

2018 Tri State Weightlifting Championships

This is where the Olympic Journey Begins!



Sunday, January 14, 2018 9:30am – 8:00pm

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



Riki Jakobsohn

USA and Pan Am Masters Champion and Record holder, World Masters Silver Medalist

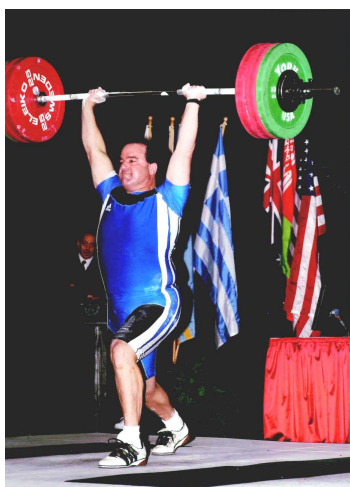
www.connecticutweightlifting.com – Live Webcast, Scoring, 2018 Meet Schedule!

Welcome to the 5th Annual Tri State Olympic Weightlifting Championships in Norwalk, CT! I would like to extend my deepest thanks to our Site Sponsor Susan Friedman of Crossfit Norwalk. Susan is CrossFit Norwalk owner and trainer, and is 2014 National Masters Weightlifting Champion! CrossFit Norwalk has proudly hosted the Tri State Open since 2014 providing a high quality venue for the sport of weightlifting. CrossFit Norwalk offers group classes and private training for both CrossFit and weightlifting. www.crossfitnorwalk.com.

Our volunteers are National Referee and New England Hall of Fame inductee Robert Sweeney, Assistant Meet Director Brian Swedrock, LWC Judges Richard Beck, Margaret Battisti, Missy Jorczak, David Roderick, Noah Ottenstein, Zack Flagge, Bill Atwood, Joe Rodriguez, Kathryn Goodrich, Deb, Sarah, and Dena Valentine, Joe Ridarelli and Loader Larry Cass.

Please go to www.connecticutweightlifting.com/ct-lwc-records/ to view CT 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, 153kg*

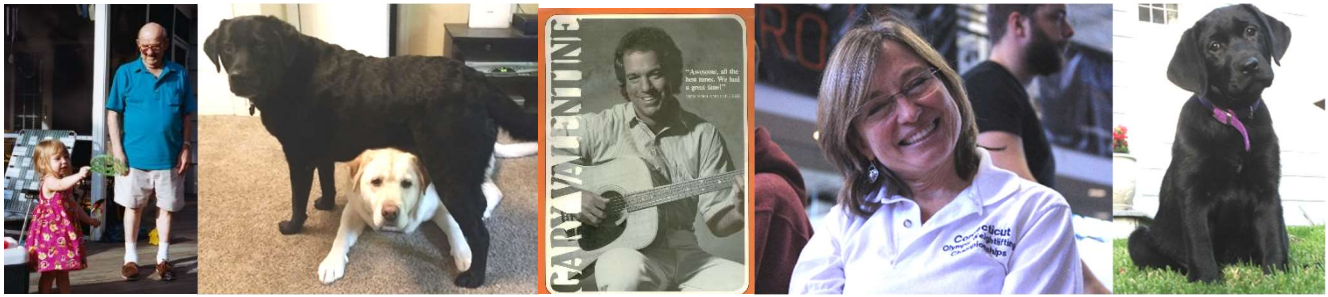
*2013 World Masters Champion 55-59
World Record Clean and Jerk, 146kg*

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

With 39 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.

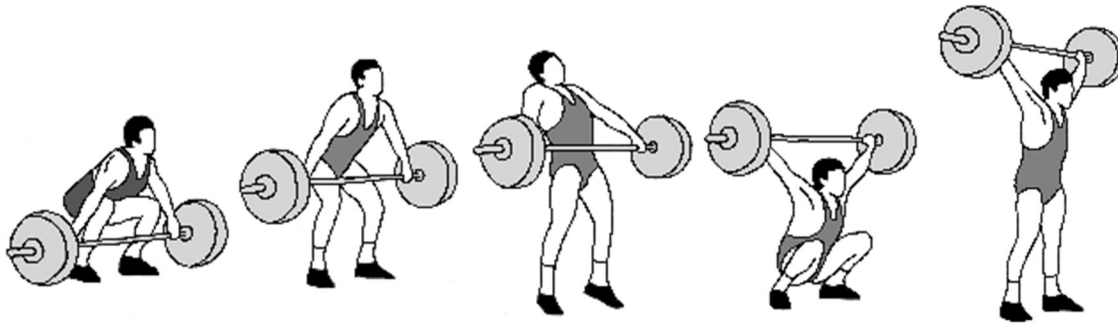
Team Connecticut, Wilton CT.



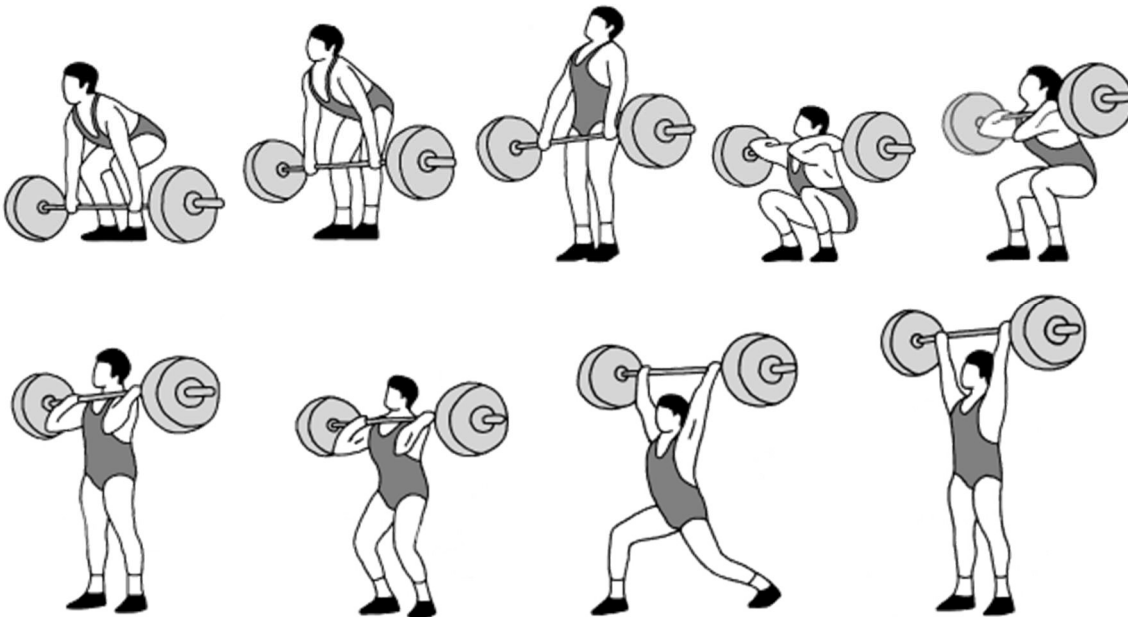


The Sport of Weightlifting

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.



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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 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 four sessions today will be 2 Women's classes from 9:30am – 2:30, followed by 2 sessions of the eight Men's classes until about 8pm. Of all the weight class winners today, a formula is applied to each lifter's **Total** to determine who lifted the most in relation to their 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,	90,	90+
in pounds	105.8,	116.8,	127.8,	138.8,	152.1,	165.3,	198.2,	Over 198.2
Men: in kilograms	56,	62,	69,	77,	85,	94,	105,	105+
in pounds -	123.5,	136.7,	152.1,	169.8,	187.4,	207.2,	231.5,	231.5+

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 is now in effect for our LWC meets.

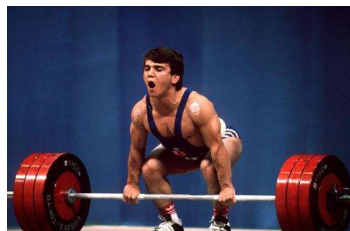
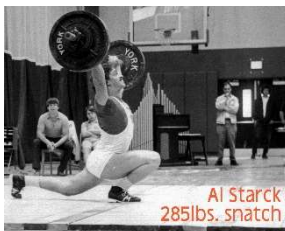
Judging:

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:

"Press out" 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.usaweightlifting.org



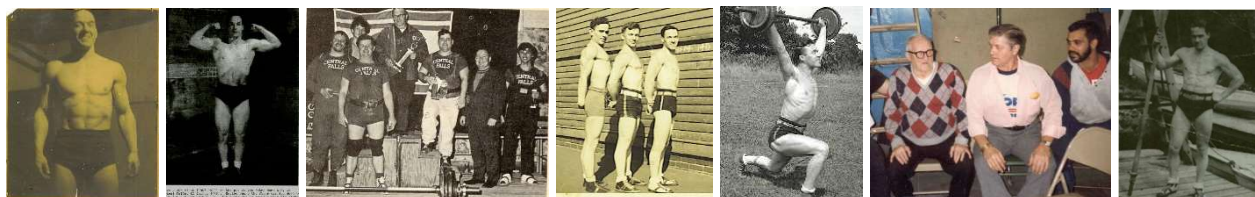
CF Revelation, Enfield, CT
Site of our next competition,
March 4, 2018 Northeastern States
Championships!
Joe Mills... 1908-1990.





No USA Weightlifting meet would be complete without mention of the late legendary coach Joe Mills. Born in 1908, 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 1980, 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



Our Annual Schedule and Site Sponsors...

January 14 – Tri State Open...



<http://www.crossfitnorwalk.com/home>

March 4 – Northeastern States...



<http://www.crossfitrevelation.com/home/>



April 29 – New Haven Open... at District Athletic Club!



<http://crossfitnewhaven.com/blog/new-haven-weightlifting-club>

June 10 - Wilton Open...



<http://www.professionalpt.com/office/wilton/>

August 5 – CT Open...



www.bluestreakst.com

Early October – Vivian Dawson Memorial / Nutmeg Open...

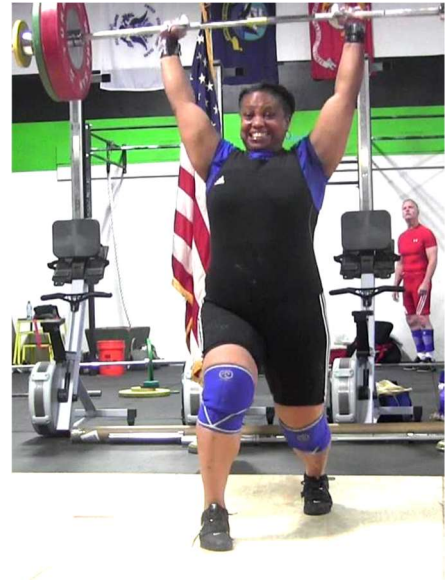


<http://www.crossfitbrickyard.com/>

The Sunday Before Thanksgiving – CT State Championships...



www.connecticutweightlifting.com for live webcast, event calendar, seminars, and certifications!



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



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