

# 2016 Nutmeg Open Weightlifting Competition

*This is where the Olympic Journey Begins!*



**Date:** September 24 & 25, 2016

**Time:** Saturday 11 - 5, Sunday 9 - 5.

**Location:** CF New Haven, State Street.

**Meet Director:** Gary Valentine, M.A., USAW II



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

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

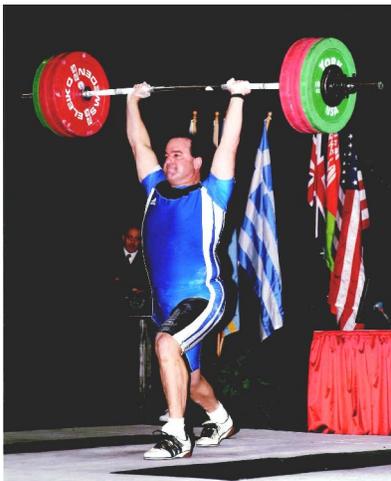
Director Gary Valentine, M.A., USAW National Coach, President CT Weightlifting

Welcome to 2016 Nutmeg Open USA Weightlifting Competition! Special thanks go to Carla O'Brien, Eric O'Brien, and Mark Dillion, owners of Crossfit New Haven and their staff for making this facility available for this official USAW sanctioned competition. Please visit:

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

Today's meet is sanctioned by United States Weightlifting, <http://weightlifting.teamusa.org/> through the Connecticut Local Weightlifting Committee, [www.connecticutweightlifting.com](http://www.connecticutweightlifting.com). Please join me in thanking all of our volunteers today – Assistant Director Brian Swedrock, Kathryn Goodrich, Dr. Dario del Puppo, Riky Jakobsohn, Tory Campbell, Whitney Doel, Tory Campbell, Deb Valentine, Mark DiSanto, Ronnie Tamburro, and Joe Ridarelli.

Your host sponsor, *Team Connecticut Olympic Weightlifting Club*, is located in Wilton adjacent to the Valentine home. Anyone interested in private instruction or joining can contact the club at [garyv@optonline.net](mailto:garyv@optonline.net), [www.connecticutweightlifting.com](http://www.connecticutweightlifting.com) or 203 241 1413.



Coach Gary Valentine



*2003 World Masters Champion    2x World Record Holder    2013 World Masters Champion*

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. **This is where the Olympic Journey Begins!**

Again, thanks to all of our friends at CrossFit New Haven for providing this opportunity for our athletes to develop their skills. Let's find out how much we can lift! Sincerely,

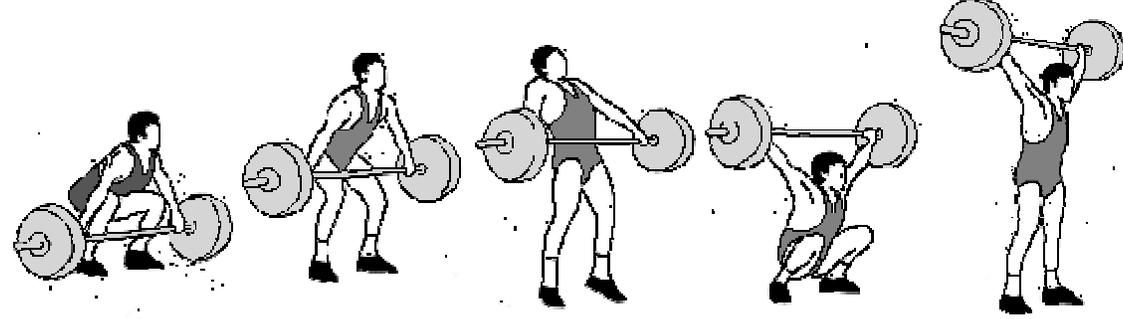
Gary Valentine, M.A., USAW National Coach, CT WL President, 2x World Record Holder

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

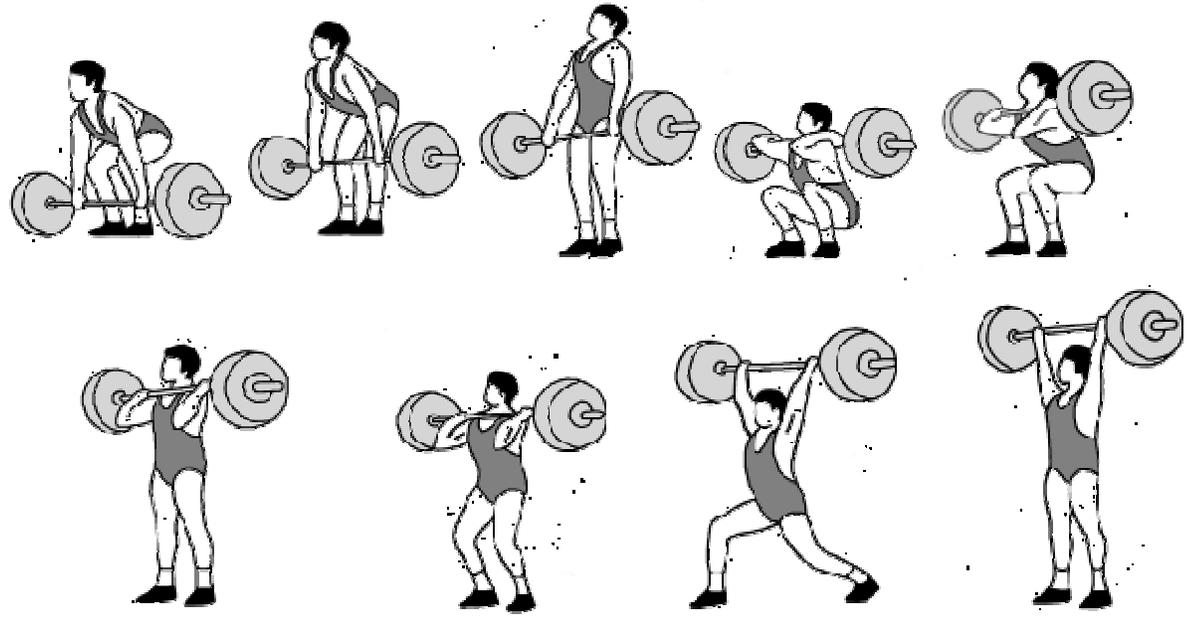


**The Sport of Weightlifting**

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.



Tory Campbell



Team Connecticut!



Tom Sullivan

## 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.

Of all the weight class winners today, a formula is applied to each lifter's **Total** to determine who lifted the most weight per kilo of bodyweight. That lifter, Male and Female, is given the coveted Outstanding Lifter Award.

There are 3 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 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:

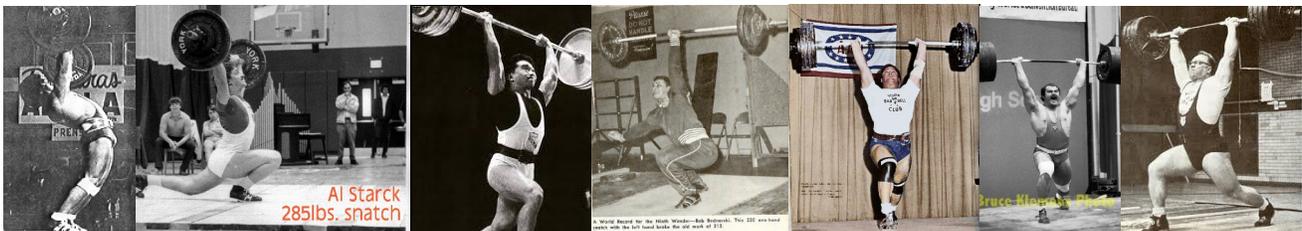
**"Pressout"** is where the lifter does not immediately get the weight to complete arm extension overhead, but uses a noticeable break at the elbows and presses the weight out to complete extension.

**"Elbow touch"** is where an elbow touches the knees in receiving of the bar in the clean.  
*Complete Rules can be found at: [www.usaweightinglifting.org](http://www.usaweightinglifting.org)*

## Today's Schedule...

All Women Saturday Lift 1-4pm.

Men Sunday Session 1, Lift 11-1pm, Session 2, 1:15 – 4pm.



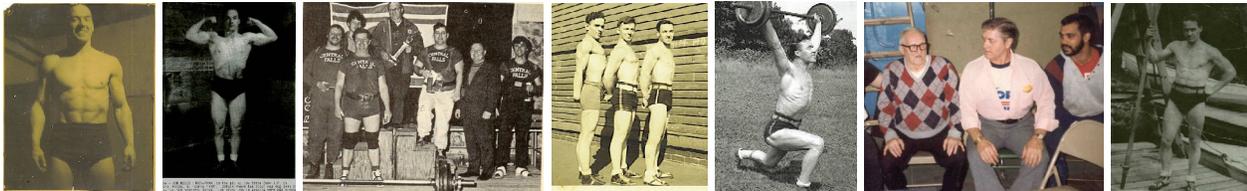
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## Joe Mills... 1908-1990.

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*

Today's Site Sponsor....



## Carla O'Brien - About Carla...

Carla enjoyed a long career in classical and contemporary dance and dance education. During that time, she has taught and performed with several schools and professional companies. Carla also received her BS, in Speech Pathology and Audiology from the University of Rhode Island and MBA in Health Care Administration from Quinnipiac University. She has trained hundreds of dancers of all ages. Carla remains a board member for the New Haven Ballet School and MacArthur Dance Project Company.

Carla retired from her own dance career in 2005. While teaching dance, she switched to running for an alternative fitness lifestyle. Since then, Carla has completed many races from 5K's, to relays and marathons. Carla started CrossFit on a dare by her husband, Eric, in 2008. Eric said it would improve her race times. Although she was skeptical, CrossFit became the next step in her journey in health and fitness.

Carla is the CrossFit New Haven Endurance Team coach. The CFNHE Team has done many events from Warrior Dash, Tough Mudder's, Spartan, Marathons, Relays and the annual C2 Crash B Regatta. You can often find her at East Rock Park, Wilbur Cross Track, or heading "Up/Down the River" with her endurance junkies. Her knowledge in dance kinesiology has folded over into CFNH and she brings mobility and injury prevention technique to the gym. In addition, Carla enjoys working with athletes and their nutritional needs. Carla offers nutritional consulting to all members of CFNH.

"I love coaching and working with our members individual life goals. To be able to be part of that process and pass along a love for fitness and a knowledge of keeping your body in the best shape it can be, gives a person the most valuable gift, longevity. No matter what your age or fitness level, CrossFit provides you a new quality of life". Carla, and Eric, have two children Casey and Jack.

Email Carla at : [carla@crossfitnewhaven.com](mailto:carla@crossfitnewhaven.com)





## **Aaron Poach - About Aaron**

Hello and let me welcome you to CrossFit New Haven! I am the Gym Manager and Head Trainer here, which basically means I don't have a "job," but that I get to do something I truly love every day. My passion is working with people to help them better their lives in some way. I've always had a nurturing mentality, starting as co-captain of the middle school basketball team and captain of the baseball team, and continuing through college with many leadership positions in various organizations. I pride myself in being a leader and educator and use my skills to help our members make themselves better. Baseball was my primary sport growing up, but I played everything - you name it and I've probably played it or at least tried it. Sports, movement, and motion have always been a passion of mine and I love how CrossFit expresses each of those in different ways. I love to have fun, and to me working out with friends is a great time!



I started Coaching CrossFit in late 2012 through our Intern Program, and became an official CrossFit New Haven Coach and CrossFit Trainer in March of 2013 after 3 years of practicing CrossFit. A year later in 2014 I took over as the Gym Manager and soon after received my CrossFit Level 2 Certificate and became the Head Trainer. Since then I've immersed myself into Strength & Conditioning and am currently working toward my CSCS certification with the anticipated completion date of December 2016. I have also received both my Level 1 and Level 2 USAW Sports Performance Coaching Certifications. I love programming for people and watching them progress toward their goals, whatever that may be.

Specialties of mine include Olympic Weightlifting, personal programming, and personal training. You can find me programming for, and Coaching, both our CrossFit Class Workouts and the New Haven Weightlifting Club's program. I am happy to discuss personal programming, personal training, or talk about how you can get started here at CrossFit New Haven. Hope to see you out there!

Email Aaron: [Aaron@crossfitnewhaven.com](mailto:Aaron@crossfitnewhaven.com)

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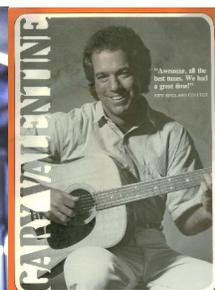
Team Connecticut!

*Next Competition October 16 at... Crossfit Revelation, Enfield CT*

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Deb!



Coach V, 1985



Deb and Gary



Sarah & Grandpa



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

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



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