

## Kenneth J. Hoffmann

Kenneth Hoffmann is head coach for Fagernes Track and Field Club, educates athletes in his high school Elite Track Class and coaches at the Level 1 and 2 coaching certification level. His focus is on improving technique, speed, strength and power in sprinters and jumpers, as well as soccer players that request his services.

As an athlete, Hoffmann's specialty in track and field is the jumps (long, triple, high) but has had most success in the high jump. His high jump merits include winning the US National Age Group Championships (15-16 year olds), winning Wisconsin State High School Championships twice, taking first place at the NCAA Div.3 Collegiate Championships two times, including in 1993 when he jumped 2.22m to set the NCAA Div.3 Indoor National Record (which still stands today). After moving to Norway in 1996, he has won the Norwegian National Indoor Championships twice and continues to compete at the global Masters level, winning silver in the high jump at the World Indoor Masters Championships in 2014 and 2023.

### Coaching Philosophy

The main principle in Hoffmann's coaching philosophy is building the best relationship possible with each athlete. By building this relationship, it is easier to work with the athletes in order to help them improve in all aspects of their event, and in life. Working as a teacher and coach the past 15 years, Hoffmann approaches each athlete individually and helps teach them their event, plans and directs their athletic development, and more importantly tries to build a positive environment for them.

Recent years have seen Hoffmann shift from a more traditional training style of periodization and training beliefs to a more minimalist, Bondarchuk-like style. This shift occurred since Hoffmann saw that the athletes in Fagernes Track and Field club were often getting injured, primarily due to overuse injuries and overtraining. With this shift in training philosophy, Hoffmann's athletes have stayed injury free and had consistent year-round training, resulting in continual improvement.

### Current and former athletes

Athletes that Hoffmann has coached have reached an elite level nationally in Norway and have competed at international championships. Most recently, Laura van der Veen has reached the pinnacle of success in her age-group, winning the 18-19 year old age group National Championships in 2021 in both the 100m and 200m and taking 4th place in the 100m at the 2022 Norwegian National Championships and 4th place in the 400m at the 2023 National Championships. Van der Veen's success is even more impressive considering that she was not even qualified for the age-group championships in 2019. In 2023, she was selected to compete for Norway in the 200m and 400m at the World University Games in Chengdu, China.

Also among Hoffmann's current athletes is Sunniva Fjeld, who took 3rd place in the 400m at the 18-19 year old Indoor National Championships in 2022 and took 9th place in the 400m Norwegian National Championships this year. As well as being a national level long sprinter, Fjeld is also a solid long jumper.

### Coaching Education

Kenneth has completed the highest level coaching certificate available in Norway – Level 3. Holding a PhD in chemistry, he uses his researching and observational skills to test out new hypotheses on his athletes in pursuit of improving their performances. His teaching background gives him the unique understanding of how to teach and coach each individual athlete and motivate them to master the tasks and meet their goals.