



CHARLEY JOSEPH STRÖHMENGER

ACCOMPLISHED COACH, ATHLETE, AND SPORTS SPECIALIST

Charley Joseph Ströhmenger, born on April 2, 1978, is a highly regarded strength and conditioning coach, athletics specialist, and sports therapist. Based in Pretoria, South Africa, Ströhmenger has had a rich and diverse career spanning over 28 years in professional coaching and sports development, both in South Africa and internationally.

Education & Qualifications:

Ströhmenger pursued his passion for sports at the Tshwane University of Technology, specializing in Sport and Physical Science. His qualifications include certifications as a Strength and Conditioning Specialist, Sport Massage Therapist, IAAF Lecturer, IAAF Level 4 Athletics Coach, and Turkey Athletics Level 5 Head Coach (2007-2012)

Career Highlights:

Ströhmenger's coaching career is decorated with numerous high-profile roles and international achievements. He has coached elite athletes at major global competitions, including:

- Three Olympic Games
- Four World Championships
- Four European Outdoor Championships
- Three European Indoor Championships
- Three World Indoor Championships
- Five European Cup of Nations
- Enka/Fenerbahce Athletics Club

From 2007 to 2012, Ströhmenger served as the Head Coach for Long Jump at the Turkish Athletics Federation, where he contributed to the development of elite athletes. In 2022, he also made significant contributions to the Namibian Athletics Olympic Federation by creating coaching manuals and leading coaching presentations.

Coaching Achievements & Athlete Development:

Ströhmenger has helped develop elite athletes such as Karin Melis Mey, who earned a Bronze Medal in Long Jump at the 2009 World Championships in Berlin and a Silver Medal at the Mediterranean Games, as well as Stephan Louw, who holds Namibia's Long Jump National Record. Between 1997 and 2022, his athletes earned 136 medals at the South African National Championships, including the South African Women's Long Jump Champion's selection for the 2022 All-African Games. During 2023-2024, Limitless Sport athletes won 24 national and 2 international medals. Recent key athletes include youth sprinter Kwena Mojapelo, who holds three South African age group records in the 100m and 200m, and Daniel Nolte, who won Long Jump bronze at the All-African Games. Ida-Marie Strydom, a masters athlete, ranks in the top 3 worldwide in pole vault for her age group. In 2024, Ströhmenger added decathlon and heptathlon to his program, with athletes earning silver medals in both divisions at the National Championships. He also helped 567 emerging coaches earn Level 1 and 2 ASA coaching certifications.

Lecturing & International Coaching Influence:

As a lecturer, Ströhmenger has delivered 175 athletic clinics and courses in South Africa and 25 international courses in countries such as Namibia, Malaysia, Holland, and Turkey. His Kenya International IAAF High Performance Jumping Course is a notable highlight. Ströhmenger also contributed significantly to the development of Turkey's coaching and athletics structure between 2007 and 2018.

Coaching Roles & Contributions:

Ströhmenger has held coaching roles at several institutions, including Head Coach at the University of Pretoria, Waterkloof High School (2016-2019), Constantia Park Primary School (2020-2021), and Vastrap Primary School (2021-2022). He has also worked with tennis players in Gauteng North, golf players at Menlopark Golf Academy, and rugby players on speed development.

Entrepreneurial Ventures:

Ströhmenger is the Owner, Founder, and CEO of **LimitlessSport**, an international sport and strength company. He is also the co-owner/founder of **XSVFit**, a supplementation company that provides high-performance nutrition for athletes.

Recognition and Awards:

Ströhmenger's contributions to sports have been recognized with prestigious awards, including Turkey's Coach of the Year in 2009, the Highest Sports Coach Award from the Turkish Government.

Conclusion:

With over 28 years of experience, Charley Joseph Ströhmenger remains a prominent figure in athletics. His work spans from elite athlete coaching to sports education and infrastructure development, and his global influence ensures his contributions will continue to shape the world of athletics for years to come.

