

3rd Annual Connecticut State Weightlifting Championships

Sunday, November 20, 2016. 10am – 6pm

Sponsored by...



Team Connecticut, 2014 Team Champions



Chris Lesmes, Liam Fay, Luis Díaz, Baines, Mike Edelen, Russ Zito, G, Steve Powell, Rene Cevallos, Andrew Romeo, Eric Brandom, Tom Sullivan



Heather Nimsger, Emily O'Hearn, Riky Jacobsohn, Courtney Sims, Coach V, Denise Roby, Vivian Dawson, Danialle Colosimo, Kathryn Goodrich

Meet Director: Gary Valentine, M.A., USAW National Coach/Referee

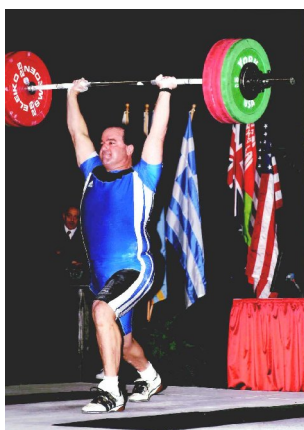
Go to: www.connecticutweightlifting.com – Live Webcast, and 2017 Meet Schedule!

Welcome to the 3rd Annual Connecticut State Olympic Weightlifting Championships, hosted by Trinity College, in Hartford, CT! Special thanks go to Athletic Director Michael Renwick and Professor Dario Del Puppo for making this fine facility available.

Our volunteers today are National Referee and New England Hall of Fame inductee Robert Sweeney, Assistant Meet Directors Brian Swedrock and Ron Remeika, LWC Judges Tory Campbell, Eric Johnson, Dr. Dario Del Puppo, Mark DiSanto and Ricky Jakobsohn. Our scorekeeper is Rachel Carlson, and weighins by Deb Valentine, Tory Campbell and Joe Ridarelli

The Connecticut Local Weightlifting Committee is now over 270 members, 56 of whom will be competing today! CT Champions will be crowned, and lifts that exceed last years winning marks will be the new CT LWC Competition Records. www.connecticutweightlifting.com/ct-lwc-records/

Your host sponsor, Team Connecticut Olympic Weightlifting Club, is located in Wilton, CT. Anyone interested in seminars or private lessons please visit:
<http://connecticutweightlifting.com/valentine-strength-llc/online-coaching/training-sessions/>



*2003 World Masters Champion
Age 45-49 World Record Clean and Jerk*



*2013 World Masters Champion
Age 55-59 World Record Clean and Jerk*

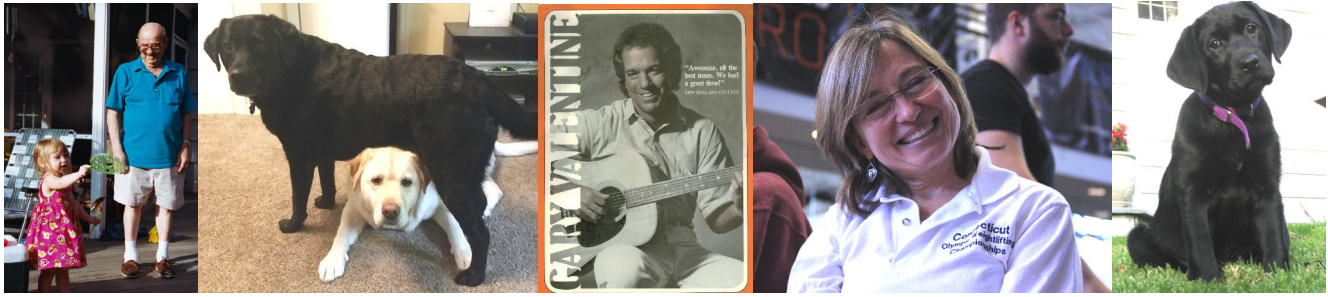
With 37 years in this great sport, I have nothing but the deepest admiration and respect for the hard work, dedication, and commitment of everyone involved today. I wish all of our participants the best of luck on their journey to excellence. Sincerely,

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

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

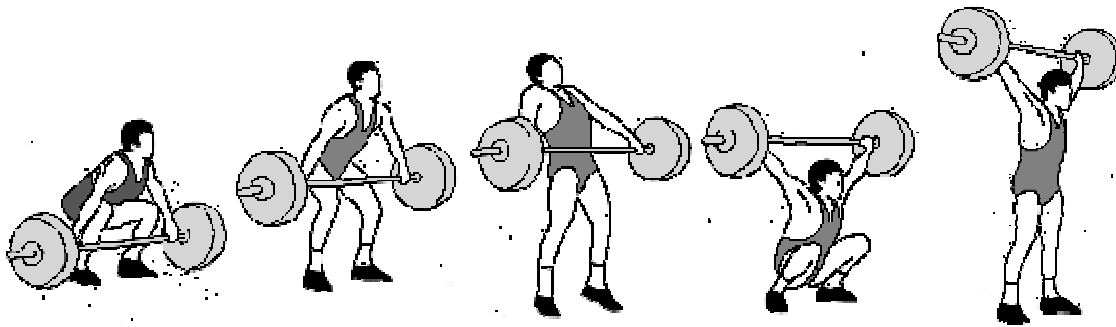
Team Connecticut training facility...



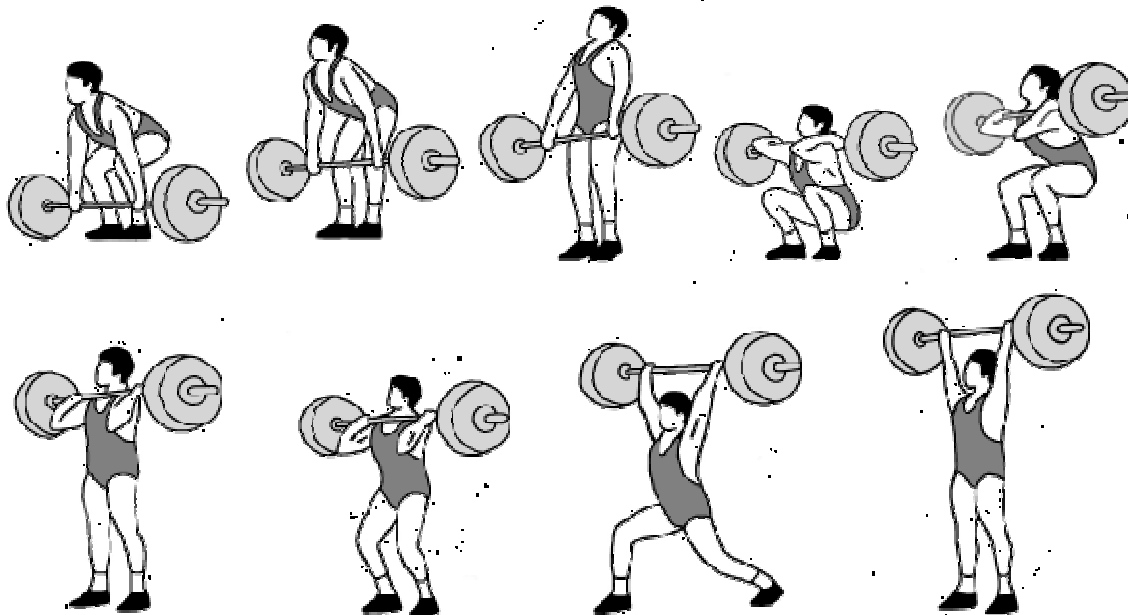


The Sport of Weightlifting

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.



Next CT Meet – January 15, 2017 - Tri State Open at...



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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.

The schedule of our three sessions today will be all seven Women's classes from 10am – 12:30, followed by the eight Men's classes divided into two sessions from 12:30-5:30-pm. 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 three Age Group 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 limits are: (1 kilogram = 2.2 pounds)

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>

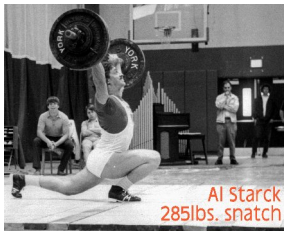
The International Weightlifting Federation has recently added to the number of weight classes for women, resulting in a total of 8 classes, same as the men. They've done away with the 75+ category and added a 90, and 90+. This will go into effect for our LWC meets January 1, 2017!

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 arm touches a leg in the receiving of the bar in the clean. Complete Rules can be found at: www.usaweightinglifting.org



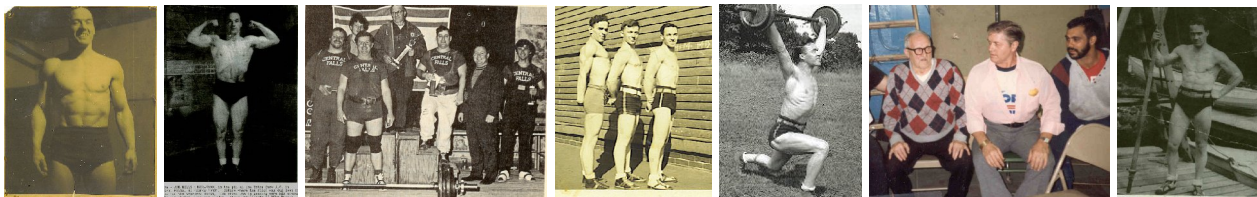


Joe Mills... 1908-1990.

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

These are the 16 USAW registered USAW Clubs in CT:

<http://www.teamusa.org/usa-weightlifting/clubs-lwc/find-a-club>

DANBURY BARBELL CLUB - 11 Pecision Rd, Danbury, CT 06810 (203) 628-7676

<http://crossfitdanbury.com> **Club Director:** Austin Monteiro (203) 788-0445

Dynamic Athletics - 25 Old Kings Highway North, Darien, CT 06820 (973)-876-8748

www.dynathletics.com **Club Director:** Bill Gallagher (973) 876-8748

Frozen Iron Barbell Club - 27 Halley Court, Fairfield, CT 06825 (203) 522-4121

<http://www.sosfairfield.com/> **Club Director:** Owen Cassidy (203) 209-1912

HARTFORD BARBELL CLUB - 20 New Park Ave., Hartford, CT 06106 (860) 570-0255

<http://www.crossfithartford.com> **Club Director:** John Durrett (860) 798-2944

MIDCOAST BARBELL - 39 Ragged Rock Rd Unit, Old Saybrook, CT 06475 (860) 853-8028

<http://www.midcoastcrossfit.com> **Club Director:** Wendell Webber (917) 873-3373

Milford Athletics - 49 Research drive unit B, Milford, CT 06461 (203)-376-8107

www.crossfitmilford.com **Club Director:** Jason Leydon (203) 283-7751

NEW HAVEN WEIGHTLIFTING - 1175 State St., New Haven, CT 06511 (203) 777-2364

<http://www.crossfitnewhaven.com> **Club Director:** Carla O'Brien

No Limit WLC - 10 Corbin Drive, Darien, CT 06820 (203)-550-0262

Club Director: Berti Olivetti (203) 550-0262

REDZONE WEIGHTLIFTING CLUB - 3 Simm Lane - Unit 3A , Newtown, CT 06470

(203) 383-9793 <http://crossfitredzone.com> **Club Director:** Kurt Kling (203) 209-7503

SACRED HEART UNIVERSITY WLC - SHU Office of Residential Life 5151 Park Ave

Fairfield, CT 06825 (203) 416-3417 <http://www.facebook.com/shuw/>

Club Director: Joel Quintong (203) 504-2032

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

(203) 233-9881 <http://www.crossfitstrongtown.com> **Club Director:** Daniel Gallagher (203)-233-9881

TEAM 3E WEIGHTLIFTING - 1701 Highland Avenue Unit #3, Chesire, CT 06410

(203) 439-9118 <http://www.3ecrossfit.com> **Club Director:** Edward Williams (203) 936-7257

TEAM CONNECTICUT - 53 Longmeadow Road, Wilton, CT 06897 (203) 241 1413

www.connecticutweightlifting.com **Club Director:** Gary Valentine (203) 241 1413

Team Northwest CT - 960 Migeon Avenue, Torrington, CT 06790 (860)459-0346

crossfittorrington.com **Club Director:** Matthew Harrington (860) 459-0346

TRITON BARBELL - 101 North Plains Industrial Rd., Wallingford, CT 06492 (203) 626-9359
<http://www.crossfittriton.com> **Club Director:** Stephen Rossacci (203) 410-2288

Zenith Barbell Club - 2 Toelles Road, Unit 14, Wallingford, CT 06492 (203)-265-6823
<http://www.crossfitzenith.com> **Club Director:** Brian Watts (203) 265-6823

CT Membership Profile as of 11-13-2016:

Total Members – 276 (Male 177, Female 99)

Total Juniors (20 and under) – 17 (Male 9, Female 8)

Total Masters (ages 35 - 76) - 84 (Male 55, Female 29)



Opening December, 2016!

Ridgefield CT.

<http://www.trinitycrossfit.com/>

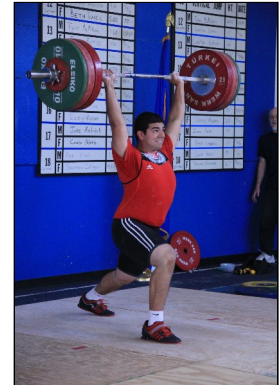
TRINITY CROSSFIT STORY

Owners Frank and Nicole Rios had always dreamed of having their own gym. With long histories in health and exercise science and a desire to help others improve their lives it seemed inevitable. Finding CrossFit was a perfect fit for both, providing a challenging workout and a supportive community. In 2012 Frank decided to pursue CrossFit coaching and received his CF-L1, the first level of coaching. He then deployed and became the head coach of the CF affiliate on base. He had an amazing opportunity to lead over 10 coaches and 150 athletes. After this experience, he knew owning his own box was certain. During this time Nicole was in school to become a licensed massage therapist and was taking classes like anatomy and physiology. She fell in love with kinesiology (study of the movement of the body) and sports massage. Soon she was working with athletes at University of Louisville and completing multiple Kinesiotape certifications. As a CrossFit athlete, she knew coaching was her next step. Fast forward another year and a few more certifications and Trinity CrossFit was born.

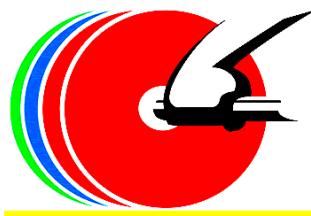
They found an old gas station in a perfect location and took a leap of faith. They set years of dreams and plans into motion and renovated everything. From completely revamping old bathrooms that were only accessible from the exterior of the building, to new paint and garage doors they turned the place from a rundown Sunoco to a perfect CrossFit box. They look forward to providing a wonderful supportive environment with fun (but tough!) workouts coached by educated and experienced coaches.

626 DANBURY ROAD – RIDGEFIELD, CT 06877

203-909-0273



**Team Connecticut
CT, New England and Atlantic States Champions!**



www.crossfitnewhaven.com

Host of the Annual USAW Sanctioned Nutmeg State Championships!

All the Best to Team CT's Vivian "VivStrong" Dawson...
National and Pan American Masters Champion and Record holder, World Masters Silver Medalist



93kg, 205 lb Clean and Jerk, Age 49

2015 World Masters Championship, Finland

Valentine Strength, LLC.

Wilton, CT. 06897

E-mail: garyv@optonline.net

- Individual or group lessons
 - USAW Level 1 and Advanced Level 2 Coaching Certification Course Lead Instructor
- Have your lifts filmed and analyzed by Coach Valentine...

<http://connecticutweightlifting.com/valentine-strength-llc/online-coaching/training-sessions/>



Abbey "Calories Out" Valentine
Team CT. Conditioning Coach

Lucy "Calories In" Valentine
Team CT. Nutritionist