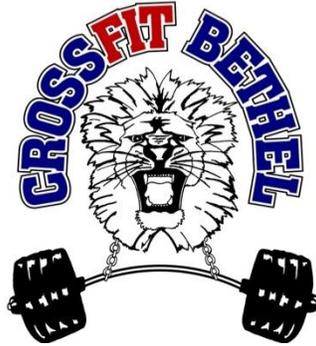


# 2016 Bethel CT. Open Olympic Weightlifting Championships

Sunday May 22, 10am – 4pm

Sponsored by...



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

13 Francis J Clarke Cir, Bethel, CT 06801



Tom Sullivan 167 kg



Riky Jakobsohn 61 kg



Liam Fay 127kg snatch

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

Go to: [www.connecticutweightlifting.com](http://www.connecticutweightlifting.com) – Live Webcast!!

CT Weightlifting youtube channel, see all CT Meets...

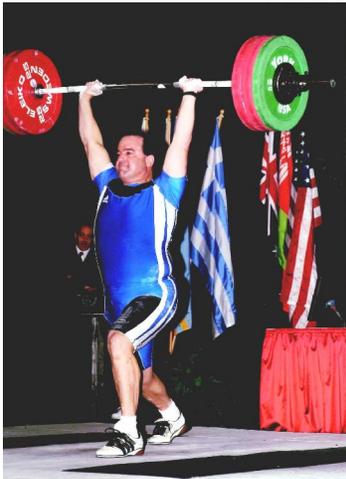
<https://www.youtube.com/watch?v=RMpCeEzh8Bk>

From Meet Director, Gary Valentine, M.A., USAW II, Connecticut LWC President...

Welcome to the 2016 Bethel CT. Open Olympic Weightlifting Championships in Bethel! Special thanks go to Liam Fay and Josh Straiton of *Crossfit Bethel*, our site sponsor. Their enthusiastic support of Olympic Weightlifting is greatly appreciated!

Today's event is sanctioned by USA Weightlifting, through the Connecticut Local Weightlifting Committee. Special thanks go to National Referee and New England Hall of Fame inductee Robert Sweeney, head judge today. Thanks to Brian Swedrock, Assistant Meet Director, Judges Tory Campbell, Riky Jakobsohn, Vivian Dawson. Our scorekeeper is Rachel Carlson, and weighins by Sarah Valentine, Tory Campbell and Joe Ridarelli.

Your host sponsor, Team Connecticut Olympic Weightlifting Club, is located in Wilton, CT. Anyone interested in seminars or private lessons in please visit [www.connecticutweightlifting.com](http://www.connecticutweightlifting.com)



*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. Again, thanks to all of our friends at CrossFit Bethel for providing this opportunity for our athletes to develop their skills.

Sincerely,

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

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



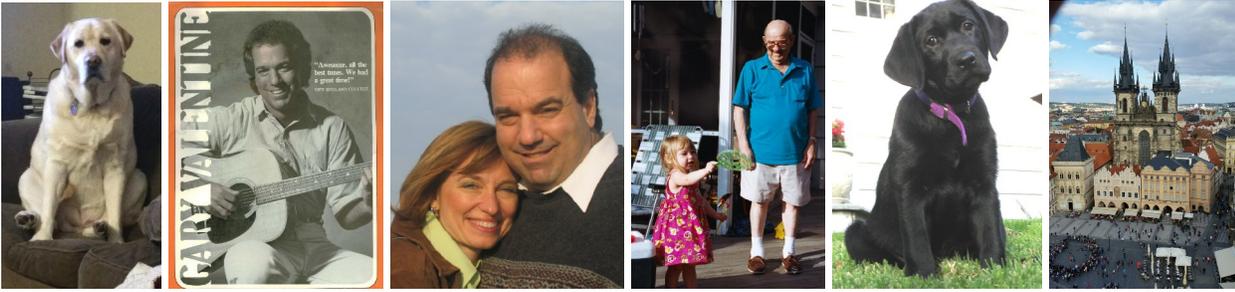


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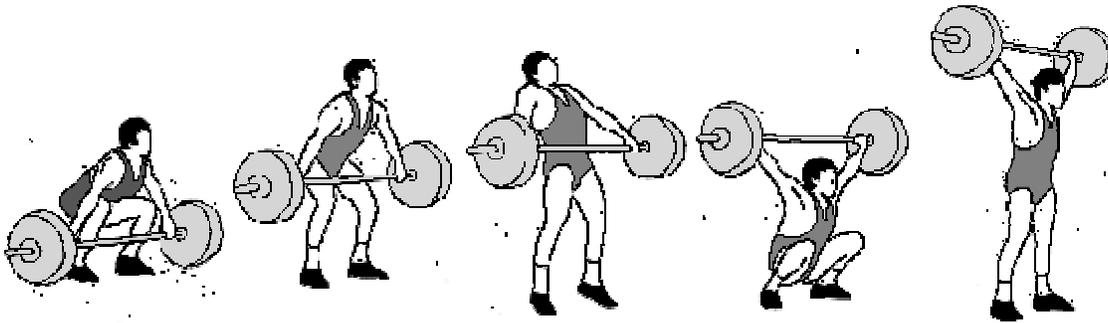
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**Gavin Pritchard, RDN, CSSD, CDN, CDE / *Nutritionist-Chef***  
**[gavinpritchard@optonline.net](mailto:gavinpritchard@optonline.net)                      203-561-5919**

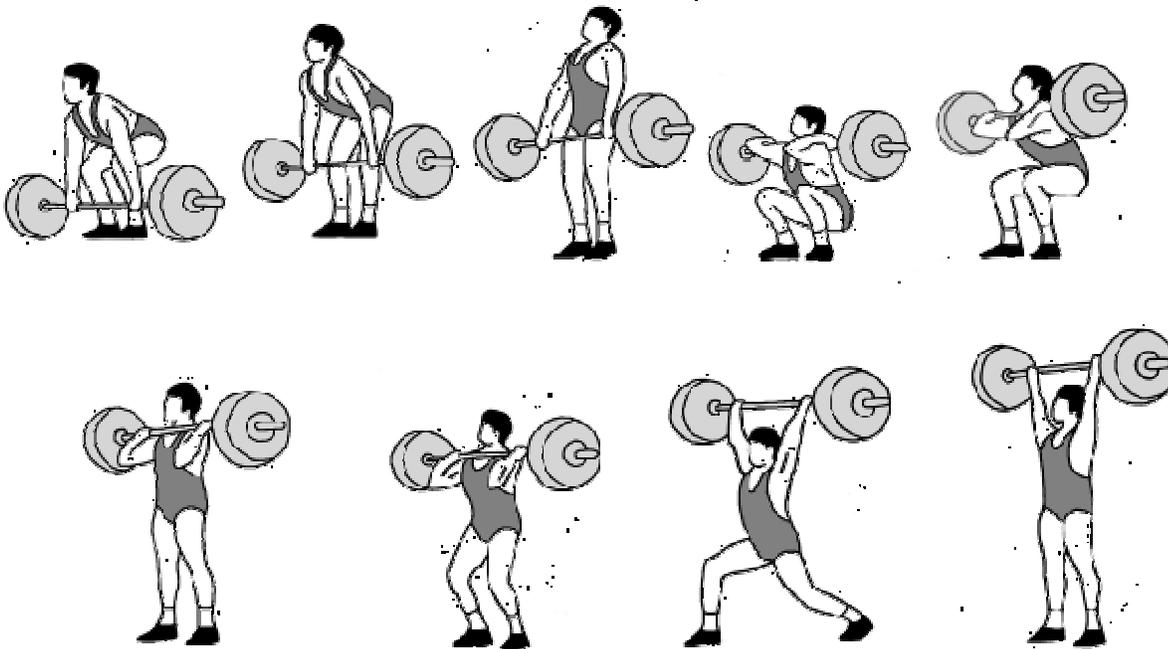


## The Sport of Weightlifting

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 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 2 sessions today will be all seven Women's classes beginning at 10am, followed by the eight Men's classes from 12:30 to about 4pm. 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 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, 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.usaweighting.org](http://www.usaweighting.org)

## Today's Schedule...

Women, 48-75+kg 10am – noon.

All Men 12:30pm – 4pm



For a list of all Clubs in CT., visit <http://www.teamusa.org/usa-weightlifting/clubs-lwc/find-a-club>

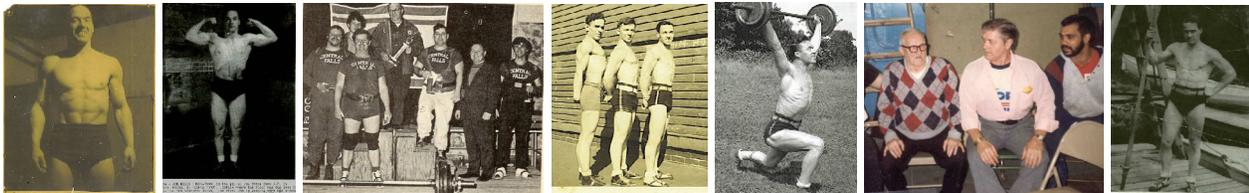


## Joe Mills... 1908-1990.

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, taking embodiment of weightlifting. His credo, "two deep breaths and I can do anything," is the essence of a lifter's philosophy.*

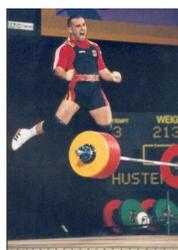
*Watching Joe struggle through his last couple of years I understood even more deeply the value of that attitude. To the end Joe's back was straight, his head tall, and his eyes bright. Whatever crossed his path was met with two deep breaths.*

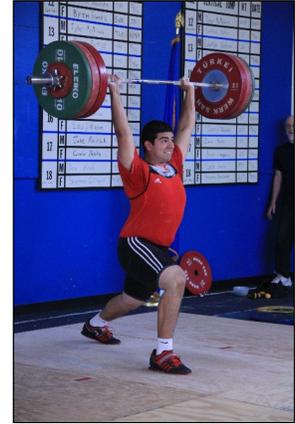
*So here is a life well lived. And spread all over this country are men walking a little straighter, a little taller, meeting life head on with an attitude they learned from a normal sized Englishman of Central Falls, Rhode Island. Thanks Joe*

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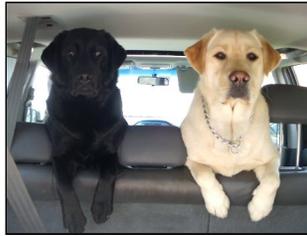


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