



Re-Incorporated Dutch Federation Announced

Alkmaar, The Netherlands, February 15, 2023:

Today, the International Functional Fitness Federation (iF3) announced its acceptance of the Nederlandse Functionale Fitness Federation (NF3) as the new governing body for functional fitness in the Netherlands, which is operating under new leadership .

The Dutch Federation previously operated under a generalized strength sports federation in the Netherlands called KNKF. Last year, functional fitness left the KNKF group, and a new independent start was required.

Martijn Ploeger, who will lead the team operating the new Federation, explained the Federation's plans for the year, stating, "What makes NF3 different from other sporting organizations is the fact that we have a member-focused approach which puts quality, education and our members first. Our goal is to grow the sport in order to be able to provide better service, education and to create a tight community in which member gyms (and even non-member gyms) are allies and not competitors.

We, the NF3, want to be part of the community and want to actively collaborate with our community and our members to improve the sport and the quality of the gyms and coaches. In short, these are the first things we want to achieve in order to reach our objectives:

- Provide certified courses and trainings for schools and gyms
- Organise events (qualifiers, National Championship, a championship for children)
- Developing a 'quality label'
- Developing health insurance system for member gyms."

The Dutch Federation is eligible to send 1 male and 1 female athlete to iF3 Euros in Hungary in July, as well as additional athletes to Masters Worlds, Worlds, and Junior Worlds later in the year. More information about the work of the Dutch Federation is available at www.NF-3.fitness



Ploeger expressed his excitement about the future saying,
“We are excited that we can put functional fitness on the map in the Netherlands and take the sport to the next level.”

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, “The relaunch of a new independent Dutch Federation is a very important step for the future of functional fitness in the Netherlands. The country has a very active and passionate athlete community, and we are excited to cooperate with the new Dutch Federation to develop the sports governance structure the athletes deserve.”

More Information:

The Nederlandse Functional Fitness Federation is the national governing body for competitive functional fitness in the Netherlands. It is a non-profit organization headquartered in Alkmaar, The Netherlands. For more information please visit www.NF-3.fitness

International Functional Fitness Federation (iF3): iF3 is the international governing body for competitive functional fitness. iF3 is a 501(c)(3) non-profit organization made up entirely of volunteers who work to serve the best interests of the sport and athletes. To learn more about iF3, or to donate, please visit: www.functionalfitnessfederation.org

Social Media:

Instagram: [NF3 / nedfunctioneelfitnessfederatie](https://www.instagram.com/NF3_nedfunctioneelfitnessfederatie)

Facebook: [NF-3 / Nederlandse Functioneel Fitness Federatie](https://www.facebook.com/NF-3/Nederlandse-Functioneel-Fitness-Federatie)

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