

2019 Vivian Dawson Memorial Weightlifting Championships



CROSSFIT
BRICKYARD
SOUTHWINDSOR, CONNECTICUT

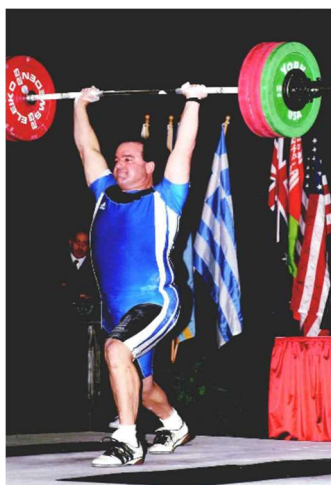


Go to: www.connecticutweightlifting.com – Live Webcast and Scoring

Welcome to the 2019 Vivian Dawson Memorial Weightlifting Championships! Special thanks go to **Gerry and Michele Matyschysk of Crossfit Brickyard**, for their generous site sponsorship. Their enthusiastic support USA Weightlifting is greatly appreciated. This is a Sanctioned USAW Competition, therefore all totals posted today can qualify for USAW Senior Nationals, Junior Nationals, American Open Series and Final, and Masters National Competitions. All rules of sanctioned competition will be in effect. <http://www.teamusa.org/usa-weightlifting/weightlifting101>

Thanks go to our staff today - Deb Valentine, Bob Sweeney, Dario del Puppo, Noah Ottenstein, Alex Kane, Jen Schaefer, Missy Jorczak. Also, our sincere thanks go to Coach Derek McDermott of Viking Barbell, who held a fundraiser for Viv raising over 1200 dollars and donated the women's Eleiko barbell were using today!

For group seminars or private lessons, please visit www.connecticutweightlifting.com



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

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, M.A., Meet Director, USAW National Coach/Referee, CT. LWC President.

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

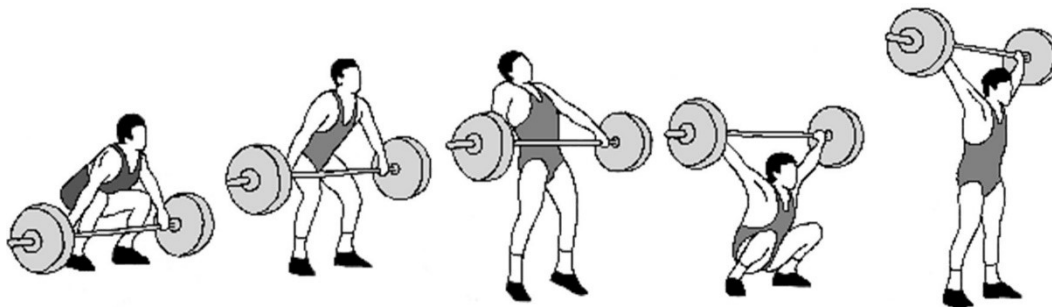
Your host sponsor, Team Connecticut Olympic Weightlifting Club, is in Wilton, CT.



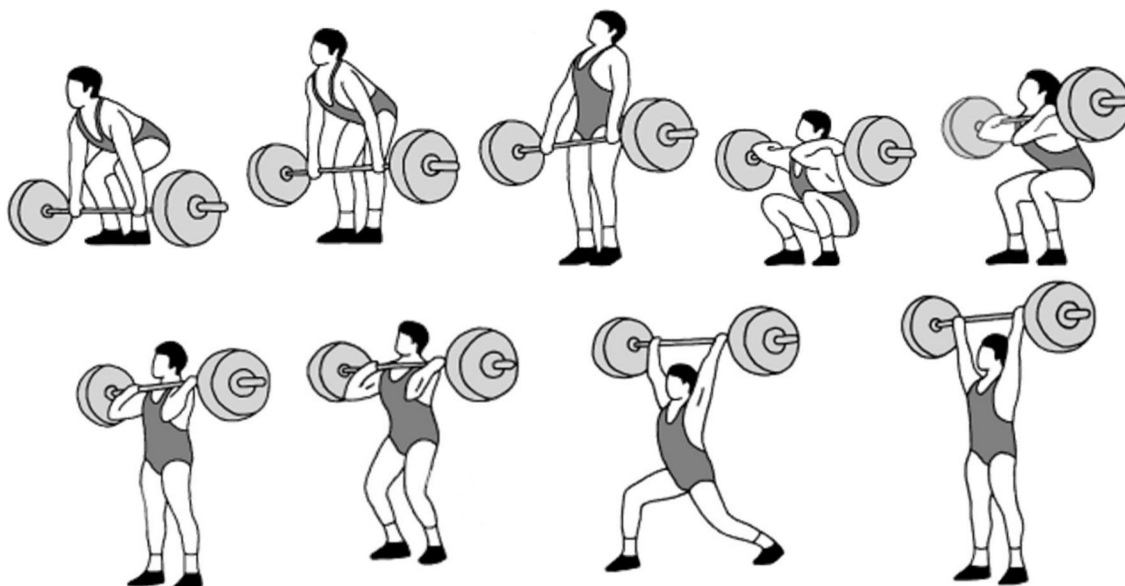
This is where the Olympic Journey Begins!

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 arm’s 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 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.

We will have 1 Women's session beginning at 10:am, followed by one Men's session beginning at 1:30 pm. 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 – Open (all lifters, any age), Junior (20 and under), and Master (over 35) - each with Men's and Women's Divisions.

The 10 weight class limits now are:

Women: kg.	45	49	55	59	64	71	76	81	87	87+
lb.	99.2	108	121.2	130.1	141.1	156.5	167.5	178.6	191.8	191.8+
Men: kg.	55	61	67	73	81	89	96	102	109	109+
lb.	121.2	134.5	147.7	160.9	178.6	196.2	211.6	224.9	240.3	240.3+

Judging:

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 before reaching the lowest position in either the snatch or jerk.

"Arm touch" is where any part of the arm touches the legs in receiving of the bar in the clean.

For all rules, go to <http://www.teamusa.org/USA-Weightlifting/Referees/Referee-Clinic-Video>

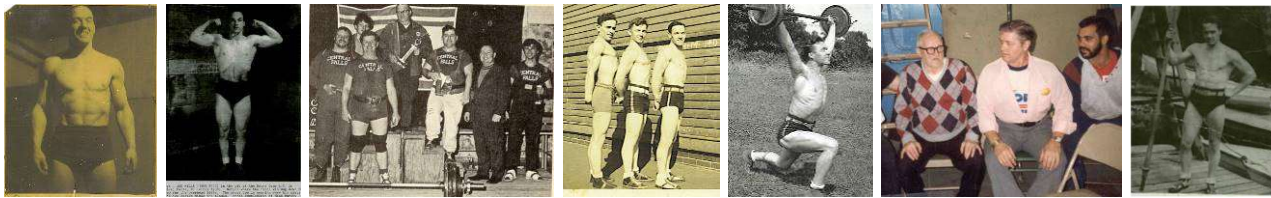


Joe Mills 1908-1990.



No meet in the USA 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

Our Annual Schedule and Site Sponsors

January 19, 2020 Northeastern States...



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



April – New Haven Open..., November, CTLWC Championships



<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 - CT Open... www.bluestreakst.com





Tom Sullivan
2015 CT Open Best Lifter
Snatch 135k, CJ 167k, bodyweight 89.89k

For a list of USA WL Clubs - <http://www.teamusa.org/usa-weightlifting/clubs-lwc/find-a-club>

Go to www.connecticutweightlifting.com/ct-lwc-records/ to view CT Records!



Team Connecticut!

From Julie Miller...

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 ❤️



From Missy Jorczak...

I met Vivian at CrossFit South Windsor in 2014. I remember the first time we lifted together there. I was brand new to lifting and she was this amazingly strong woman with a huge smile and I was instantly in awe. Shortly after, I got a Facebook friend request from Muileh Skincare and I was able to follow her journey from strong casual CrossFit weightlifter to record smashing world traveling Olympic weightlifter.

When I think of the type of person I want to be like in life, I think of Viv. I think of her giant smile. I think of her positivity. I think of how she could walk into a room of 30 people and within five minutes have made every single one of them feel like they were the most important person in the room to her. I think of her always carrying treats for her four-legged friends. I think of how she loved "her babies". I think of her courage, on the platform on the world stage, in a confession about eating a bag of Lindt chocolate truffles when she had vowed to not eat extra sugar, and in how she carried herself through the end of her illness. I think of how her just being around made the world a better place. She will always be my role model.

I only knew Viv for a few years. It wasn't like she was my closest friend, nor was I hers. I never even got to train or compete with her as a Team Connecticut lifter. But she will be with me forever.
#vivstrong

Joe DeRosa...

I was calling a taxi to the airport after the 2016 National Masters and someone taps me on the shoulder, "Do you need a ride to the airport? I'm going that way". Vivian was beaming with this big gold medal across her chest feeling good enough to ask, "Did you medal? What color is it?" I quickly pulled a bronze medal from my bag and our new bond was formed. We chatted and laughed like schoolchildren all the way to the airport and kept in touch afterwards. Vivian's charismatic spirit was as big as her weightlifting.



USA and Pan Am Masters Champion and Record holder



World Masters Silver Medalist

Jen Schaefer...

True story, the only reason I started weightlifting was so Viv and I could spend each Sunday together. Our schedules had taken us in different directions so we were looking for ways to hang out. If you knew Viv, you know the idea of driving an hour and then lifting for 3-4 and then driving an hour home seemed like a logical solution. Still not sure how she convinced me of that but I'm so glad she did because we had a wonderful time every week. I can still hear her two quick breaths before a jerk and her mouse-like "eep" when she struggled to stand up the weights.

I hope her family knows just how loved she was by this community and I thank you all for being here today. I miss her so much.

She would want me to reiterate for each lifter today something she would try to bang into my head: "Bend your knees! Stop being such a damn crossfitter. You're a weightlifter now. Look like it."
#vivstrongforever



Jen Schaefer and Vivian Dawson





Molly Leber, Carla O'Brien, Viv, Whitney Doel



Maddy DiCioccio with Viv



From Gary Valentine...

Her personality. Her positivity. Her presence. When Viv was in the gym, everybody knew it. Always encouraging, always going for it. Never a fear of a weight, or hesitation.

When I first met Viv a few years ago, I thought she was maybe 35 years old.. 48? Let's get the record list out, here we go! National Masters Champion and Record holder. Pan American Masters Champion and Record holder. Silver Medalist at her first World Masters in Finland, second only to current World Record Holder, a lifelong lifter from Germany. And she competed only 2 years! 70 snatch, 94 clean and jerk. Phenomenal.

We all remember her first workout at Team CT, when she introduced me to the infamous “stripper pull” as it was termed – intentionally popping the hips up faster than the shoulders at the beginning of the lift, a known mistake. Weights swinging around, knees often going down to platform in hopes of a lucky catch. “You mean we’re not supposed to do the stripper pull?” she asked. “Well, anywhere but on my platform! You have to keep your chest out as the bar comes off the floor, your head and hips rise together” I replied. “You mean stick my headlights out?!” “...Yes Viv”. And she worked at it. And worked at it. We know that motor patterns learned first stick the longest, so I thought it might be a long road. But a few months later, at Nationals, Personal record lifts with perfect form. She was on her way.

Today we celebrate the Strength, Spirit, and Smile of this wonderful woman, whom we all feel so fortunate to have met. Let today celebrate all the new friends we’ve made in sport, while remembering those we’ve lost. *Thanks to all our volunteers, and thanks again to Gerry and Michele Matyschysk of Crossfit Brickyard at CF Brickyard for making this day possible.*





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Please...can we come...please???



<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



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