

# 2017 New Haven Open Weightlifting Competition

*This is where the Olympic Journey Begins!*



**Date:** Sunday, April 30, 2017. 9am-8pm

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

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



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

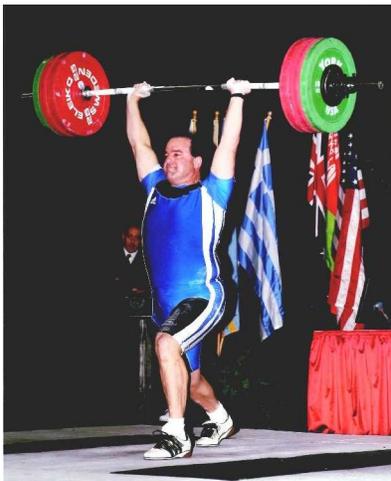
Director Gary Valentine, M.A., USAW National Coach, President CT Weightlifting

Welcome to 2017 New Haven Open USA Weightlifting Competition! Special thanks go to Carla and Eric O'Brien,, and Mark Dillion, owners of Crossfit New Haven and their staff. Please visit:

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

Today's competition is sanctioned by U.S. 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, Rachel Carlson, Kathryn Goodrich, Dr. Dario del Puppo, Riky Jakobsohn, Tory Campbell, Whitney Doel, Tory Campbell, Deb Valentine, Mark DiSanto, Ron Remeika, 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 38 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!**

Sincerely,

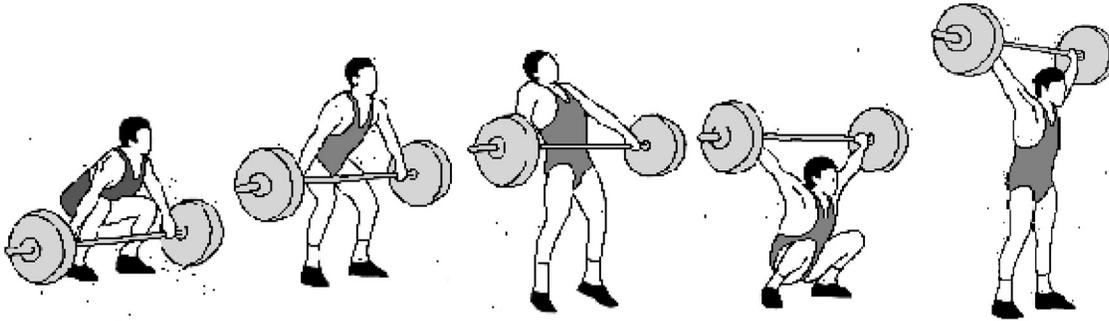
Gary Valentine, M.A., USAW National Coach, CT WL President, 2x World Record Holder

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

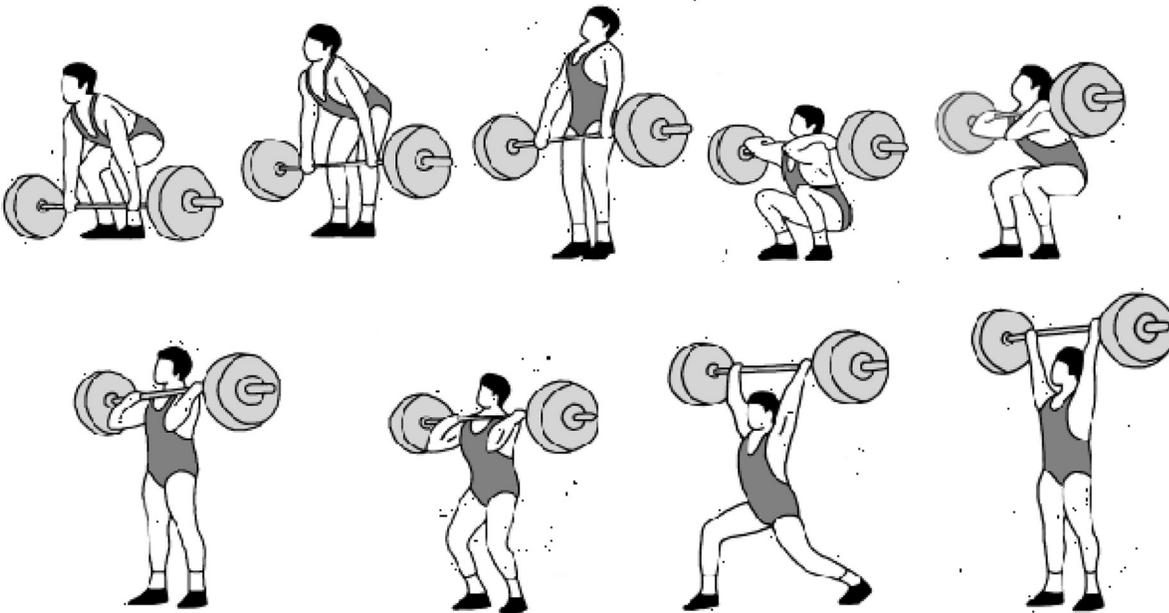


## The Sport of Weightlifting

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,	90,	90+
<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>198.3,</i>	<i>198.3+</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,</i>	<i>231.5+</i>
								<i>1 kilogram = 2.2 pounds.</i>

## 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.

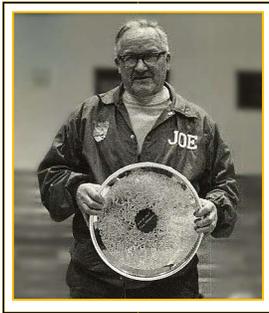
“**Elbow touch**” is where an elbow touches the knees in receiving of the bar in the clean.  
Complete Rules can be found at: [www.usaweightinglifting.org](http://www.usaweightinglifting.org)

## Today's Schedule...

**Women** 9:30am-1pm, **Men** 1:00pm – 7pm.



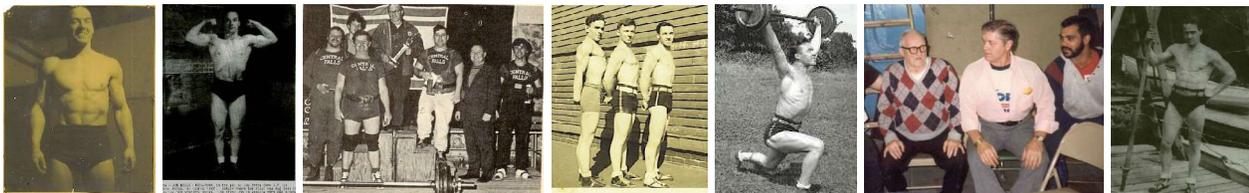
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## Joe Mills... 1908-1990.

No meet in Connecticut 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*



## Today's Site Sponsor ....

Welcome to the New Haven Weightlifting Club, NHWLC, located at the District Athletic Club and home of CrossFit New Haven.

The NHWLC began after a weekend weightlifting clinic in 2010, attended by a few of our founding coaches. Here, we met Gary Valentine, USAW Connecticut Weightlifting Committee President and Team CT Weightlifting Club Head Coach.. An amazing coach with a keen eye, Gary had a lifetime of experience and much knowledge to coach the best technique to our lifters and me. After that weekend, Olympic lifting classes at CFNH began. Gary encouraged us to really explore the idea of training at a competitive level. "OLY CLASS" was an early session before an afternoon CrossFit class one time each week.

As the lifting class size grew, it became clear that more sessions and more space was needed for our gym to meet demand of our lifters. In 2013, we broke through the wall into the 2000 ft. space, which is now the current home of NHWLC. Six platforms came about a year later, as did the KG weights and finally, a heating system. We established NHWLC club with USAW. Gary traveled up to our gym for clinics to give us some more in-depth coaching on how to be better coaches and lifters. A few of our lifters entered some local competitions. Very quickly we began to attract a regular membership of men and women with ages ranging from Juniors to Masters. As our membership grew, so did our equipment needs; adding what barbells and bumpers we could to train on.

Today we offer 2-hour class sessions every Monday, Tuesday, Thursday evenings as well as long Saturday morning sessions. All of our coaches at NHWLC are USAW certified and actively competing in their age divisions. They also offer private coaching and private programming for those looking to get into the competitive lifting arena or just add our strength and conditioning into their fitness. In addition, we offer a hugely successful Intro-to-Weightlifting program for novice lifters.

The NHWLC is now 30 lifters strong with 10 training competitively; a few of them hold state records. Our lifters have gone on to compete in Regional, State, National and International events including Collegiate Nationals, American Masters, National Masters and Pan American Masters.

In 2018, NHWLC will move to the District Athletic Club, and have a 15,000-square foot, new state of the art facility at 170 James Street. NHWLC will on continue its focus to provide elite coaching for competitive athletes and noncompetitive lifters. We hope to attract more to our lifting community from all reaches and keep growing this sport. NHWLC will raise the attention of the sport in the New Haven area with the goal to be recognized as a top training facility in the country. We would like to help further develop and promote weight lifting at a state and national level, hosting meets and events, provide outreach in the community and house qualified referees for all competitive events. Most importantly, we want our trained members to feel at home and encourage and support our athletes who have passed through our club's doors.

## NHWLC Members

Nadia Abascal\*, Ethan Braun, Yara Dmeijs Daniel Colica, Marcus Conway\*, Jason Goldberg\*, Gamze Gursoy, Marqua Kelly\*, Nicole Kukieza\*, Keven Kingsbury\*, Molly Leber\*, Max Perez Leon, Phil Logan\*, John Neitzel\*, Brenna O'Connell, David Oshiro, Rob Pluscec, Lesley Pluscec, Salman Punekar\*, Ralph Sylvester, Monica Tunez\*, Kenneth Varner, Lindsay Washbond\*

*\*NHWLC Competition Team*

## Meet the NHWLC Coaches



**Carla O'Brien**, North Haven, CT

CrossFit New Haven Co-owner & Director of NHWLC, USAW Sports Performance Coach (USAW L1) and LWC Referee, CrossFit Level 2 Trainer.

2016, 3<sup>rd</sup> place CT State Championship (75kg), 2016, 5<sup>th</sup> place National Masters Championships. 2015, 4<sup>th</sup> place Pan-American Masters Championships



**Aaron Poach**, Wallingford, CT

Gym Manager & Head Trainer for CF New Haven & NHWLC, USAW Advanced Sports Performance Coach (USAW L2), CF Level 2 Trainer, CPR/AED Certified Lifetime best total 255kg, Perennial Competitor at Local CT Meets and CT Championships with a best finish of 5<sup>th</sup> place in

2015 with a 240 Total in the 85 Kg class, Gold Medal, 94kg Class New Haven Open 2016



**Whitney Erin Doel**, New Haven, CT

CrossFit New Haven Lvl 1 Trainer & Certified CrossFit Weightlifting Trainer, LWC Referee

Competed in meets in New England (RI, CT) since 2014. Qualified for Master's PanAmerican Championships and Master's Nationals in 2015 and 2016. 2015 2<sup>nd</sup> place, PanAmerican Masters Championships. Placed 5<sup>th</sup> in Master's National Championships 2016, 75 kg weight class.



**Devon Cole** - New Haven, CT

USAW Sports Performance Coach

Began weightlifting in 2014. 2016 CT State championships (75KG), 1<sup>st</sup> place New Haven Open 2016 (75KG), 2<sup>nd</sup> place CT State championship 2015, 2015 University Nationals qualifier.



**Noah Ottenstein**, New Haven, CT

USAW Sports Performance Coach

30 years old, weightlifting since 2015 with NHWLC and Team Connecticut 2 gold, 4 silver, and 1 bronze medal at CT meets in 94 and 105 kg classes. USAW Lvl sports performance coach.

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<http://www.teamusa.org/usa-weightlifting/clubs-lwc/find-a-club>



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Deb!



Coach V, 1985



Deb and Gary



Sarah & Grandpa



Lucy!

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**And...Trinity College, Host of our Annual State Championships in November...**



[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...



USA and Pan Am Masters Champion and Record holder

World Masters Silver Medalist



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Abbey “Calories Out” Valentine  
Team CT. Conditioning Coach

Lucy “Calories In” Valentine  
Team CT. Nutritionist