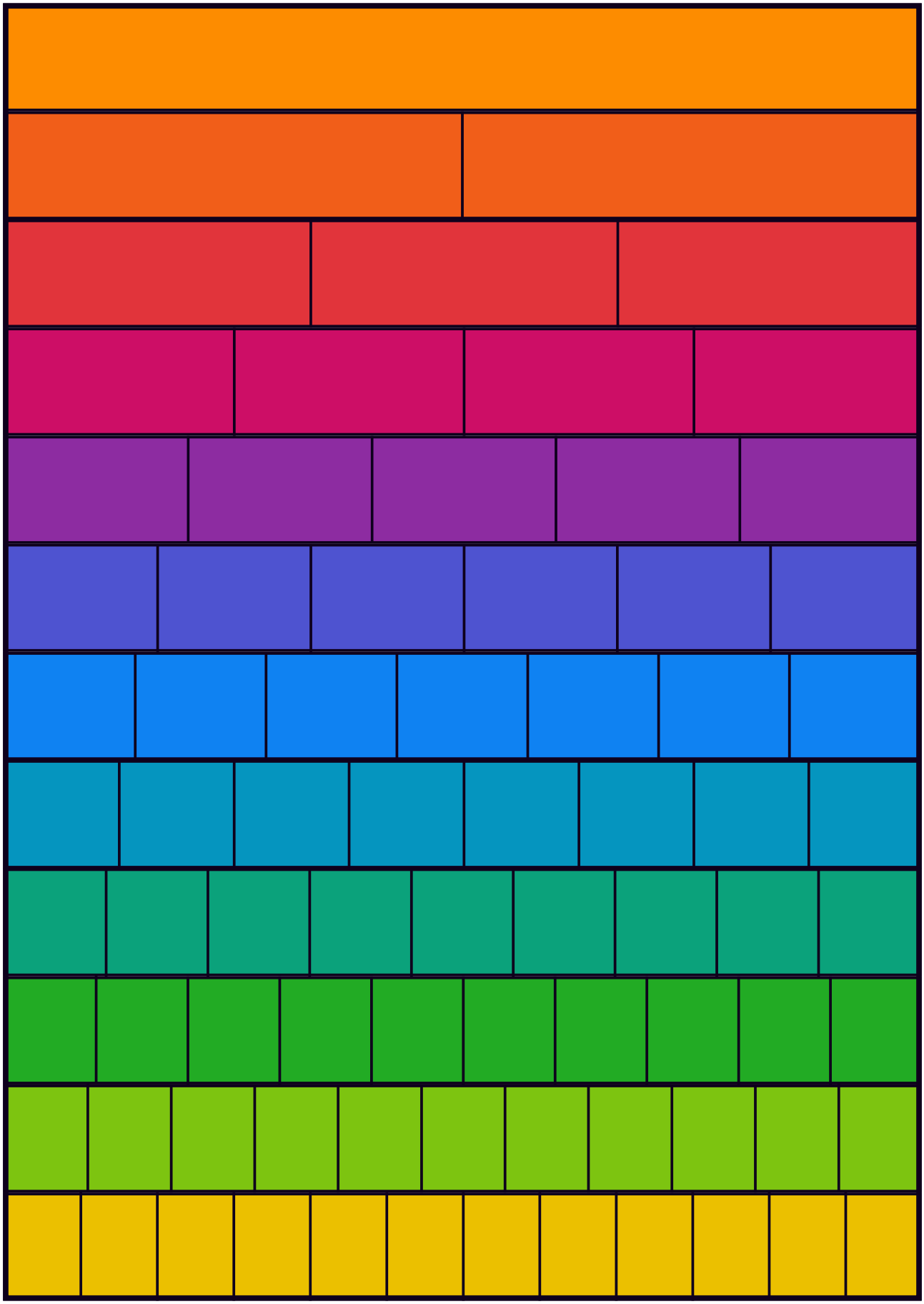أُميد رياضي