

Jeffery “Jeff” Henderson



Jeffery “Jeff” Henderson is an Olympic gold medalist long jumper from the USA team. The gold medalist has been athletically inclined since his childhood. An Olympics medal is considered the holy grail of athletic achievements. The gold medalists are recognized as the benchmark of human capability.

In the 2016 Olympics, long jumper Jeff Henderson dazzled everyone with his soaring long jump. As the 2020 Olympics begins, everyone is looking forward to seeing if Jeffery brings the same magic to the ground. Combining his natural gift with relentless hard work, Jeffery made his way from a glorious collegiate career to winning the big Olympic finals.

Here are some interesting facts about Jeff Henderson. He was born on the 19th of February in 1989 in North Little Rock, Arkansas. His parents are Laverne Henderson and Debra Henderson. He is the youngest among 5 five siblings. He developed an interest in sports in his early childhood. As a result, the Henderson siblings spent time playing football in the neighborhood. He used to compete in youth football and played for his school team. Jeff attended Sylvan Hills High School and graduated in 2009.

Later, he transitioned into the track and stayed after he recognized how well he was at it. By his senior year, he was fully committed to track and field. In 2007, he became class 6A long jump champion by jumping a remarkable 23’11”. In the same year, he jumped 24’0” to break the meet of champ’s record. After showing his abilities in school, he made a promising start to his collegiate career. He enrolled in the Hinds community in Raymond, Mississippi, in 2007. During a couple of years there, he had already become a collegiate track and field sensation.

In 2008 and 2009, he was the winner at the national junior college athletic association title in the outdoor long jump. Similarly, in 2008, he also the indoor title, and in 2009, he won a national title in 4*100 meters. Following Hinds, he transferred to Florida Memorial University in the garden city from 2010 to 2011. He kept his success streak intact in those years by winning a plethora of other competitions. He was the National Association of Intercollegiate Athletics (NAIA) national champion in the indoor 60-m dash. Similarly, he was all-American in the men’s 100-m dash and men’s long jump. But unfortunately, the talented athlete got into a disagreement with the athletic department of the college regarding the treatment of an injury.

Following that, he transferred to Stillman College, Alabama. He won the all-American status at NCAA (national collegiate athletic association) Division II men’s outdoor track and field championships by winning the 100-m dash and the long jump. After he graduated in 2013 with a degree in business administration, his pro career has just begun. He moved to California, took up Al Joyner (a former gold medalist in the triple jump) as his coach, and sponsored Adidas.

In 2014, Jeff was the winner of the long jump at the USA track and field outdoor championship. He continued his remarkable feat in the 2015 pan American games. As the 2016 Olympics approached near, Jeff started concentrating on a new achievement on his record. As he aced the trials, all the eyes were towards the talented athlete. In the qualification for the Olympic finale. Jeff jumped his and the Olympics best, a wind-aided 28-21\4, leaving everyone in awe. He took the lead on his first jump for the finals, but subsequently, the other three competitors passed him. The situation looked tough, but Jeff did a fabulous 27-6 on his final attempt and won a gold. It was an overwhelming moment for the USA as it was the first gold in Olympic long jump since 2004 Athens. To make the moment more emotional, Jeff dedicated his victory to his mother, who has Alzheimer’s.

The next big event after Rio Olympics was probably the 2019 Doha World Athletics championship. Jeff slipped to a silver medal in the final event while Tajay Gayle of Jamaica took the gold home. There were barely any competitions in 2020 during the coronavirus pandemic. Jeff took it as an opportunity to prepare for the Tokyo Olympics.

As of 2021, Jeff lives in Chula Vista, California. Though he is originally from Arkansas, being in California makes sense because it is close to the Olympic training center. The 32 years old athlete aims to represent Team USA at the 2024 Olympics as well.