

Côté Canal, Bilongo, Good & Bad News present

# CHAMPIONS



A documentary  
directed by **Caroline Van Kerckhoven**

38 min, colour, stereo, XDCAM EX1080p25 – march 2012

contact: [carolinevankerckhoven@gmail.com](mailto:carolinevankerckhoven@gmail.com) +32 498 491893

[facebook.com/cotecanal](https://www.facebook.com/cotecanal) [cotecanal.wordpress.com](http://cotecanal.wordpress.com)

distribution: *Gsara – Sandra Demal – [sandra.demal@gsara.be](mailto:sandra.demal@gsara.be) - +32 2 250 13 10*

*"Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness,  
that most frightens us.*

*We ask ourselves,  
who am I to be brilliant, gorgeous, talented, and fabulous?  
Actually, who are you not to be?  
You are a child of God.*

*Your playing small  
doesn't serve the world.  
There's nothing enlightened about shrinking  
so that other people won't feel insecure around you.*

*We are all meant to shine,  
as children do.  
We are born to make manifest  
the glory of God that is within us.*

*It's not just in some of us,  
it's in everyone.*

*And as we let our own light shine,  
we unconsciously give other people permission to do the same.  
As we are liberated from our own fear,  
our presence automatically liberates others."*

*after Nelson Mandela*

# SYNOPSIS

## Short synopsis:

In this intimate group portrait, an enthusiastic coach guides us through various boxing matches. We discover that for the victory the young boxers must fight not only with their opponent, but also with their weight, biased judges, the coach and most of all with themselves.

## Long synopsis:

In this intimate group portrait, an enthusiastic coach guides us through various boxing matches. We discover that for the victory the young boxers must fight not only with their opponent, but also with their weight, biased judges, the coach and most of all with themselves.

The coach is ambitious and the young boxers dream of becoming a champion, but behind the scenes of this Brussels boxing club you might not find the macho world that you expect.

*"It is our light, not our darkness, that most frightens us."*



## Press text

**CHAMPIONS** gives a unique insight into a raw but authentic piece of Brussels.

A boxing club located in a popular neighbourhood in the centre of Brussels offers youngsters a place to fight their demons within and beyond the boxing ring. The microcosm of the social boxing club is the setting for a universal story about the desire for self-realisation, of solidarity and friendship.

In this intimate group portrait, an enthusiastic coach guides us through various boxing matches. We discover that to win the young boxers must fight not only with their opponent, but also with their weight, biased judges, the coach and most of all with themselves. The battle these young people have to fight in daily life and in society is rarely mentioned, but the parallel between the struggles inside and outside the boxing club is obvious.

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**"It is our light, not our darkness, that frightens us most."**

□

The coach is ambitious and the young boxers dream of becoming champions, but behind the scenes of this Brussels boxing club you might not find the macho world that you would expect.



The boxing club appears to provide a framework in which the vulnerable sides of these young people can and are allowed to surface. The boxers and trainers have a close relationship, and even if a boxer stands alone in the ring, they win and lose together.



In this film we are introduced to a place where we would probably not come otherwise, we get to know people that we might meet on the street but with whom we never exchanged a word, we are present without prejudice, without necessarily understanding everything, as engaged but discrete witnesses.



## Biography

**Caroline Van Kerckhoven** was born in the city of Leuven in Belgium. After a master in physics and a PHD in astronomy, a desire to discover and understand the world pushes her attention to more terrestrial realities. She works one year as a volunteer in Pakistan and Bolivia. In 2004 she lands in Brussels where she is working for several years now with young people from popular neighbourhoods..



Passionated by the worlds that open up for her and motivated to share stories, she starts studying cinema in 2008, first at the Royal Academy of Antwerp and later in the documentary section of the Sint-Lukas Institute in Brussels.

In her first documentary CHAMPIONS she paints a group portrait of a boxing club in the centre of Brussels.

## Fiche Technique

**Year of production** 2012

**Duration:** 38'

**Image:** color, 16/9

**Shooting format:** xdcam ex 1080p25

**Exhibition format:** DVD, .MOV, BETADIGITAL

**Editing:** Final Cut Pro

**Languages:** French, Arabe

**Subtitles:** French, Dutch, English (Bellenuit)

**Country of production:** Belgium

**Film type:** documentary

## Credits

### **Director & camera**

Caroline Van Kerckhoven

### **Editor**

Diana Dolce

### **Sound**

Maarten Schmidt, Nassredin Boulahya, Matthias Delvaux, Alex Deforce, Xavier Van Kerckhoven, Abdel Tkidak, Mattias Uytendael, Christophe Davids

### **Second camera**

Noud Wynants

### **Sound editor & mixer**

Anouck Gauvain

### **Original soundtrack**

Olivier Heauregard

### **Translation**

Brahim Chentouf, Phaedra Hamza, Nassredin Boulahya, Reda Bouderbat

### **Subtitles (english, dutch, french)**

Evelyne Henrotte

### **Production**

Côté Canal – Caroline Van Kerckhoven

Bilongo – Ronnie Ramirez

Good & Bad News – Lubomir Georgiev

### **Distribution**

Gsara/Disc

## Screenings

**World premiere at Millenium International Documentary filmfestival, 19 april 2012, Brussels, Belgium [www.festivalmillenium.org](http://www.festivalmillenium.org)**

**National competition** at International Documentary filmfestival **DOCVILLE**, 28  
april 2012, Leuven, **Belgium** [www.docville.be](http://www.docville.be)

**l'Aquila Filmfestival** – Competition, november 2012, l'Aquila,  
<http://www.cleves.it>

**CORSICA.DOC** – Compétition premier film – november 2012, Ajaccio,  
Corsica, <http://www.corsicadoc.com>

**Traces de Vies** – Compétition premier film – **Mention spéciale du jury**,  
november 2012, Clermont-Ferrand, France, [tdv.itsra.net](http://tdv.itsra.net)

Festival du Film de Femmes de Créteil France avril 2013,  
<http://www.filmsdefemmes.com>

Cinéma Aventure, Bruxelles, avril 2013, <http://www.cinema-aventure.be>