

2016 Tri State Open Weightlifting Competition

Go to: www.connecticutweightlifting.com – Live Webcast!!



Date: Sunday, January 10, 2016

Time: 9:30am – 7pm

Location: CF Norwalk, 1 Muller Ave.

Meet Director: Gary Valentine, M.A., USAW II



www.crossfitnorwalk.com

Director Gary Valentine, M.A., USAW National Coach, President CT Weightlifting

Welcome to 2016 Tri State Open Weightlifting Competition! Special thanks go to Susan Friedman, owner of Crossfit Norwalk, and her staff for making this beautiful new facility available for this official USAW sanctioned competition. www.crossfitnorwalk.com

Today's meet is sanctioned by United States Weightlifting, <http://weightlifting.teamusa.org/> through the Connecticut Local Weightlifting Committee, www.connecticutweightlifting.com. Please join me in thanking all of our volunteers today – Assistant Director Brian Swedrock, judges Bob Sweeney, Russ Zito, Kathryn Goodrich, Ron Remeika, Riky Jakobson, Tory Campbell, Vivian Dawson, Richard Beck, Deb Valentine, Matt Carney, and Photos by Sarah Valentine.

Your host sponsor, **Team Connecticut Olympic Weightlifting Club**, is located in Wilton adjacent to the Valentine home. Anyone interested in private instruction or joining can contact the club at garyv@optonline.net, www.connecticutweightlifting.com or 203 241 1413.



2003 World Masters Champion



Coach Gary Valentine



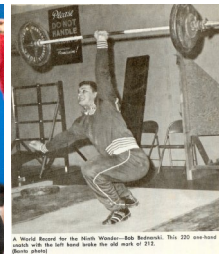
2013 World Masters Champion

With 37 years in this great sport, I have nothing but the deepest admiration and respect for the hard work, dedication, and commitment of everyone involved today. I wish all of our participants the best of luck on their journey to excellence. Again, thanks to all of our friends at CrossFit Norwalk for providing this opportunity for our athletes to develop their skills. Let's find out how much we can lift! Sincerely,

Gary Valentine, M.A., USAW National Coach, Connecticut Weightlifting President

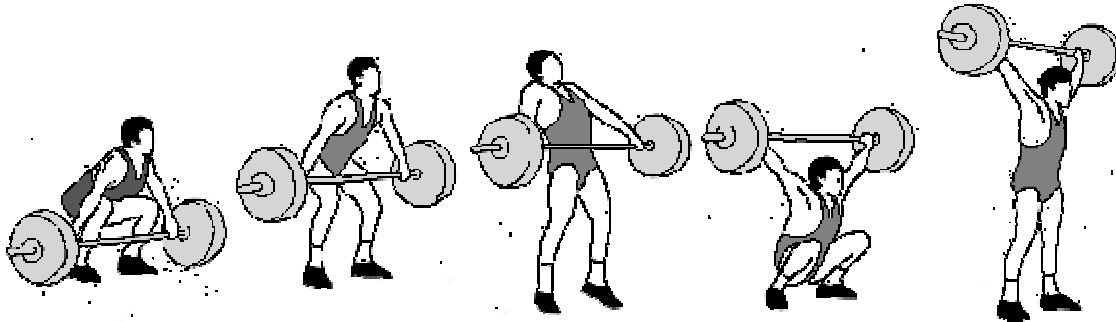
2003/2103 World Masters Weightlifting Champion

Best Lifts-123kg (271) Snatch, 165kg (364) Clean and Jerk, 105kg (231) Bodyweight, Age 42.

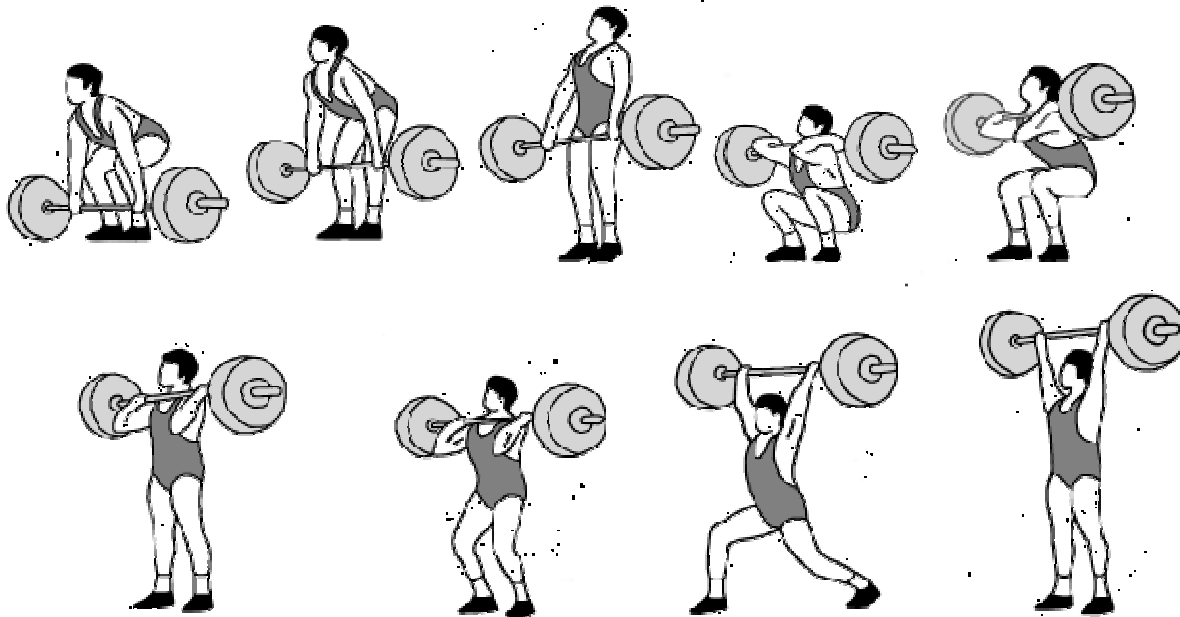


The Sport of Weightlifting

There are two lifts contested in Weightlifting, Olympic - Style. The first is called the **“Snatch”**, where the bar is lifted from the ground to arms length overhead in one swift motion.



The second lift, historically termed “the King of Lifts”, is called the **“Clean and Jerk”**. The bar is lifted, or **“Cleaned”** from the ground to the chest. It is then heaved from the chest to arms length overhead, called the **“Jerk”** portion of the lift. The most weight is lifted in the clean and jerk.



Bobby Wyman



Team Connecticut!



Tom Sullivan

The Competition:

Each competitor today will have three attempts in the **Snatch** lift, then three attempts in the **Clean and Jerk** lift. Each lifter's best **Snatch** lift is added to their best **Clean and Jerk** lift to form their **Total**. The lifter with the highest **Total** in each weight class is the winner of that weight class. In a competition, all the competitors in a session will complete their three **Snatch** lifts first, then their three **Clean and Jerks**, as the weight on the bar gets progressively heavier in 1 kilogram increments.

Of all the weight class winners today, a formula is applied to each lifter's **Total** to determine who lifted the most weight per pound of bodyweight. That lifter, Male and Female, is given the coveted Outstanding Lifter Award.

There are 3 competitions today – Junior (20 and under), Open (all lifters, any age), and Master (over 35), each with Men's and Women's Divisions.

The Weight Classes are:

Women:	in kilograms -	48,	53,	58,	63,	69,	75,	75+	
	<i>in pounds</i>	<i>105.8,</i>	<i>116.8,</i>	<i>127.8,</i>	<i>138.8,</i>	<i>152.1,</i>	<i>165.3,</i>	<i>Over 165.3.</i>	
Men:	in kilograms	56,	62,	69,	77,	85,	94,	105,	105+
	<i>in pounds -</i>	<i>123.5,</i>	<i>136.7,</i>	<i>152.1,</i>	<i>169.8,</i>	<i>187.4,</i>	<i>207.2,</i>	<i>231.5,</i>	<i>231.5+</i>

1 kilogram = 2.2 pounds.

Judging:

On each lift, the lifter must receive the approval of at least two of the three referees for a good lift. A few **common infractions** which cause a "no lift" ruling are:

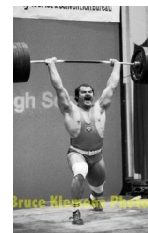
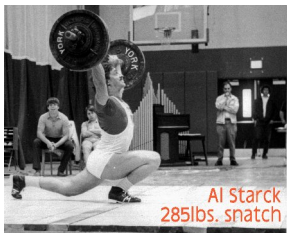
"Pressout" is where the lifter does not immediately get the weight to complete arm extension overhead, but uses a noticeable break at the elbows and presses the weight out to complete extension.

"Elbow touch" is where an elbow touches the knees in receiving of the bar in the clean.
Complete Rules can be found at: www.usaweightlifting.org

Today's Schedule...

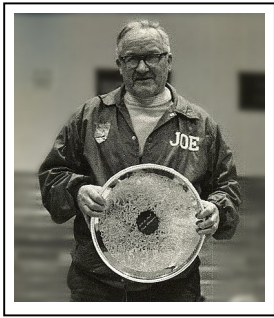
Women, 10am-noon

Men 12:30 – 4pm (immediately following previous session medal ceremony).



Visit <http://newenglandlwc.com/> for New England records, clubs, results, and competition schedule!

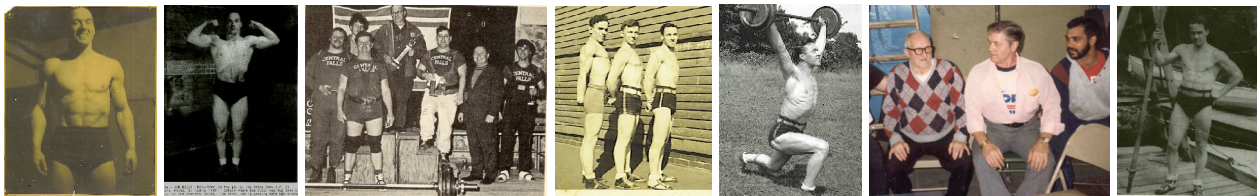
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Joe Mills... 1908-1990.

No meet in New England would be complete without mention of the late legendary coach Joe Mills. Born in 1908, New England coach and lifter Joe Mills of Central Falls, Rhode Island, began lifting in 1931. He was walking in Central Falls and passed a tenement house where a man named Stanley Ossowski was lifting weights. Joe was intrigued and began lifting with Stan and a few others in a garage on New Haven Ave. In 1935 they started a club at the Pawtucket Y, where workouts included lifting, tumbling, hand balancing, gymnastics, bent pressing, and other one - arm lifts. In 1937 his total of 652 pounds in the then three Olympic Lifts was just 2.5 pounds under the winning total at the World Championships in Paris. His best lifts in the 132.5 pound featherweight class were clean and press 200, 201 snatch, clean and jerk 265, total 652. He was one of the first lifters in the world to clean and jerk double bodyweight, 265 pounds weighing just 130! In 1942 *Joe won the U.S. National Championship* in the featherweight class.

In July of 1942 Joe was inducted into the Army. From the end of 1944 until the end of the war he was involved in battles and campaigns in the Rhineland, Ardennes, Central Europe, and Czechoslovakia. His decorations and awards were: the Good Conduct Medal, American Theater Campaign Ribbon, Victory Medal, and the European African Middle Eastern Theater Campaign Ribbon. On February 19, 1945 near Sinz Germany, Sergeant Joe Mills "*for heroic achievement in connection with military operations*" was awarded the Bronze Star. In a squad of 12 that fought for 18 days straight, Joe knocked out a German machine gun nest with a grenade, and was one of only three of the twelve that survived. I remember Joe showing me the medal and when I asked what it was for he said "damn Germans threw a grenade in our fox hole, so I threw it back!" That was Joe.



Joe coached World and National Champions from New England until his passing in 1990, including Bob Bednarski, Mark Cameron, Jerry Ferrelli, Al Stark, Frank Clark, Jim Decosta, and Gerry Willis. Having met Joe in 1981, I would drive three hours each way from Stamford, CT. to Central Falls to learn from him. His wisdom regarding the athletic requirements of these lifts, and his attitude on *lifting as a way of life* were priceless. In 1990, the following was written by Connecticut lifter Ed Klonoski of Torrington. Thanks to Ed for so eloquently putting into words how we all felt about Joe:

By now I'm sure most of you know that Joe Mills has left us. And those of us who knew and valued Joe are left missing him, struggling for words to express our loss. Here are a few such words.

Weightlifting requires three attributes: strength, athleticism and attitude. For those of us lucky enough to train with him, Joe taught weightlifting's special athletic demands with an insight that the rest of the world is only beginning to share. "Look up; jump down" is a refrain that we have all heard for decades. We smarted under his sarcastic, "very powerful, very powerful." But we went back to our gyms determined to earn his praise, a grudging, "ok." Now when I watch the great world champions I see them looking up and jumping down; turning lifting into the graceful and explosive movement Mills always claimed it was.

But Joe's contribution encompassed more than training, more than technique, more than his own many championships, even more than his love of good lifting. You see, Joe was the walking, talking embodiment of weightlifting. His credo, "two deep breaths and I can do anything," is the essence of a lifter's philosophy.

Watching Joe struggle through his last couple of years I understood even more deeply the value of that attitude. To the end Joe's back was straight, his head tall, and his eyes bright. Whatever crossed his path was met with two deep breaths.

So here is a life well lived. And spread all over this country are men walking a little straighter, a little taller, meeting life head on with an attitude they learned from a normal sized Englishman of Central Falls, Rhode Island. Thanks Joe.

USA Weightlifting Clubs in Connecticut go to www.usaweightlifting.org for more information

CHESHIRE BARBELL CLUB

360 Sandbank Road
Cheshire, CT 06410

Club: #3088
Email: [Joshua L Colburn](mailto:Joshua.L.Colburn@usaweightlifting.org)
Phone: (203) 272-6846

DANBURY BARBELL CLUB

11 Pecision Rd
Danbury, CT 06810

Club: #3086
Email: [Austin Monteiro](mailto:Austin.Monteiro@usaweightlifting.org)
Phone: (203) 628-7676

HARTFORD BARBELL CLUB

20 New Park Ave
Hartford, CT 06106

Club: #3066
Email: [John A Durrett](mailto:John.A.Durrett@usaweightlifting.org)
Phone: (860) 570-0255

MIDCOAST BARBELL

39 Ragged Rock Rd Unit 2
Old Saybrook, CT 06475

Club: #3087
Email: [Wendell T Webber](mailto:Wendell.T.Webber@usaweightlifting.org)
Phone: (860) 853-8028

NEW HAVEN WEIGHTLIFTING

1175 State St
New Haven, CT 06511

Club: #3079
Email: [Carla A O'Brien](mailto:Carla.A.O'Brien@usaweightlifting.org)
Phone: (203) 777-2364

REDZONE WEIGHTLIFTING CLUB

3 Simm Lane - Unit 3A
Newtown, CT 06470

Club: #3074
Email: [Kurt Kling](mailto:Kurt.Kling@usaweightlifting.org)
Phone: (203) 383-9793

RS PERFORMANCE

323 Railroad Ave.
Greenwich, CT 06830

Club: #3052
Email: [Rick Stebbins](mailto:Rick.Stebbins@usaweightlifting.org)
Phone: (203) 992-1220

SACRED HEART UNIVERSITY WLC

Sacred Heart University Office of Residential Life 5151 Park Ave
Fairfield, CT 06825

Club: #3036
Email: [Joel Quintong](mailto:Joel.Quintong@usaweightlifting.org)
Phone: (203) 416-3420

STRONGTOWN BARBELL CLUB

1432 Old Waterbury Rd. - Unit 4
Southbury, CT 06488

Club: #3056
Email: [Daniel Gallagher](mailto:Daniel.Gallagher@usaweightlifting.org)
Phone: (203) 233-9881

TEAM 3E WEIGHTLIFTING

1701 Highland Avenue Unit #3
Cheshire, CT 06410

Club: #3089
Email: [Edward A Williams Sr.](mailto:Edward.A.Williams.Sr@usaweightlifting.org)
Phone: (203) 439-9118

TEAM CONNECTICUT

53 Longmeadow Road
Wilton, CT 06897-1102

Club: #3020
Email: [Gary Valentine](mailto:Gary.Valentine@usaweightlifting.org)
Phone: (203) 762-2299

TRITON BARBELL

101 North Plains Industrial Rd
Wallingford, CT 06492

Club: #3083
Email: [Peter Pacheco Jr.](mailto:Peter.Pacheco.Jr@usaweightlifting.org)
Phone: (203) 626-9359

WESTCONN STRENGTH BARBELL CLUB

1087 Federal Rd - Unit 7
Brookfield, CT 06804

Club: #3085
Email: [Seth Murphy](mailto:Seth.Murphy@usaweightlifting.org)
Phone: (203) 775-7805



Team Connecticut!

Next Competition February 20 at...

Crossfit Revelation

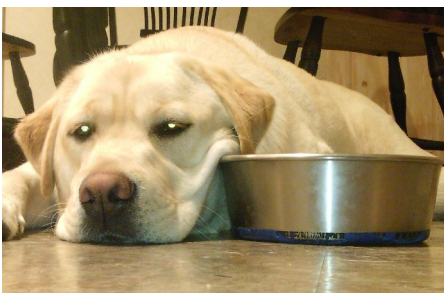
Dedicated to Forging Elite Fitness!

7 Moody Rd. Building One, Unit C

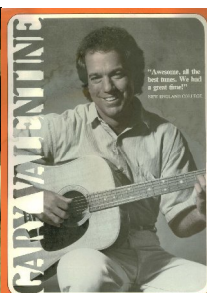
Enfield, CT 06082

413.441.2580

andrew@crossfitrevelation.com



Lucy From The Sky



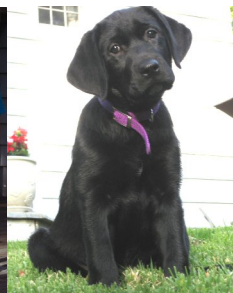
Coach V, 1985



Deb and Gary



Sarah & Grandpa



Abbey Road!