artist Kota Ezawa?
- 12 In one of the works by the artist Jeff Koons, three balls are floating in water. What type of balls are they?
- 13 Which sport is played by the young boys in the photo works by the artist Catherine Opie?
- 14 The artist Sylvie Fleury made a uniform for a sport. Which one?
- 16 The artist Lyle Ashton Harris makes artworks by using cuttings from magazines and pasting them on a surface. What's this technique called?

DOWN:

- 1 The artist Rineke Dijkstra has photographed three girls who are particularly good at a sport. Which one?
- 2 There's a work in the exhibition by the artist Olaf Nicolai, where you can go inside. What's the shape of this work?
- 3 What's the artist Mark Bradford wearing in the work *Practice* that makes it hard for him to play basketball?
- 6 The artist Nicolai Howalt photographed young boys before and after a match. What kind of match?
- 7 What's the title of the installation by the artist Hazel Meyer?
- 8 What do you call someone who trains their muscles in a fitness centre? Like the woman in the artist Martin Schoeller's work.
- 15 Which country beats Brazil in the work by the artist Miguel Calderón?

Who made the artwork?

Here, you see names of five artists. All of them have an artwork in the exhibition. In this task, the title of their work is not written in words, but shown as an image – the five drawings, which you see here. Guess which drawing belongs to which artist. Connect artist and drawing with a line.

Cajsa von Zeipel



Josmin.



Camille

Henrot

IBrahim









Olaf

Nicolai

Fiona McMonagle

Which artwork is hiding here?

Behind the dots an artwork is hiding. Connect the numbers – from 1 to 48 – with a pencil. You start and finish at the red circle. Do you recognize the artwork from the exhibition?



MOHAMMED

M 157 AFA









Lagua

→ The Thursday Club ← paper plane competition

The Thursday Club at CC loves competitions. They've made a paper plane competition with their own rules and point system.

Use the Thursday Club rules or make your own. You can use this scoreboard. Have fun!

To make a paper plane competition, you will need

- Paper
- Things you can use to decorate the paper
- A judge

Thursday Club point system

The judge makes a mark every time a player scores a point. Players can earn points for a number of things in each round.

You earn points for

- A nicely decorated plane
- Making an effort
- Being nice to fellow players
- Good flying style
- Funny flying style
- Flying the longest distance
- Landing in a specially marked area (gives many points)

Penalty points are given for

- Not being nice to fellow players
- Hitting the judge

Judge:

Name	Points	Points total

CC STUDIO