



NOVEMBER 3, 2019
DISTRICT ATHLETIC CLUB
470 JAMES ST 004
NEW HAVEN, CT
203-777-2364

MEET DIRECTOR: GARY VALENTINE, USAW NATIONAL COACH
WWW.CONNNECTICUTWEIGHTLIFTING.COM

Welcome to the 2019 New Haven Open Olympic Weightlifting Competition at District Athletic Club in New Haven CT!

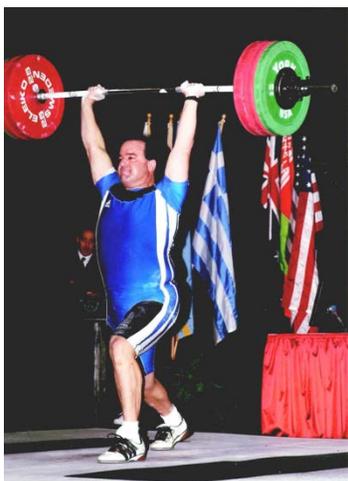
I would like to extend my deepest thanks to Carla O'Brien, the staff, and all members of New Haven Weightlifting Club for their site sponsorship in their beautiful new facility, and their contributions to USA Weightlifting!

Our volunteers are Assistant Meet Director Brian Swedrock, National Referee and New England & Pan Am Masters Hall of Fame inductee Robert Sweeney, National Referees Joe Rodriguez and David Roderick, LWC Referees Dario del Puppo, Carla O'Brien, Chris Price, Joey DiMattia, Alex Kane, Kathryn Goodrich, Missy Jorczak, Sarah Eyre and Deb Valentine.

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

Your host sponsor, Team Connecticut Olympic Weightlifting Club, is located in Wilton, CT. Anyone interested in seminars or private lessons please visit:

<http://connecticutweightlifting.com/valentine-strength-llc/online-coaching/training-sessions/>



2003 World Masters Champion, Age 45-49
59 World Record Clean and Jerk, 153kg
146kg



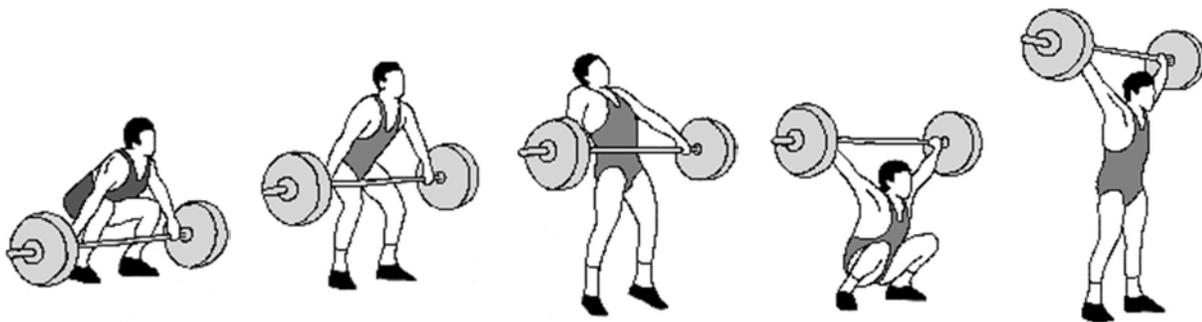
2013 World Masters Champion 55-
World Record Clean and Jerk,

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

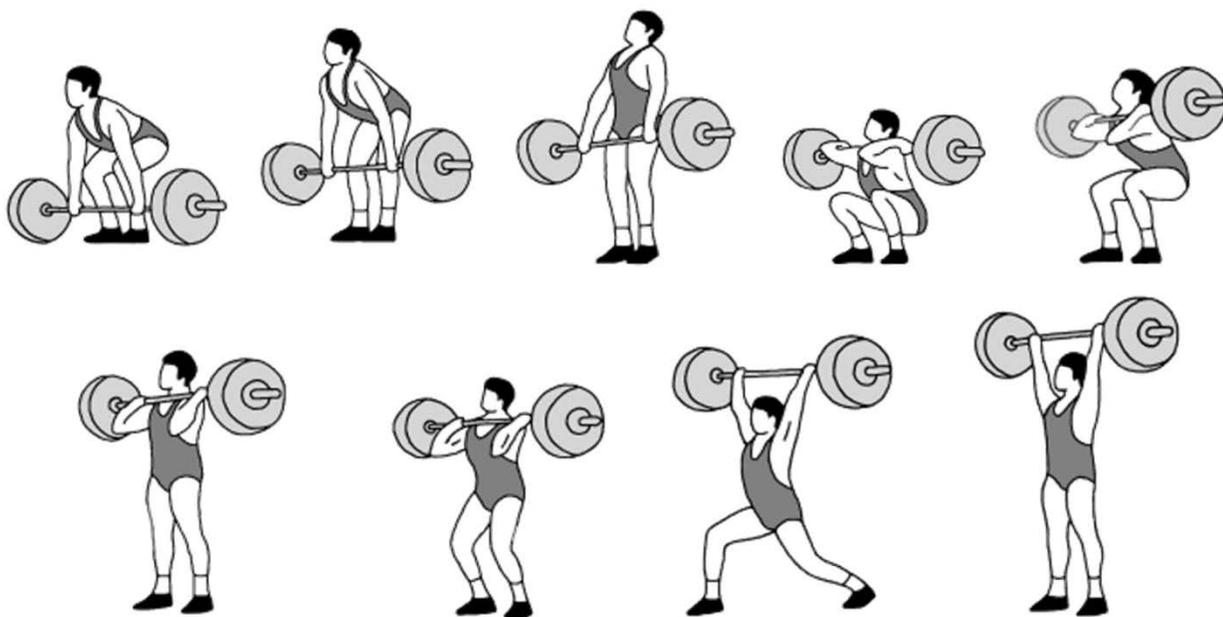
With 40 years in this great sport, I have nothing but the deepest admiration and respect for the hard work, dedication, and commitment of everyone involved today. I wish all our participants the best of luck on their journey to excellence.

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.



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, 1-hour classes on Tuesday and Friday mornings, 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 February of 2018, NHWLC moved to the District Athletic Club, a 15,000-square foot Fitness Community at 470 James Street. NHWLC will 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.

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*Official Meet Photographer
Leighton R. Photography*

*Athletes will have the opportunity to have their photo taken
during their lifts and warm-ups*

*Cost: \$5 per photo or
\$39.99 for all photos taken of the athlete*

*Athletes may contact us before the meet in regards to
having their photo taken*

*Email: LeightonRodriguez@leightonrphotography.com
Instagram: [@LeightonR.Photography](https://www.instagram.com/LeightonR.Photography)*

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 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 Women's 45-64 classes from 9am – Noon,, Women's 71-87+ classes from Noon-3pm.. Men's 55-89, 3-5:30pm, then mens 96-109+5:30-8:30pm..

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 – Junior (20 and under), Open (all lifters, any age), and Master (over 35) - each with Men's and Women's Divisions.

The Weight Classes limits are: (1 kilogram = 2.2 pounds)

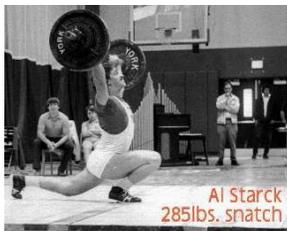
Women: in kilograms -	45	49	55	59	64	71	76	81	87	87+
in pounds	99.2	108	121	130	141	157	168	179	192	191+
Men: In kilograms -	55	61	67	73	81	86	89	102	109	109+
in pounds -	121	134	148	161	179	196	212	225	240	240+

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:

"Press out" 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 arm touches a leg in the receiving of the bar in the clean. Complete Rules can be found at: www.usaweightlifting.org



UPCOMING USAW COACHING CERTIFICATIONS... (No Prerequisites for Level 1)

November 23/24, Level 1, Wilton, CT.

February 8,9 . Level 1, Wilton, CT.

Late February TBD, .Level 2, Wilton, CT

<http://connecticutweightlifting.com/>

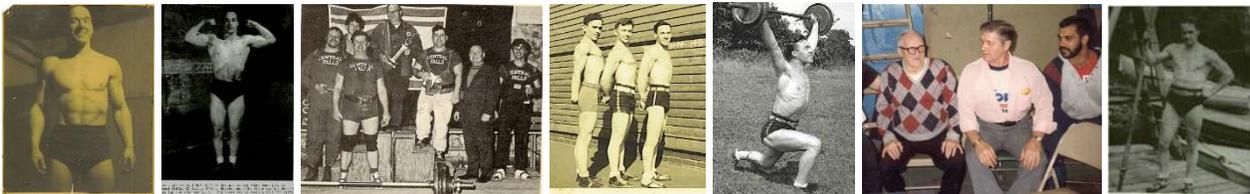


Joe Mills... 1908-1990.

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, kettlebells, 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, 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



Vivian Dawson
Strength Spirit Smile



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 ❤️



Viv strong forever.



Heather Nimsger, Emily O'Hearn, Riky Jacobsohn, Courtney Sims, Coach V, Denise Roby, Vivian Dawson, Danialle Colosimo, Kathryn Goodrich

Team Connecticut
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Team CT. Nutritionist