

# 2017 Connecticut State Weightlifting Championships

*This is where the Olympic Journey Begins!*

Sunday November 19, 9:30am – 7:00pm

Sponsored by...



**Team Connecticut !**

**Meet Director:** Gary Valentine, M.A., CSCS\*D, USAW National Coach

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

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

Welcome to the 2017 Connecticut State Olympic Weightlifting Championships, hosted by Trinity College in Hartford, CT!. Special thanks go to Professor Dario del Puppo for his tireless efforts today, and for the last 7 years, in making this facility available to CT Weightlifting!

Today's event is sanctioned by USA Weightlifting, through the Connecticut Local Weightlifting Committee. Special thanks go to our LWC officials - Dario del Puppo PhD, Margaret Battisti, Jen Schaefer, Joe Ridarelli, Ashley Stewart, Jen Schaefer, Missy Jorczak, Danielle Colosimo, Richard Beck, Katherine Gooddrich Thanks to Assistant Meet Director Brian Swedrock and Scorekeeper Rachel Carlson, and t shirt/hospitalty coordinators Sandi and Dena Valentine.

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

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

*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.*

**Team Connecticut, Wilton CT.**





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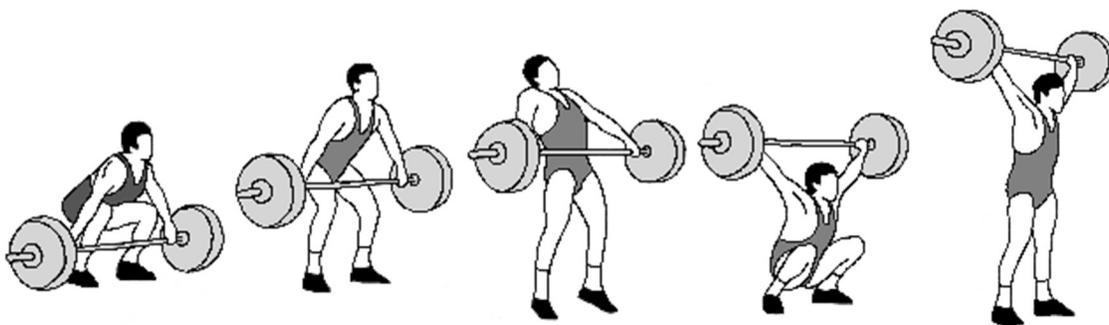
Select PT will be offering complimentary functional movement screens for all athletes currently competing in the CT Weightlifting circuit. The assessments will look at the athletes selective movement pattern over 7 movements and will generate a customized exercise program geared at correcting the present asymmetries leading to improvements in performance and aiding in injury prevention. Please feel free to pre-register by emailing Keenan Love at [KeLove@selectmedical.com](mailto:KeLove@selectmedical.com) and reserve your free screen in advance of the event-spots are limited!

To learn more, click this link:

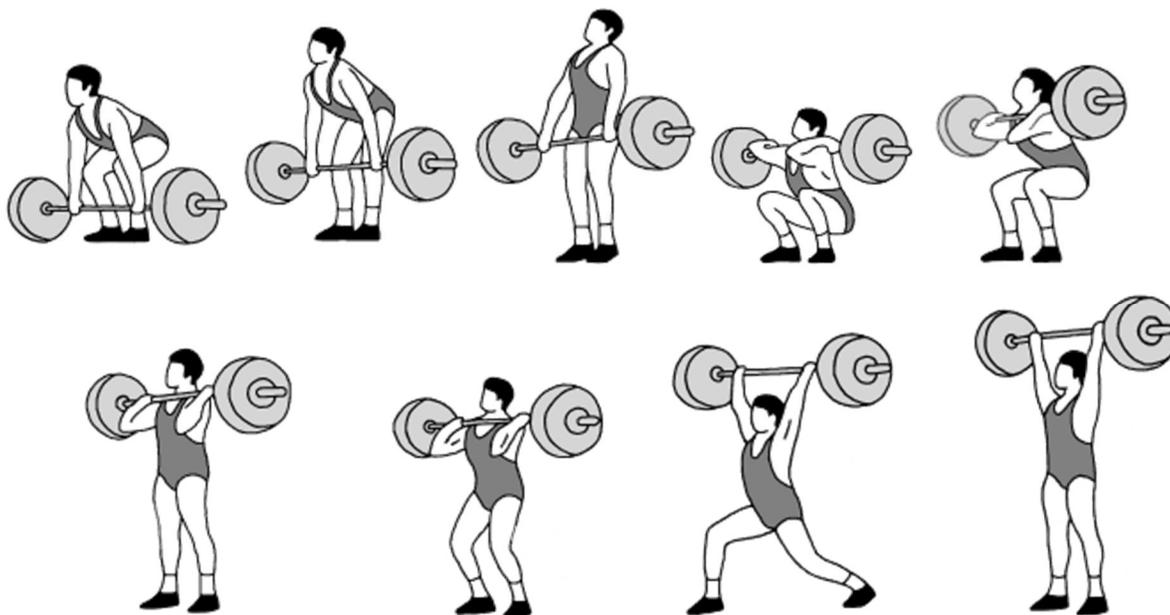


## The Sport of Weightlifting

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.

We will have one women’s session today beginning at 9:30am, and two men’s session beginning about 1:00pm. Please follow the Live Scoring at [www.connecticutweightlifting.com](http://www.connecticutweightlifting.com)

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 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>198.2,</i>	<i>Over 198.2</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>

*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.

“**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>

Thank you to everyone involved in the incredibly successfully running of *The Vivian Dawson Memorial Weightlifting Competition* that was held on Sunday, October 1, 2017 at Crossfit Brickyard, South Windsor, CT. Our biggest meet ever, 117 lifters participated to honor the memory of Vivian Dawson in spectacular fashion! I wish to extend my sincerest thanks to **Gerry and Michele Matyschyk of CF Brickyard**, for their generous site sponsorship.

Also, Fundraising efforts by **Derek McDermott and CF Relentless** of over \$1200 were donated for the purchase of the Eleiko competition barbell that will be used today and at all future Connecticut competitions. Vivstrong forever!

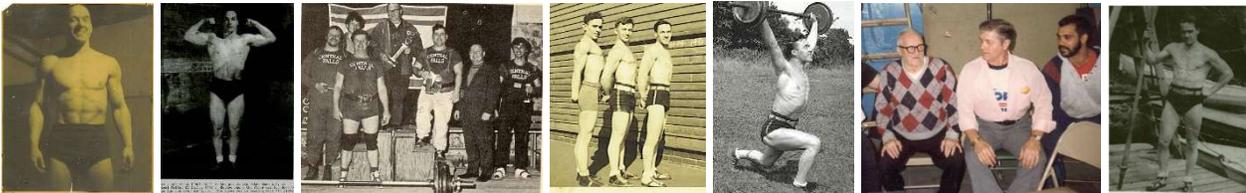


## Joe Mills... 1908-1990.



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, 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...

**January 14 – Tri State Open...**



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

**March 4 – Northeastern States...**



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



**April 29 – New Haven Open...**



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

*June 10 - Wilton Open...*



<http://www.professionalpt.com/office/wilton/>

*August 5 – CT Open...*



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

*Early October – Vivian Dawson Memorial / Nutmeg Open...*



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

*The Sunday Before Thanksgiving – CT State Championships...*



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

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

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.



Team Connecticut, Atlantic States Champions!

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

From Abigail Angier, competing today in Junior (age 9) 48 kg class –



*“My friend Haley Chudy is three-years-old and she has cancer. She is going to be in the hospital for a month. When I first met Haley it was at the gym. She is brave, strong, talented, cute and kind. In honor of Haley, I will lift for her. I will support Haley by raising money for each pound I lift. When you think about it, it must be hard for her parents during the day and night to stay at the hospital with Haley for so long. For me it feels like forever. I am excited for the meet, but I am sad that Haley is in the hospital. I will try to support Hayley so that she can get better and go home. The road ahead is a long journey. We will try to support Haley and her family.”*

Go to: <https://www.gofundme.com/haley-strong> to Donate now, and/or contact Rob Orlando 203-913-5228 [conanrules1@gmail.com](mailto:conanrules1@gmail.com).at Hybrid Athletics in Stamford to participate in the Haley Strong WOD November 25<sup>th</sup>. Thank you!





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American, National, and Pan American Masters Champions Riki Jakobsohn and Vivian Dawson



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Hartford? Trinity?! 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