



Mongolian Functional Fitness Federation Announced as the National Governing Body for Functional Fitness in Mongolia

Ulaanbaatar, Mongolia August 1, 2023: Today, the International Functional Fitness Federation (iF3) announced its recognition of the Mongolian Functional Fitness Federation (MF3) as the national governing body for functional fitness in Mongolia.

Dorjnamjim “Rocky” Dorjsembe, President of the MF3 announced, *“I was very curious about iF3 and observed 2 years before I reached out and participated its very own well-organized event. iF3 is non-profit, providing international leadership, structure and their mission is to promote and grow functional fitness around the globe. I have been doing CrossFit, Functional Fitness, Olympic Weightlifting for about 8 years now and competing as an athlete for the last 6 years in these sports up to date. At the same time, I coach for a living. One of my missions is to develop Functional Fitness in Mongolia by organizing quality annual events and motivate athletes to be better and experience more international events while representing their own country proudly.”*

Dorjsembe went on to explain that *“2023 was great year for Mongolian athletes. Mongolia sent 2 individuals and 1 team for first ever Asian Championship held in South Korea. Both male and female athletes won in their division and punched their ticket to the Worlds in Norway. We are hoping that selected athletes will be training their best to represent their country and show great sportsmanship at the Worlds. Our team is excited to organize annual National Championship to broaden and develop the community.”*

MF3 is now eligible to register athletes for iF3 international events. This season they will have quota spots allowing them to send athletes to Masters and Junior Worlds in Canada, and Worlds in Norway. More information about the work of the MF3 is available at <https://www.facebook.com/ganinvitational> and <https://instagram.com/mongoliaf3>.

Dorjsembe expressed his excitement about the future saying, *“Being member of IF3 gives me assurance that this sport will sure develop in Mongolia to its top potential. Me and my team will do our best to provide best possible guidance and service to the community.”*

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, *“We are very excited to add Mongolia to the iF3 Family. Rocky and his team have been pushing the sport forward in Mongolia for several years, and they share the same values that we do at the iF3. They are eager to have Mongolian athletes compete on the international stage, and we can't wait to watch them compete at Worlds this year.”*

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.functionalfitness.sport