

# 2019 Connecticut Open Olympic Weightlifting Championships

*This is where the Olympic Journey Begins!*



Sunday, August 4, 2019 10am – 4 pm



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

Live Webcast, Scoring, 2019 Meet Schedule, USAW Coaching Certifications!

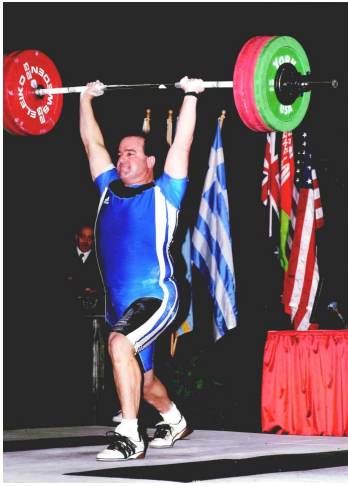
[www.connecticutweightlifting.com](http://www.connecticutweightlifting.com)

Please subscribe to our YouTube channel; to see this and all past meets!

<https://www.youtube.com/channel/UCU9xKFBk-qCC0KjNjxsWt7w>

Welcome to the 2019 Connecticut Open Olympic Weightlifting Competition at Bluestreak Sports Training in Stamford CT! I would like to extend my deepest thanks to President Nate David, Vice President Jason Clement, and the entire staff of Bluestreak Sports Training for making their fine facility available for this competition since 2005! This is the longest running meet in CT, and USA Weightlifting is proud to be affiliated with this exceptional organization!

Our volunteers are Assistant Meet Director Brian Swedrock, National Referee and New England & Pan Am Masters Hall of Fame inductee Robert Sweeney, National Referees David Roderick and Joe Rodriguez, LWC Referees Alex Kane, Chris Price, Missy Jorczak, Kathryn Goodrich and Deb Valentine.



2003 World Masters Champion, Age 45-49  
World Record Clean and Jerk, 153kg

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

With 40 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 our participants the best of luck on their journey to excellence! Sincerely,

Gary Valentine, Meet Director & President of CT Weightlifting.



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

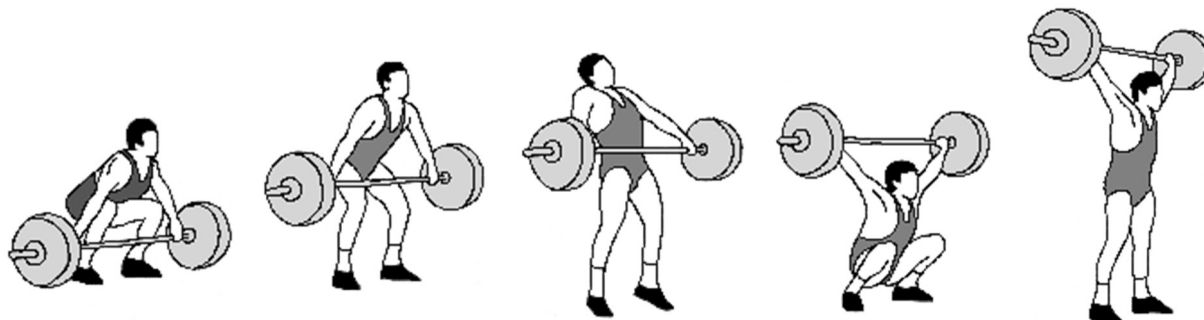
**Team Connecticut, Wilton CT.**



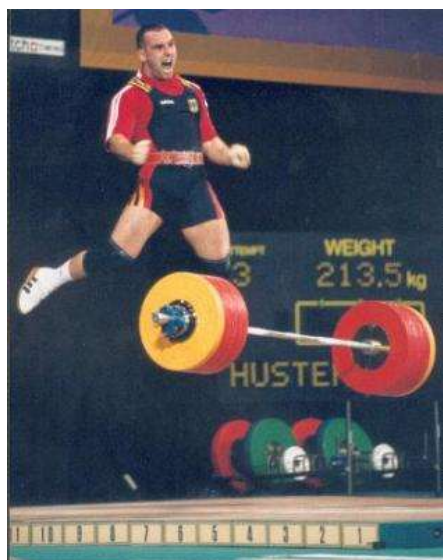
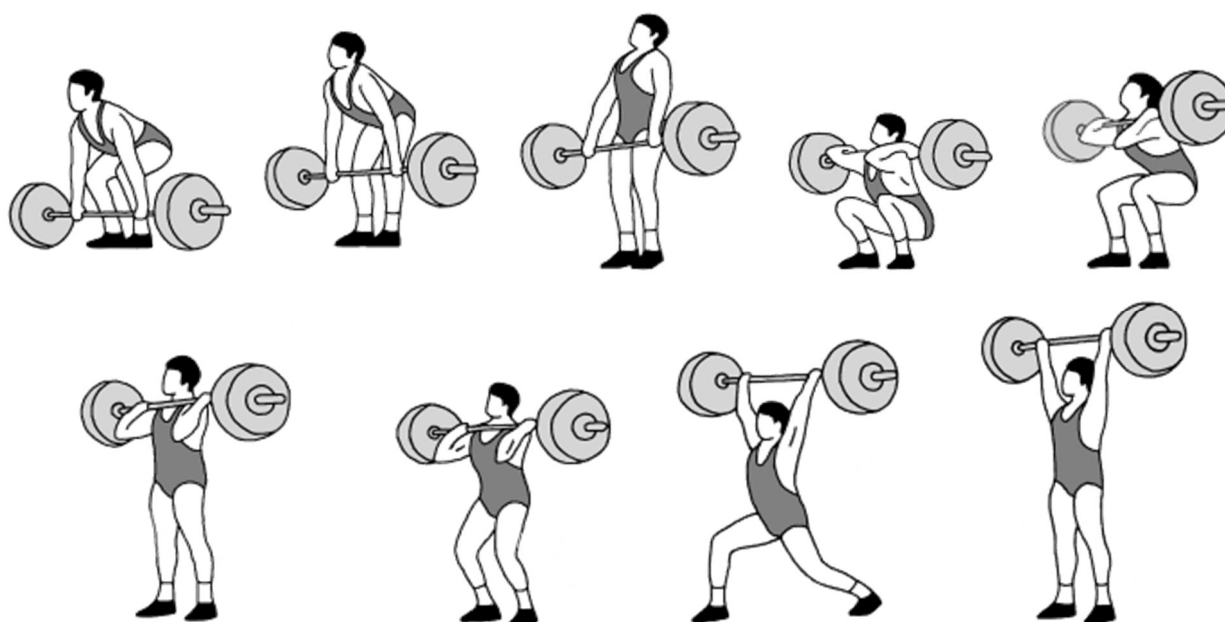


## The Sport of Weightlifting

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.



The triumphant 1947 World team. Back row, from left: John Davis, Norb Schemansky, Stan Stanczyk and Harold Sakata. Center row: Tony Terlazzo, Frank Spellman, Pete George and John Terpak. Front row: Emerich Ishikawa, Bobby Higgins, Joe DiPietro and Richard Tom.



## **Nate David** *President*



Nate graduated from Cornell University, where he started in centerfield and was a captain for the baseball team. After college, Nate worked in the corporate world before returning to school to obtain his M.B.A. at the University of Virginia. While at UVA, Nate coached a local high school baseball team that saw 6 players continue their playing careers at ACC and Ivy League universities.

Nate holds a Level III certification from Athletic Republic and works primarily with baseball players on speed, agility, strength, and durability. He also consults athletes - regardless of sport - on the college recruiting process.

## **Jason Clement** *Vice President*



Jason has been training professional, collegiate, high school, and youth athletes for the past 12 years, all with BlueStreak. Jason graduated from Sacred Heart University with a B.S. in Exercise Science. While at Sacred Heart, he competed on the football team and was one of 3 freshmen to travel and play their first year.

Jason is a certified Master Trainer through Athletic Republic and is TPI (Titleist Performance Institute) Fitness Certified with a focus on helping golfers and other rotational athletes stay healthy while developing power and balance where its needed most. Throughout his time at BlueStreak Jason has work to develop a handful of NFL athletes and countless All-Americans in sports that range from lacrosse, to squash to rugby. Jason specializes in speed development, explosive training and rotational power for all sports and has an extensive background in football, lacrosse and golf.

<http://www.bluestreakst.com/staff>

## 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 1kilogram increments.

The schedule of our 2 sessions today will be Women's 45-64 classes from 10am – 2pm, Women's 71-87+ classes from 11:30-2pm. Men's 55-81 & B sessions 2-4, then mens 89-109+ 4-7pm.

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:      45   49   55   59   64   71   76   81   87   87+

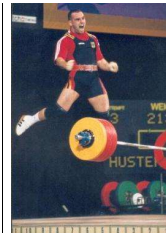
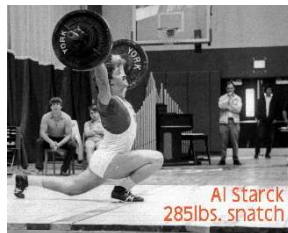
Men:          55   61   67   73   81   89   96   102   109   109+

## 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](http://www.usaweightlifting.org)



## UPCOMING USAW COACHING CERTIFICATIONS... (No Prerequisites for Level 1)

September 21/22      Level 1, Wilton, CT.

October 19/20      Level 2, DAC, New Haven, CT.

November 23/24      Level 1, Wilton, CT.

<http://connecticutweightlifting.com/>

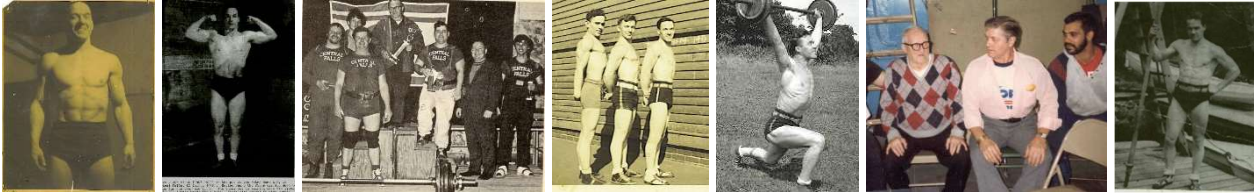


## Joe Mills 1908-1990.



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, kettlebells, 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...

**September 15, 2019 Third Annual Viv Dawson Memorial!!!**



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

**November 3, 2019 CT State Championships...**



**January 19, 2020 Northeastern States...**



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

[www.connecticutweightlifting.com](http://www.connecticutweightlifting.com) for live webcast, event calendar, seminars, and certifications!



**April 5, 2020 – New Haven Open... at District Athletic Club!**



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

**June 14, 2020 – Tri State Open... Bobby Valentine's Sports Academy, Stamford, CT!!..... *Great new venue, don't miss it!!!***



<https://bvacademy.com/>

**August 2020 – CT Open...**



[www.bluestreakst.com](http://www.bluestreakst.com)





## Vivian Dawson Strength Spirit Smile



Some people come into your life and just make you smile a little longer and laugh a little harder.....Viv, you were that person.....You left such an imprint upon our hearts.....We will be missing you....  
~Rest easy my friend~ -With Vivian Dawson ❤️



Viv strong forever.



## Team Connecticut Connecticut, New England and Atlantic States Champions!



### **Valentine Strength, LLC.**

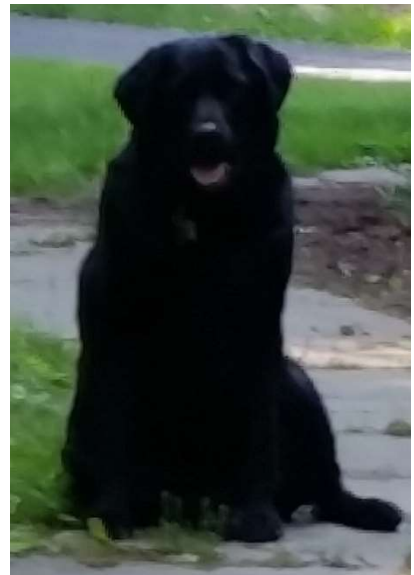
Wilton, CT. 06897

E-mail: [garyv@optonline.net](mailto:garyv@optonline.net)

- Individual or group lessons
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Have your lifts filmed and analyzed by Coach Valentine...

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



Please go to [www.connecticutweightlifting.com/ct-lwc-records/](http://www.connecticutweightlifting.com/ct-lwc-records/) to view CT Records!





Tom Sullivan 167kg, bodyweight 89.



Abbey "Calories Out" Valentine  
Team CT. Conditioning Coach

Lucy "Calories In" Valentine  
Team CT. Nutritionist