

# The Supercompensation Cycle

Come and join the pre-match warm up!



LOTTERY FUNDED

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**This July, the UEFA Women's EURO 2022 is coming to town. Milton Keynes is part of a unique national art project that will, with the help of 1,750 community members and football players from around the country, celebrate the championship and the rich history of the women's game.**

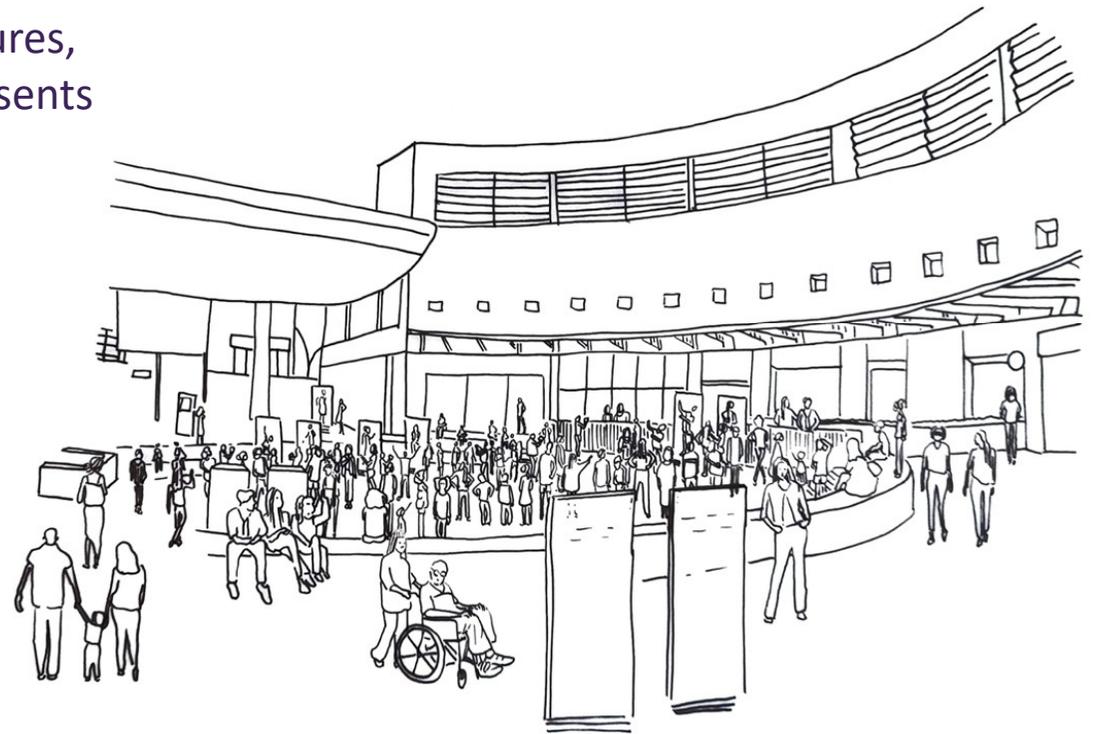
**We are looking for groups as well as women's football teams/fans to represent our city in this exciting project.**

**Everyone is welcome to participate. You don't need to be sporty or a dancer.**

**Could this be something for you?**

**The Supercompensation Cycle is led by artist Emma Smith and made possible thanks to funding from the National Lottery.** Emma works with communities to produce fun, inclusive and thought-provoking artworks that reveal hidden histories and connections. Emma has taken inspiration from old photos and films of women players warming up pre-match for this project and will be creating one giant warm up for city squares and spaces.

The work will include filmed moving portraits, projected in a line-up of specially designed structures, to make an extraordinary one-off team that represents all the cities hosting the championship.



## Community members can take part either by:

1. Having their warm up move filmed in a group workshop
2. Participating in dance rehearsals to lead audiences in a mass movement moment (not available in Brighton, Hounslow or Manchester).

**The film workshops will be hosted in May and the dance rehearsals in June and July.**





# How to take part and what to expect

# 1. Filmed Movement Workshop.

Join a group of people from the community, the artist, professional choreographers and filmmakers for a 90-minute workshop. Workshops take place on 15<sup>th</sup> May in The Guildhall

Four sessions will take place at:

10.30am – 12noon

1.00pm – 2.30pm

3.00pm – 4.30pm

5.00pm – 6.30pm

There is a limit of 25 people per session, plus any group or support leaders. So don't hesitate to sign up!

You will be asked to share a simple move from your everyday life that will be included in the series of portrait films. This move should be something that you do regularly and are brilliant at. This could be flicking the kettle on with flair, clicking your seatbelt in one go, or jumping down the stairs three at a time to shave precious seconds off your morning routine! It could be a simple wink of an eye.

Your move will be filmed on the day and woven into the artwork showcasing all the different warm-ups from fellow participants in each city. Your move could also be selected for a warm-up dance routine for a final performance when the films are premiered in eight host cities.

Any groups wanting to book should contact [culture@milton-Keynes.gov.uk](mailto:culture@milton-Keynes.gov.uk) and complete a booking form. Let us know if you have any additional needs that will help you to take part. All participants will need to sign a form to give permission to use their portrait in the artwork and to allow project partners to take photos and share images of the artwork.

Once your place has been confirmed you will be sent joining instructions for the day including when to arrive, what to wear, and what to bring.



## 2. Mass Movement Dance Work

There will be five rehearsals in June and July (dates tbc) for 100 people who would like to take part in the movement piece. This part of the project will bring all the filmed warm-ups to life through a large-scale choreographed piece lasting about 15 minutes. These rehearsals will be suitable for all ages but are especially geared to people aged 18 to 80+.

We encourage people who are used to dancing or moving together to take part. Maybe you're a regular Zumba group? Maybe you organise or take part in tea dances or were a local glitter ball champion in your youth? Maybe you're part of a group having samba lessons? Or are a Wheelchair DanceSport competitor? Or a local Tai Chi group? As long as you feel confident following a choreographer, being part of a larger group, and performing in front of a large crowd on the day, you are welcome to come along.

Any groups wanting to book should contact [Culture@milton-Keynes.gov.uk](mailto:Culture@milton-Keynes.gov.uk) and complete a booking form. Let us know if you have any additional needs that will help you to take part. All participants will need to sign a form to give us and our project partners permission to take photos and share images of the rehearsals and the art work.

Once your place has been confirmed you will be sent dates and instructions for the rehearsals including when to arrive, what to wear, and what to bring. After attending the rehearsals, you will be sent instructions for the performance day.



# When can I see the final artwork?

The final performance will be during the tournament in MK and likely to be the 25<sup>th</sup> or 26<sup>th</sup> July in Campbell Park.

Please get in touch with [culture@milton-Keynes.gov.uk](mailto:culture@milton-Keynes.gov.uk) if you have any further questions.





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