

The everyday of the athlete

Rethinking the body of a sport-arena



"My everyday life happens there, I eat, sleep, shower, train and hang out with my closest family, my coach and peers, every day of the week, all year around."

Tutors & Helpers

App: Cristian Stefanescu

DAV: Hedvig Skjerdingsstad

TTA: Kim Christensen & Andre Fontes

1:1: Bernice Donszelmann & Vibeke Jensen

Sustainability: Nancy Couling

Helpers: Knut Lemme,

Profession: Nurse.

Anne-Berit Hagatun,

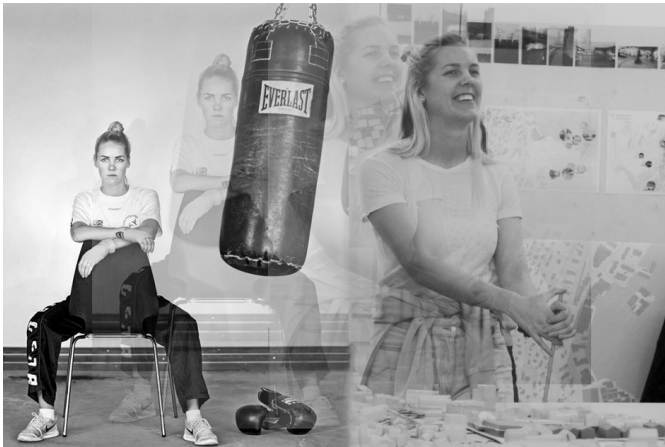
Profession: Being a mom and self-employed
owning a camping.

Helping with painting walls and models, cutting cardboard, carrying stuff and cleaning.

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Project discription



Private photo: Me as an athlete and an architect

The majority of my life I have spent within the community of sports, in those buildings that one could describe as institutional buildings, the sport-arenas. For me the sport-arena is my second home, if not my number one home. My everyday life happens there, I eat, sleep, shower, train and hang out with my closest family – my coach and peers – every day of the week all year around. During my 15 years of experience traveling around the world visiting sport-arenas I have observed that they are designed with the main stage – the competition-floor and its audience – as the starting point. Given the fact that athletes timewise spend 10% of their sport career competing, and the rest 90% in the surrounding spaces, – training and/or resting, I find this observation problematic.

As a professional athlete I would wish that the importance of the space surrounding the competition-floor: the corridor, the wardrobe, toilettes, the reception area, common areas, the warm-up space, other training rooms, staff space, and outdoor space, is re-evaluated. As an architect I set out to do this. I aim to re-think the sport-arena as more than just a one-dimensional

space, more than this introvert building with little or no immediate relation to its physical context, to view its inside and outside spaces and its use as a living thing.

I would like to reconsider the role of support spaces quality to give balance to the body of the building by treating them as important as the main space. I reconsider each space within the arena bringing athletes and other users to the center stage instead of just focusing on the audience. This aims to improve the everyday life of athletes within the sport-arena and architecture has a crucial part in this. By introducing poly value architectural elements that actively engage with the users, by starting from the inside-out, and challenging today's standardizations of spaces within the sport-arena. In order to achieve balance also in its context, I view the out-side in, involving the physical context and the public, with equal importance.

In my investigation I combine personal observation and scientific knowledge and supplement this with interviews of different athletes, coaches, sports managers, psychologists and audience. Tools to communicate existing situation and explore alternative spatial possibilities as 1:1 installations, photography, film, sound, models, illustrations and text, will lay the foundation of further development and design.

To practice the findings and interest retrieved from the process I will use the site of Fana Arena in Slåtthaug, Bergen. I will use the existing program of Fana IL and accommodate its users and needs, with the athletes as the main character. To establish the focus upon the supporting spaces I am keeping the dimensions of the current sport-hall. I propose a design that enhances the experience of a sport-arena as something more than just an institutional building treating the building as a body where all parameters need to cooperate to function as a living thing!

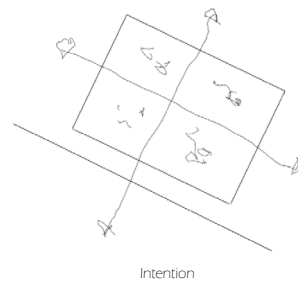
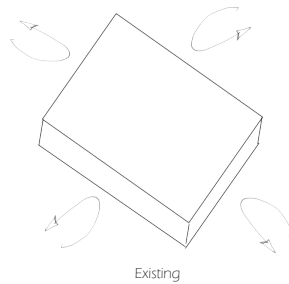
"Architecture is the thoughtful making of spaces whose design can and should simultaneously reveal the story of their construction and meet the aesthetic and functional needs of the people who inhabit them."

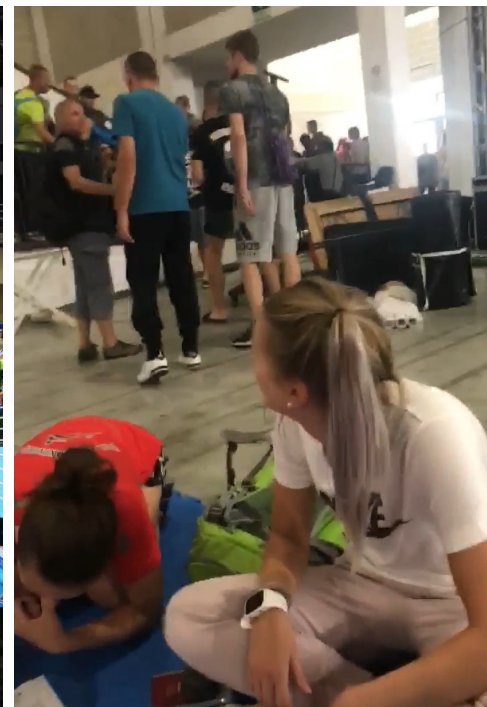
Louis Kahn

Project discription

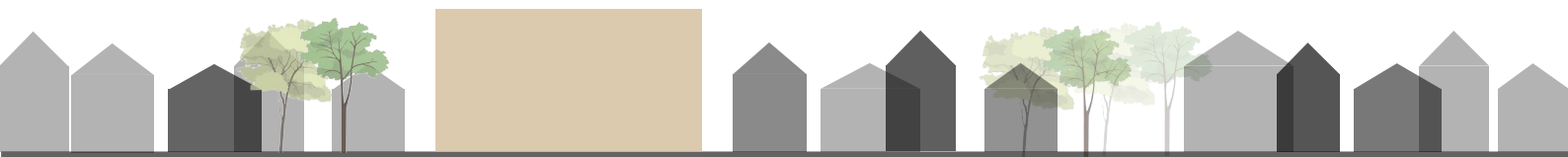
What/Where/How/Why

With the athletes as the main character, I aim to re-think the sport-arena as more than just a one-dimensional space, more than this introvert building with little or no immediate relation to its physical context, to view its inside and outside spaces and its use as a living thing. Polyvalue Architecture of the arena and challenge current hierarchies of attention to the stage versus the vital everyday spaces that the athletes occupy in training and other forms of preparation are of the essence throughout this project.





Private photo: Left; Worlds Cahmpionship- Budapest. Right; Backstage



Project discription

What/Where/How/Why

To practice the findings and interest retrieved from the process I will use the site of Fana Arena in Slåtthaug, Bergen, and go back in time. I will use the existing program of Fana IL and accommodate its users and needs, with the athletes as the main character. To establish the focus upon the supporting spaces I am keeping the dimensions of the current sport-hall. I propose a design that enhances the experience of a sport-arena as something more than just an institutional building treating the building as a body where all parameters need to cooperate to function as a living thing!



Bergen

Bergen City center

Slåtthaug

Site of enquiry
Fana Arena



Project discription

What/Where/How/Why

Through 15 years of experiance as a professional athlete I combine personal observation and scientific knowledge and supplement this with interviews of different athletes, coaches, sports managers, psychologists and audience. Tools to communicate existing situation and explore alternative spatial possibilities as 1:1 installations, photography, film, sound, models, illustrations and text, will lay the foundation of further development and design.



Project discription

What/Where/How/Why

I would like to reconsider the role of support spaces quality to give balance to the body of the building by treating them as important as the main space. I reconsider each space within the arena bringing athletes and other users to the center stage instead of just focusing on the audience. This aims to improve the everyday life of athletes within the sport-arena and architecture has a crucial part in this. By introducing poly value architectural elements that actively engage with the users, by starting from the inside-out, and challenging today's standardizations of spaces within the sport-arena. In order to achieve balance also in its context, I view the out-side in, involving the physical context and the public, with equal importance.



Fana IL AS Current programming

The project intend to use current programming that Fana IL holds, both in terms of operational matters, as well as offers to its users. The sports-team consists of approximately 6200 members and offer 13 different sports. Further, it also include programs for people that are not necessarily into sports or are aging. Fana IL's core values includes joy, community, power of action and security, these are values that are taken into account in further development of this project.



Concept

The balance of the body of a sport-arena through behavioural observations...

Through on site observation and own experience of the sport-arena, use determine what components that are of the essence and how one combine those components together as one. This to achieve its wholeness in order to become a living thing.



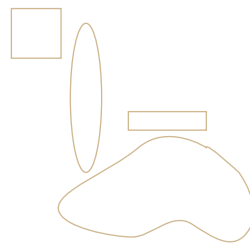
Private photo: Behavioural observation



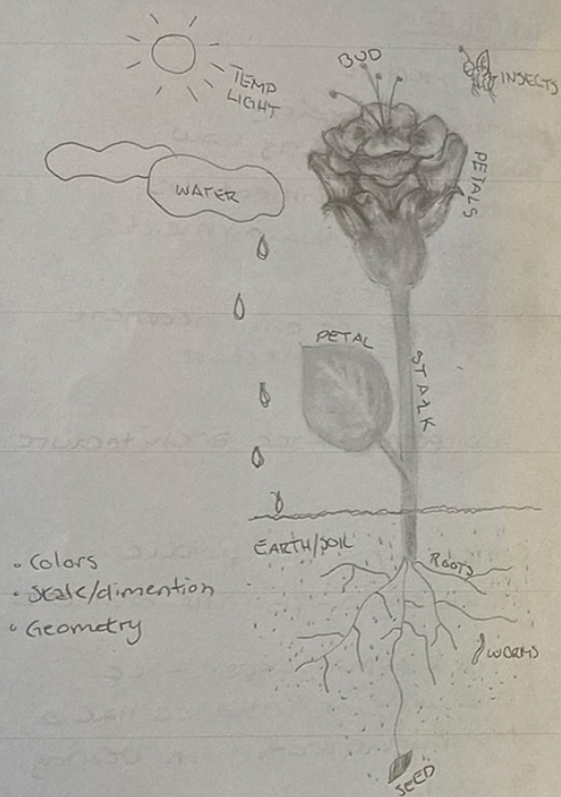
current hierarchy



equal



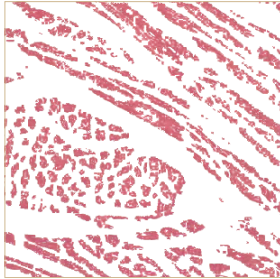
the flower



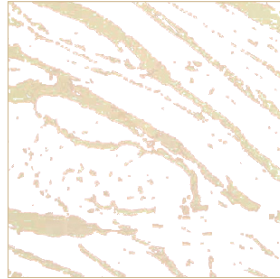
- Colors
- Scale/dimension
- Geometry

Living?
 What makes a flower ~~whole~~?
 Is it the flower bud (the center)?
 Is it the stalk? The petals? Or
 maybe it is the color? If I consider
 each feature, it ~~comes~~ ~~downs~~ ~~on~~
 me that each feature depends on
 each other. ~~Maybe~~ it is the flower
 in it's whole that makes it alive.
~~Maybe~~. It's dimensions and
 scale, ~~contrasts~~ and colors, it's
~~free~~ free geometry and it's
 wholeness. The flower does not only depend
 on its own ~~features~~ features to
 achieve it's wholeness. Also the
 conditions of the soil, oxygen, the
 water, the sun, the light, ^{temperature} and
 other species of insects are some
 important factors for the flowers
 wholeness, ... ~~look at the whole~~
 in order to stay alive!

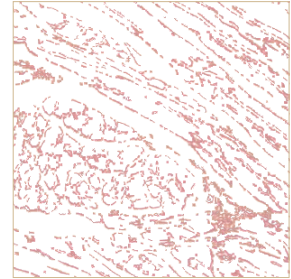
The anatomy of the muscle



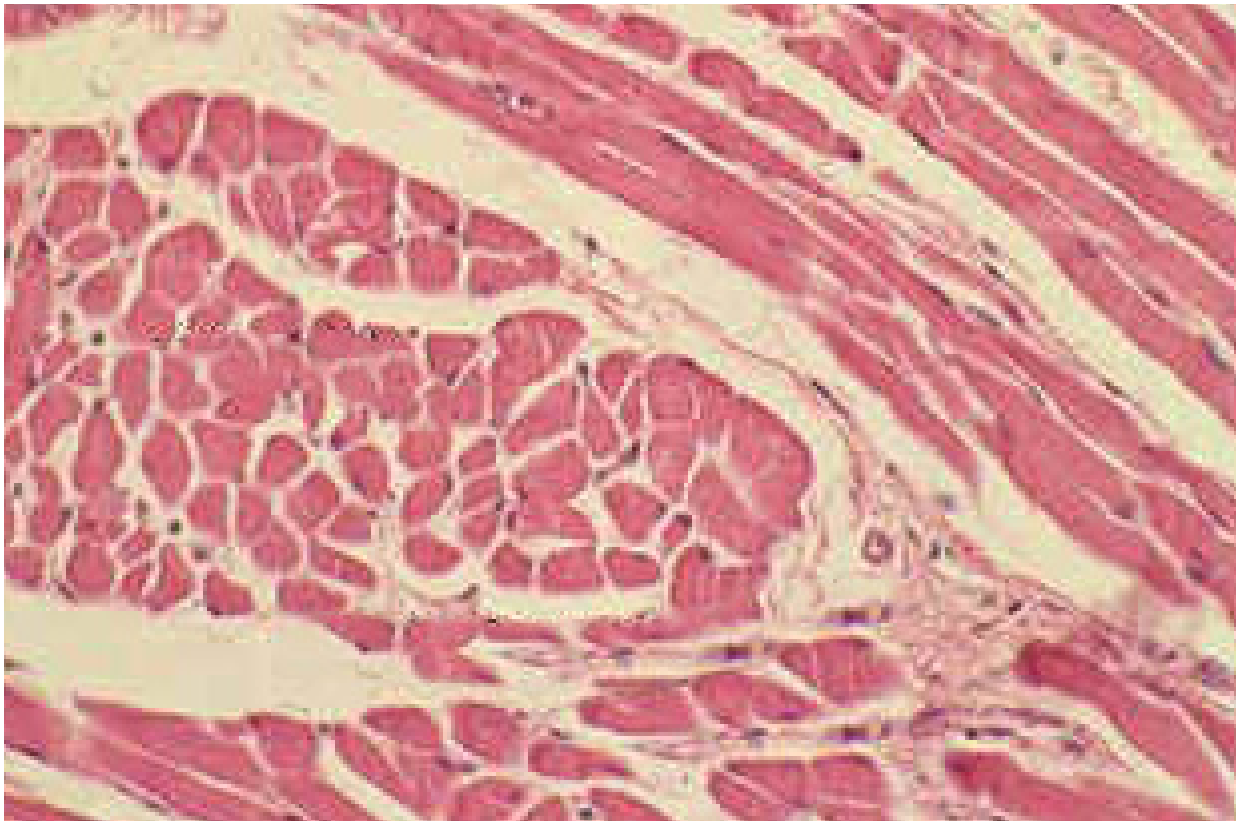
muscle fibers
activity



muscle wall
connective space



connective tissue
sequence of spaces

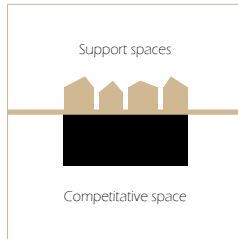


Store medisinske leksikon: Microscopic picture of a human muscle

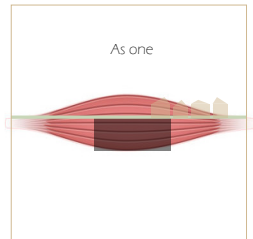
Architectural Concept

The different relationships...

Relationships between landscape, athletes, public, spectator, and spectacle as well, are incorporated into my design. A certain conscious toward a mix of the everyday, the formal and the informal, as it relates to the larger scale and not only to the tension between preparation and main event.



change of hiarchy



the muscle



typology



typography

1:1

To explore materiality and how it affect us as humans. The feeling of touching it, temperature, texture, smell and its ability to absorbe force, its durability.



Keywords

Sport-arena	A building for indoor sports that is within a smaller scale compared to a stadium. Usually not fixed seating for spectators and often multi-sport orientated.
Polyvalue architecture	Architecture and design that brings more than one value to it. E.g. A staircase are placed for several reasons more than a element that bring you from one level to another, a corridor more than a corridor and so fourth. Multiple functionalities and qualities to one object.
Competition-floor	The hall within a sport-arena. The space where one arrange competitions.
Support-spaces/ Backstage	All spaces surrounding the competition-floor. E.g. Wardrobes, toilette, social space, corridors ect.
Behavioural observation	Personal observation of athletes and others <u>use</u> of the sport-arena.

Reflectional Diary

05.01.22

My diploma talks about the hidden spaces that are within a sports arenas logic. Not as an architect, not as a spectator, but as an athlete – through an athlete's perspective I want to research a different way to organize the logic of spaces that matters – for the athlete. The wardrobe, the hallways, the warmup areas etc. Throughout the semester I'm traveling to different countries competing in world-cups, visiting different arenas. I want to use those opportunities to explore the existing conditions and understand human behaviours through observing and actual experiences with my own body and mind. With inspiration from Christopher Alexander et. Al., *A Pattern Language*, I aim to create my own language of spatial relations that allows athletes to perform at their best when it actually matters – in competition. I want to use my own body as a human ruler, photography to capture the story and actual situations and observations to be able to create a possible arena that embrace the individual – the team – for the athletes.

14.02.22 (Study trip, Visiting sport facilities in Bergen, a historical travel)

Historically one can argue that there has been a radical change in regards of the sports arenas appearances upon today. Both in its facade, function and quality. In my journey within Bergen, I looked at buildings from 1908 to 2019, that's a time-span of 111 years, and still the building from 1908, Turnhallen, gave me the most impression in the role of an architect. Whereas Fana Arena from 2018 does its duty in supporting me as a top athlete, despite its architectural plainness and lack of personality. Reflections that appeared to me was mainly concerning two conceptual themes, one is that I as an architect are not only designing for the people spending the most time there, but also for its society in general and its surrounding context. Two, is that a sport arena has the capability of being a building that much more than just sports can happen within. Done with care and accuracy, the building can evolve into different programs, as Turnhallen is a great example on. Going from a building that was built for Bergen gymnastics, to a theatre and today Salem prayer house and apartments. Whereas Fana Arena, I would be as direct and say that it will never evolve into any other programs than sports. With that said, the arenas, despite what program they sustain, are designed for the humans and their preferred use.

20.02.22

Apart from its context, both in term of limitations and possibilities, there is also different typologies when it comes to a building that are designed for athletes. A stadium I define as an indoor or outdoor area, surrounded by seating for spectators, where shows or sports events take place. Often monumental buildings that makes a statement, and often specific-sport orientated. An Arena is a building for indoor sports that is within a smaller scale compared to a stadium. Usually not fixed seating for spectators and often multi-sport orientated. Sports-hall is a building or a indoor space that one recognize from schools in regards of its standardized measurements, often the dimensions of an hand-ball/basket ball court and is often initiated by the municipality. A club-house is sport-specific. Often small in scale and organized for all people that take part in organized sports.

25.02.22

Just as the flower, a specific material and its traits will depend on different/other features, and together it can evolve into something more than just a wall, or a window, floor, sink etc., –that each feature depends on each-other to achieve its wholeness. Each material has its own trait. Some restore heat, some the cold, some are very durable, some are covered, some provide natural air, some are showing the view, or reflects the view, some changes over time, others don't. With carefully selecting your building material, one could be able to create a space with wholeness. To understand that the material itself, and its shape, will influence people behavior and mindset.

Reflectional Diary

03.03.22

Talking and asking athletes, coaches and other's in the support system of the athlete (e.g. physiotherapist, psychologist, ect.) questions on how they perceive their space within performance enhancement architecture became important from the start. As I am an athlete myself it became evident that ofcourse all athletes are different people with different perceptions and needs, reflections and experiences.

Through these questions I wanted to understand each athlete intrinsic importancies when it comes to their competition-area (sports arena) when they are to perform at their best. What is their needs when one strive for well-being, focus, self-confidence, motivation or other attributes that by experience, both physical and psychological, matters for each athletes ability to perform at their best.

Intentionally I used the term "competition-floor" when asking questions. The aim was to discover whether or not the participants kept their focus upon this particular space within the sport-arena. My hypothesis was that this is may not the most important area for the athletes. It became evident that each person would answer in regards of what their role is within the arena. In other words, for a sport manager the competitions floor was one of the most important area, for a psychologist all spaces provided to reduce external stress was important, for a coach it was the overall facilities and quality of the spaces in regards of its physical matters, for the athletes it was the options of spaces and control that became evident.

05.03.22 (After Diploma presentation 2)

Maybe the catalog is not the main vein in my project, but something that is a part of a process in total. To really enhance the fact that I have a lot of knowledge about the subject of sport-arenas and being a full-time athlete. To use the site of Fana Arena, where I keep the sport-hall and Fana IL's program, and to further rethink the supporting spaces and its relation to its physical surroundings. To start drawing- to reinterpret what a corridor can be, a wardrobe and so on. What needs and connections each space aim to accomplish is a crucial momentum in order to be able to create a building that not only the users make the building alive, but also its actual architecture and its design over all accommodate the matter of the building to function as a living thing.

27.03.22 (Field-trip, Pro galla fight- Fana arena)

For the first time I'm having my debut full-contact pro-fight at the arena where I train daily- Fana Arena. For this competition it works since there is less competitors. There was only 7 pre-selected fights which means it was in total 14 competitors and their teams, normally at world-cups we are 500-3000 competitors, only. The wardrobes are placed next to the competition-floor and the promoters had placed tatamies in the shower allowing us fighters to have quality warm-ups. This is luxury for us fighters, normally we are using the corridors and wherever there is a little room for us to move around.

While competing one loses all sense of time- one has no direct contact with the outside, and it feels like you are entering a different world, and the only people that you are sharing this world with, is the people joining you inside of the walls of the arena.

For the spectators it is a nice experience, of-course we athletes arrive before them, but it would be nice to have separate entrances. This to be given the choice if you want to interact with the spectators and other peers before you are to perform or not. All athletes are different, just as I want the architecture of the sports-arenas also to be, to really pay attention to what is actually happening inside, not only during competition- but in training as well.

Reflectional Diary

21.04.22 (After Diploma presentation 3)

The importance to be precise in my language when presenting is crucial to not spend too much time into the reason why I did the project in the first place. To be able to jump to the actual design rapidly.

To put serious effort into drawing the design for the next 1-2 weeks. To understand the logic of each space, the green corridor, shape, scale, openings, transitions, ect. To estimate depth of the main hall below ground and how the cluster of buildings on top are going to be placed in connection with its surrounding nature.

Maybe my 1:1 could involve how different material influence the experience of the use to each space. How it could extend the positive aspect of use. Maybe looking into Japanese Architecture could help in regards of architectural principles that accomodate my design proposal. Also look further into other references which is not necessarily sport related, e.g. theatre, churches, ect. Even though I have looked into some all-ready.

16.05.22 (Study-trip, World-cup Turkey)

This time we stayed outside of Istanbul- in a kind off alien site. It was kindoff nice, since everything was at the same place. We sleep, eat and compete under the same roof. As allways it is caotic with all the people and our mood is in general shitty- since we're cutting weight. The competition area was lika a huge garage, the accoustic was terrible. I was not going to fight before 4 days in, and because of the sound I had to keep away from the hall most of the time. There was no tribunas or anything to sit down for a rest. But what was nice was the amount of space. Again all the corners was occupied and the surface of concrete was cold and hard- but at least it was alot of space. It was a long walk in order to use the toilettes, wich is inconvinient when one is nervous.

While I was fighting I could not hear my coach- the noice in the arena was really demanding, so all talking had to be done during the breaks. I was happy with my performance, but the fact that I colud not hear my coach was the reason why I lost the semi-final by one point. In the end we are travelling in order to win fights, this reasoning of loosing I could change by beeing an architect and think of those important enquieries, If I were'nt an athlete this would not be possible, because one need to experiance in order to adress those issues. I think that it is really wierd competing while doing this project- cuz I never before paid any attention to all external factors Im not in control off.

07.06.22 (Study-trip, World-cup Hungary, Budapest)

This arena I really can appreciate, it is a hall that I know really well and are familiar with all its corners, even though it is a really large arena. We also have a bit of a drive going there from the core of the city of Budapest to the edges of the city. What is nice is that it is really much to look at while driving back and fourth. In fact I got an idea for my facade in my project at that road.

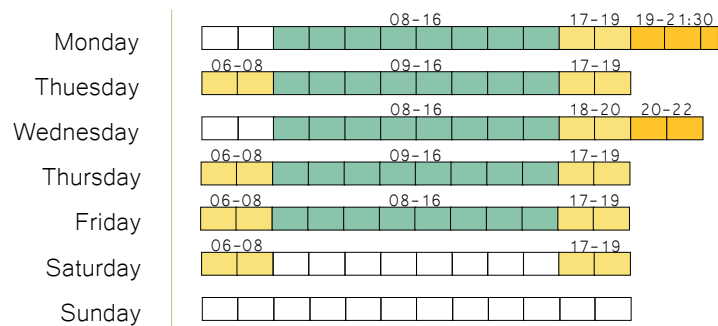
What is nice with this arena is that it is really simple in its layout, and the corridors allways lead you in the direction you are planning to go- there is no dead ends. The tribunas are pulled out and you have the opportunity to warm-up behind them, next to the competition-floor, wich is really nice. Once again there is concrete floor and people are actually bringing air-madrasses into the arena to lay and relax on. There is looong days spent in the arena, so spaces for relaxation are crucial, as well as the opportunity to go outside. One thing I became aware of just now is that Im still unshore of where the wardrobes are, even after competing there over 10 times, the toilettes are placed everywhere, and are the most important ones for an athlete, but it would be nice to also have the possibility of using the wardrobes without the need of a search to find them.



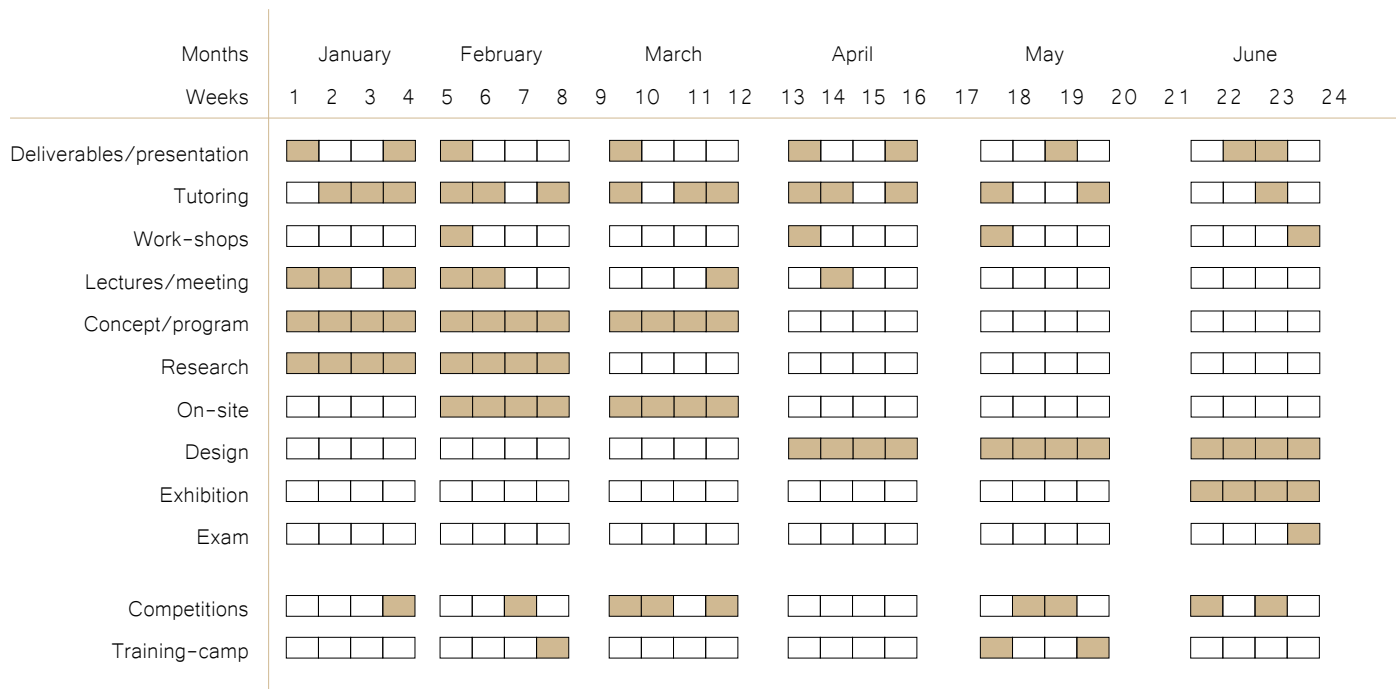
Private photo: World-cup- Budapest. Stage, spectate,backstage

Weekly planner

■ Training
 ■ Coaching
 ■ School
 ■ Time-off



Monthly planner



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Birkenlundhallen, "Fjellhall"	Gaia Arkitekter
Palazzetto dello Sport (1957)	Annibale Vitellozzi & Pier Luigi
Archery Hall & Boxing Club (2013)	FT Architects
School El Pinarillo (1967)	Curro Inza
Andreakirche (1964)	Jakob Padrutt
Gammel Hellerup Gymnasium/BIG (2013)	Bjarke Ingels Group
Norsk Reiselivsmuseum (2016)	Askim og Lantto Arkitekter
Louisiana kunstmuseum (1950)	Jørgen Bo and Wilhelm Wohlert
SESC 24 DE MAIO (2018)	Paulo Mendes Da Roscha, MMBB Arquitetos
House in Moledo	Eduardo Souto de Moura
Turnhallen (1908)	Egil Reimers
Fana roklubb (1936)	Egil Reimers
Sentralbadet (1960)	Halfdan B. Grieg
Landåshallen (1964)	Kåre Frølich
Haukelandshallen (1969)	Jacob Myklebust/ Bjørn Simonnæs
Bergen roklubb (1979)	CUBUS/Helge Borgen
ADO-arena (2014)	KHR Arkitekter
Fana arena (2018)	Haugaas entreprenør
Zinken hopp idrettshall (2019)	Rambøll Norge AS (avd. Bergen)
Cityhall Confrence Centre	MCA Architects
RDS Stadium	Stefano Piccoli & Gianpiero Pirazzini
BOK Hall	Raba S. Csaba, Simon Ferenc, Bagi Zoltán
Olympiahalle	Hans Buchrainer / Rang & Volz



Name: Christine Hagatun

Birth: 22/08/1990

Contact: +47 934 27 471
christinehagatun@gmail.com

Ladegårdsgaten 34
5033 Bergen

About me: As 2022 graduate architect, I really look forward to be able to evolve my skill set further and embrace my new epoke in life by working with architecture. Both in teams and accross knowledge, as well as independent work.

Education

2017-2022
Master in Architecture
Bergen School of Architecture

2011-2014
Bachelor in Sport, nutrision, psychology & health
University of Vestfold/
University of the Sunshine Coast (2013)

2007-2011
University admission certification/ Sports
Voss gymnas

2007
Handcraft & Design
Vatle Videregående

Distinctions

Written bachelor
Martial arts and aggression
3rd year exam [HIVE]

Other

2017/2021
National team athlete
WAKO kickboxing

2012(-2016)
Second black belt/ National team athlete
ITF Taekwon-do

Passions

Sports
People
Travelling

References

Morten Saksvik,
Sven Åge Pettersson,
Jørn Høyset

Work experience

2016 -
Elite Athlete (2x World Championship athlete)
WAKO Kickboxing & ITF Taekwon-do

2016-
Kickboxing Instructor
Fana IL kickboxing

2016-2017
Assistant and nutritionist consulter
Regional safety department at Sandviken hospital

2015-2016
Environmental therapist
Voss medical and psychiatric care

2014-2016
Personal trainer & nutritionist consulter/
Receptionist / Swimming instructor
Bergen PT senter/ Stamina Åsane/ Bergen
Swimming school

2012
Assistant kitchen
Park Hotel

Skills

AutoCad	● ● ● ● ○
ArchiCad	● ● ○ ○ ○
Rhino	● ● ○ ○ ○
Photoshop	● ● ● ○ ○
InDesign	● ● ● ● ●
Illustrator	● ● ● ● ●
Sketch up	● ● ● ○ ○
QGIS	● ● ● ● ○
Light room	● ● ● ○ ○
Premiere Pro	● ● ● ○ ○

Languages

Norwegian
English

Previous master courses & bachelor

01



Master course ▪ **Complex context ▪ Reinhabit a valley** through regeneration

Tutors; André Fontes ▪ Tom Chamberlain ▪ Hedvig Skjerdingsstad ▪ Magnus Wåge

02



Master course ▪ **Reform ▪ Re-form of Sentralblokken** to sense ▪ to orientate ▪ to humanize

Tutors; Magnus Wåge ▪ Pavlina Lucas ▪ Tom Chamberlain

03



Master course ▪ **Ocean space II ▪ [part 1] Renewables & [part 2] Ocean colonization**

Tutors; Nancy Couling ▪ Vibeke Jensen

04



3rd year exam ▪ **Diverce city ▪ Unification of Sandviken** [part 1]

▪ **Complex building ▪ Activity house** [part 2]

Tutors; Jan Liesegang ▪ Cristian Stefanescu ▪ Håvard Fadnes