

# 2006 Connecticut Open Olympic Weightlifting Championships

Sanctioned by the New England Local Weightlifting Committee of the USAW, # 06-02-02



Trumbull, CT  
203-377-4700



Date: Sunday, August 6, 2006.

Location: Velocity Sports Performance  
Trumbull Corporate Park, 35 Nutmeg Drive  
Trumbull, CT 06611-5431  
tel: 203 377-4700 [www.velocitysp.com/trumbull](http://www.velocitysp.com/trumbull) (directions)

**Entry Deadline: JULY 14, 2006.**

| Time: | Classes        | Weigh-in     | Competition     |
|-------|----------------|--------------|-----------------|
|       | Men 56 – 77 kg | 8:30-9:30am  | <b>10:30 am</b> |
|       | Women          | 11:00 - noon | <b>1:00 pm</b>  |
|       | Men 85-105+    | noon -1pm    | <b>2:00pm</b>   |

Divisions: Men's – Open, Junior (20 and under) Master (35+)  
Women – Open, Junior, (20 and under) Master (35+)

Lifts Contested: Two Hands Snatch, Two Hands Clean and Jerk

Eligibility: Registered USAW athletes. [www.usawweightlifting.org](http://www.usawweightlifting.org) Membership card required at weigh in. You may join the day of the meet. "Open" section is registered lifter regardless of age. "Junior" is age 20 and under. Master is 35 and older. "Age" is your age on Dec 31, 2006.  
*One piece lifting singlet required.*

Awards: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place Medal for each weight class in  
Men's/ Women's Open *and* Men/Women's Junior.  
Best Lifter in each by Sinclair Formula.  
Master's - First 10 Men, First 10 women by Age/Sinclair.  
Team - First Place Men/Women. – Contact Meet Director

From Gary Valentine:

*Head Coach, Team Connecticut Olympic Weightlifting Club, and Your Meet Director...*

Welcome to the 2<sup>nd</sup> Annual Connecticut Olympic Weightlifting Championships here in Trumbull! Special thanks go to Rich Raymond, Steve Plisk, and the entire staff of Velocity Sports Training, our site sponsor today. Through their whole-hearted efforts this fine facility has been made available for the resurgence of Olympic – style weightlifting competition which is open to contestants from across our great State and to fellow lifters beyond its borders. Last year, the Championships held here August 7, was a spectacular success! We had 53 lifters, arriving from Maine to Maryland, and nearly 300 spectators. Results of last year's events may be found later in this program. Many lifters have returned this year to defend their titles.

It has taken a lot of cooperation from many people and organizations to make a today's event a reality. So we extend our appreciation and thanks to all of our generous sponsors listed on the following pages. Their services are highly recommended.

Your host sponsor is Team Connecticut Olympic Weightlifting Club. We are located in Wilton, in a three - car garage adjacent to the Valentine home. Anyone interested in joining can contact the club at [garyv@optonline.net](mailto:garyv@optonline.net), or 203 762-2299.



The Connecticut Open has a long history. The late Frank Gancarz, of the Connecticut Weightlifting Club in Willimantic, held the competition in Torrington from 1970 - 1987. Jim Fitzgibbon took the Club to Somers and ran the meet in Enfield from 1988 - 2002. After a three - year hiatus, Olympic - Style Weightlifting in the Constitution State is back with Team Connecticut of Wilton proudly presenting today's events.

We all owe gratitude to mentors and fellow lifters who have influenced our individual and team weightlifting careers. From first trying lifts at age 22 in 1979, to winning many Connecticut and New England titles over the years, to attaining a Gold Medal at the 2006 Pan American Masters Championships last month in St. Sauvier, Canada, I have met and been mentored by many talented people in this great sport. The great Joe Mills of Central Falls, Rhode Island had an enormous impact on my life and on my performance as a weightlifter, starting in 1980. Joe was 1937 National Champion. He coached World and National Champions until he passed away in 1990 at age 82. His wisdom and insight influenced countless lifters who were fortunate enough to know him.

Upon Joe's passing in 1990, the following piece was written by long time Connecticut lifter Ed Klonoski of Torrington. Sincerest 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, 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.*

A special thanks to our announcer today, James Edwards and his wife Susan of Richmond, VA.. Our warmest thanks go to all the volunteers that have come here today - the loaders, the judges and all the helpers. Please show them the appreciation they deserve as we announce their names. These are the unsung people that make these events work.

Weightlifters are a special class of people. We have a strong tradition of encouraging and assisting our fellow lifters. In that tradition, I have been privileged to pass on what has been given to me, first by great teachers, and ultimately by the lessons of lifting itself. It has been gratifying to witness the striving and progress of each of Team Connecticut's members. Now we will see this Team and others put their skills to the test.

I admire the hard work and dedication of all our athletes and coaches, and I wish all of our participants the best of luck on their journey to excellence.



Sincerely, Gary Valentine, M.A., CSCS\*D, 2003 World Masters Weightlifting Champion  
*Thanks to our Contributing Sponsors:*



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*A member of Team Connecticut, Tracy is a CT and NY licensed massage therapist and an ACE certified personal fitness trainer.*

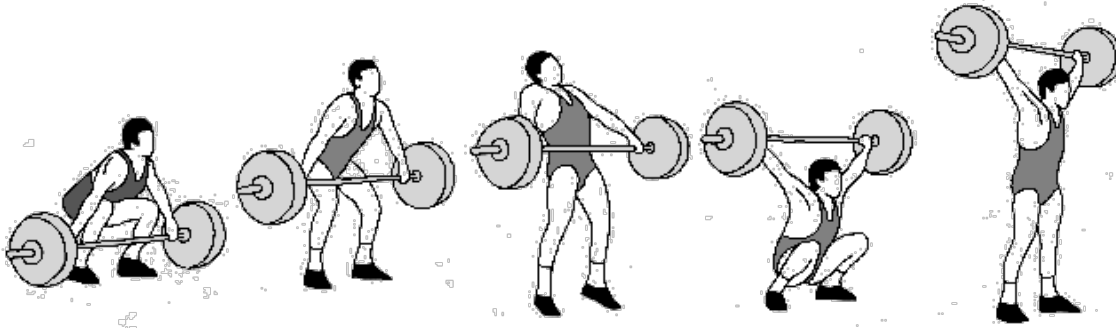


Right off exit 18 of rt. 8, visit Nick & Nikki's or call for excellent catering.

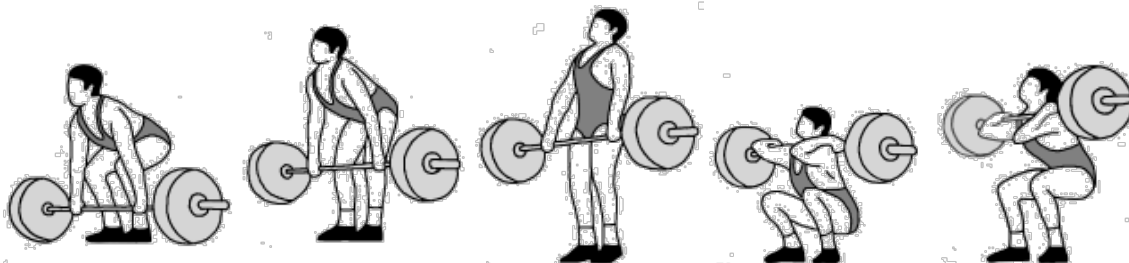
**With Deepest Gratitude**  
*to*  
**Mr. John Wyman and Family**  
**of Wilton Connecticut**  
*John Sr., Val, John, David, Greg, Jared, Bobby, and Cate!*  
*Thank you for the friendship, support, and generous*  
*contributions to Team Connecticut and today's Competition.*

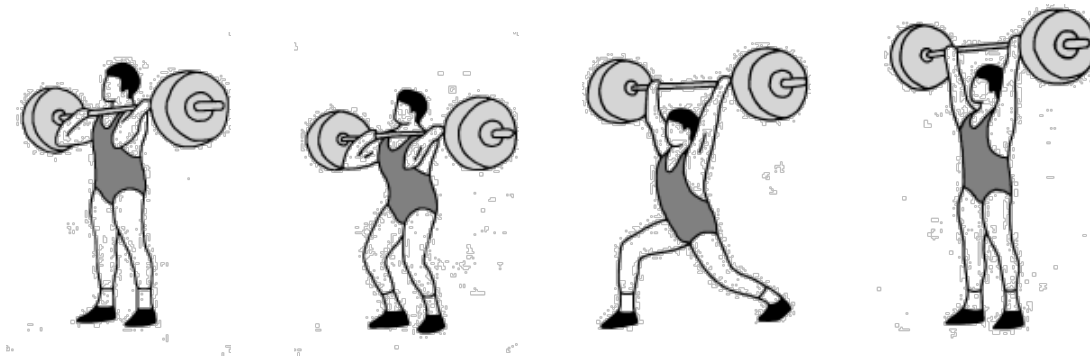
### *The Sport of Weightlifting*

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 is called the “**Clean and Jerk**”, where 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.





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 three sessions today will be the lightest five Men's classes beginning at 10:30, then all seven Women's classes beginning about 1pm, then the three heavier Men's classes at about 2pm. 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 Category, is given the coveted Outstanding Lifter Award.

There are in fact three simultaneous competitions today – Junior (20 and under), Open (any age) and Master (over 35). A Master or Junior competitor may choose to enter the Open contest, and therefore compete against athletes of any age. The weight classes are:

|                       |                                 |               |               |               |               |               |                    |               |
|-----------------------|---------------------------------|---------------|---------------|---------------|---------------|---------------|--------------------|---------------|
| Women: in kilograms - | 48,                             | 53,           | 58,           | 63,           | 69,           | 75,           | 75+                |               |
| in pounds             | <b>105.8,</b>                   | <b>116.8,</b> | <b>127.8,</b> | <b>138.8,</b> | <b>152.1,</b> | <b>165.3,</b> | <b>Over 165.3.</b> |               |
| Men: in kilograms     | 56                              | 62,           | 69,           | 77,           | 85,           | 94,           | 105,               | 105+          |
| in pounds -           | <b>123.5,</b>                   | <b>136.7,</b> | <b>152.1,</b> | <b>169.8,</b> | <b>187.4,</b> | <b>207.2,</b> | <b>231.5,</b>      | <b>231.5+</b> |
|                       | <i>1 kilogram = 2.2 pounds.</i> |               |               |               |               |               |                    |               |

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** are:

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

**"Elbow touch"** is where an elbow touches the knees in receiving of the bar in the clean.

**Early drop/release of barbell.** If the lifter releases the weight before the down signal from the referee, or does not keep his hands on the bar until it passes his waist, it is no lift.

Once the bar is loaded with the desired weight, the lifters has one minute to make his attempt. The bar must pass the knees before the minute has elapsed. The lifter may move around the platform while completing the lift, but may not step off the platform at all, or it is ruled no lift.

Complete Rules can be found at: [www.usaweighting.org](http://www.usaweighting.org)

## Today's Lifters

**Myles Astor**, 51, New York, NY, 85kg Master. *Metropolitan BBC*, Coach Chris Smith.

**Bruce Ballog**, 45, West Hartford CT, 105 kg Open Division. *East Coast Gold*.

Bruce is a teacher in the Hartford area. He began lifting in his basement at age 13. His best lifts as a Master are 102 snatch and 132 Clean and Jerk.

**Steven Bellavance**, 52, East Hampton CT, 85 kg Open/Masters *Unattached*

**Tracy Bloom** 48, Weston, CT. 69kg Open, Master. *Team Connecticut*, Coach Valentine. After training in powerlifting for 4 years she continues to enjoy fitness through triathlon training and events, rowing, teaching and writing. "Since meeting coach Valentine I have seen and learned so much about what is great about lifting. We have a fantastic club and I urge anyone who wants to bring out their personal best to join!" Tracy lives in Weston with her husband Brad and three children.



**David Boffa**, 24. Madison, NJ, 77kg Open. *Team New Jersey*, Coach Peter Roselli.

**Allison Bradshaw**, 22, Southbury, CT. 75+ Open, *Team Connecticut*, Coach Valentine. A Clemson University Graduate in 2006, Alison is beginning her Masters Degree in Exercise Science at Springfield College in the Fall. In the shot put she is the Connecticut High School Record holder, all New England Champion, 2001 State Games of America Champion, and Silver Medalist in the 2001 Junior Olympics. She started lifting for track and field in high school, and fell in love with weightlifting. This is her first Weightlifting competition!



Coach Valentine Hello!!! My name is Erica, but my friends call me "E". I am currently a student at Adelphi University and pursuing a master's degree in physical education. I received my Bachelors Degree in Exercise Science at Sacred Heart University in 2004 and am also CSCS certified. I have been weightlifting under Pan Am Masters Champion Gary Valentine for the past three years and recently placed first in the Empire State games. I also coach high school girls lacrosse during the spring season. I enjoyed playing lacrosse for eight years and find even more enjoyment in coaching the sport to others. This year I started teaching physical education at a private middle school in Flushing, N.Y.

**Christopher Carbone**, 15, Wilton, CT. 105+ Junior *Team Connecticut*, Coach Valentine. Chris is a sophomore at Wilton High School. He has been Weightlifting for about one year, this is his second competition.



**Cary Comeau**, 27, Naugatuck, CT. 63kg Open. *Team Connecticut*, Coach Valentine. Cary is a Certified Trainer here at Velocity, and a Personal Trainer. She has her B.A. in Exercise Science from Central Connecticut State University, began Weightlifting about a year ago.



**Jessica Carrero**, 27, Bronx, NY. Open. *Lost Battalion Hall*, Coach Triolo.

**Ed Conroy**, 59, Newburgh NY, 105kg Open, Master. *Team Conn.* Coach Valentine. Retired from IBM, Ed works in Operations support for mainframe computers to support his habit of buying expensive cars. He started lifting at 18, with best lifts of 107.5kg Snatch and 137.5kg C&J. He is strongly supported by his beautiful daughter Amy, and wife Peg, a Los Angeles native. He started lifting again at 56 because "I missed the fun of it, and nobody told me I couldn't!"



**Elsa Dahl**, 71, Montpelier, VT. 75 kg Master. *Northern Power*, Coach Jackie Simonsen. A retired nurse of over 50 years, Elsa began Weightlifting to gain explosive power for the javelin, shot put, and discus in the Senior Olympics. She won the 2005 World Master's Championship in Edmonton Alberta Canada with lifts of 25 snatch and 60 clean and jerk. She is an active volunteer in such areas as genealogical research, tax counseling for the elderly, and the Vermont Mozart Festival. Go Elsa!



**Collette DeBenedetto**, 19, 53kg Open. *Team New Jersey*, Coach Nik Curry. A Junior at UPENN, Collette has competed in track & field for 10 years and runs Division one track. She was All-State and All-American throughout her high school years. Her father, Jan, competes in Weightlifting in the Masters and threw the javelin at Notre Dame. Her first weightlifting meet was just last month at the Garden State Games where she won her weight class and won the Governor's Cup. Her best lifts so far are 46kg snatch, 63 cj.



**Gerard Dunne**, 58, Rego Park, NY, 69 kg Open/Master. *Lost Battalion Hall*, Coach Triolo. "I coach track (pole vaulters) and three years ago joined Lost Battalion Hall to learn the Olympic lifts to teach the students I coach. Well, I got hooked, and started competing. I got 2nd in the 2005 American Master, 3rd in the 2006 National Masters Champs. I'm a Masters All-American in the pole vault. My best lifts are 61 kilos in the snatch and 72.5 in the c&j. Both are life time bests!!"



**Bruce Ercan**, 43, Ringwood, NJ. 94 kg Master. *Team New Jersey*, Coach Nik Curry.

**Anthony Fazio**, 23, Fairfield CT. 69kg Open. *Team Connecticut*. "Fazz" graduated Sacred Heart University last year in Exercise Science, and is one year into his 3 year Doctorate study in Physical Therapy. He plays semi pro baseball on Long Island, and has been Weightlifting less than 2 years.



**Alexander Gianoulis**, 41, Stoneham, MA. 94 kg, Open/Master. *North Shore WLC*.

**Joel Jessinowski**, 63, New York, NY. Master. *Lost Battalion Hall*, Coach Artie Dreschler. Joel began lifting in 1956, his first contest in 1960. He won the 1965 Junior National Championships, he is 9 time New York State champion, and 2 time Pan American Masters champion in the 45-49 age group.

**Dave Kelly**, 57, East Hartford, CT. 85kg Master *Unattached*.

Dave is a Physical Therapist with an Associate's Degree in Civil Engineering. He began lifting at the age of 15. At 27 weighing 170 lbs, he did his best lifts of 105kg Snatch, and 135 kg Clean and Jerk. He has competed in over 100 contests since 1967.

**Mike Keohane**, 57, Manomet MA. 94kg Master. *North Shore WLC*, Coach Lussier.

**Thomas Kerrigan** – Granby, CT. 105 kg Open/Master.

*Unattached*. A Financial Advisor since 1992, Tom retired as State Trooper in 1997 after 21 years. A B.S. from U. Maine in 1975, and a Masters at U. New Haven in 1980, he is a single father of 3 adult children. His first competition was the Maine State Championship in 1972, and his best lifetime lifts are 255 military press, 270 snatch and 330 clean and jerk, done about ages of 25,. He did not compete from 1974 through 2006, where at 56 years old he snatched 65 kg and clean and jerked 92 kg for a 157 Total. He'll beat those numbers today!





**Kevin Koeppen, 27, Bedminster, NJ, 105 Open, Team New Jersey, Coach Nik Curry.** Kevin is Program Manager for Lucent Technology’s Fitness Center in Whippany, NJ. He recently completed his Master’s Degree in Exercise Science at SCSU. Kevin is a USAW Club Coach, lifting in local weightlifting competitions for the past 3 years.



**Rebekah Lore, 25, Gardner, MA, 63kg Open. Bridgewater WLC, Coach Ellen Robinson**

**Ian Melton 23, San Antonio, Texas 94kg Open. Bridgewater WLC, Coach Robinson.** Ian started lifting 2 years ago. His first meet was in February in Lynn Mass. Where he finished 4<sup>th</sup>. He placed 9<sup>th</sup> in Collegiate Nationals in April, and has snatched 90 kg, clean and jerked 111.

**Steven Miranda, 30, Fall River MA, 105+ Open. Unattached, Coach Steve Moniz.** “Olympic style Weightlifting is the best thing to happen to my athletic life. I wish I had found it sooner!” Steven has been Weightlifting for the past two years and is progressing steadily. Having participated in powerlifting and strongman competitions for 17 years, he placed second in the Mass. State Strongman Championships in 2002. Diagnosed with MS in 2001, he uses his condition as motivation to train and improve. He credits Weightlifting with rejuvenating his strength aspirations and improving his health. He credits Steve Moniz, Joe and Matt Maillott, Armand Turgeon, Norman Meltzer, and Leo Gagne as his inspirations. He is a Culinary Arts teacher at Old Colony Regional Vocational Technical High School.



**Joseph Nissim 85 kg Open, Team New Jersey, Coach Nik Curry**

**Ronnie Nomier, Milford, NJ, 22, 85 kg Open. Team New Jersey, Coach Nik Curry.**

**Oscar Novakovsky, 31, Queens, NY. 85kg Open. Lost Battalion Hall, Coach Joe Triolo.**

**Dan Parella, 22, Fairfield, CT. 77kg Open Team Connecticut.**

Dan has a degree in Exercise Science from Sacred Heart University, and will begin his career as a Suffolk County Long Island Police Officer in September. Following a successful career in High School and Collegiate wrestling, Dan began Weightlifting 2 years ago.



**Alison O’Toole, 21, Weymouth, MA. Open, Bridgewater WLC, Coach Ellen Robinson.** Alison will be a senior in Exercise Science in the Fall at Bridgewater State. She began lifting at age 12 with her father as her inspiration. She is coaching junior high school athletes, and aspires to become strength and conditioning coach at the college level.

**Joel Quintong, 27, Fairfield, CT. 94kg Open. Team Connecticut** Joel is Freshman Mentor at Sacred Heart University in Fairfield. Originally from New Jersey, he is a Boston College Graduate with a track and field background. He is engaged to be married in October of this year. He has competed in Weightlifting for 8 years.



**Chris Smith**, 35, Levittown, NY, 105+ Open. *Metropolitan BBC*.

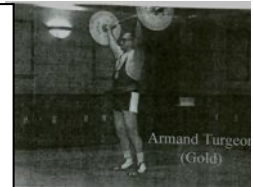
**Eric Sforza**, 27, Trumbull, CT. 94kg Open. *Team Conn.* Coach Valentine. Eric is pursuing his Masters Degree in Exercise Science at Southern Connecticut State University. Weightlifting for only a year, he is a staff trainer here at Velocity and is NSCA Certified Strength and Conditioning Specialist.



**Robert Sweeney**, 60, Glendale, RI, 69 kg Open/Master. *Northern Power*. Self coached. Bob has competed for over 43 years and loves weightlifting! He holds many Masters New England Records, American record in the Snatch and Total in the 55-59 age group, and recently placed 3<sup>rd</sup> in the Masters World Championships in Edmonton, Canada.

**Mitch True**, 39, is a High School Social Studies teacher from Milton, Vermont, with a B.A. from U.V. He began lifting five years ago and is Vermont Masters Champion in the 85 kg class, with a 195 kg Total. He's looking to break the 200 kg Total barrier today! He lifts for Coach Jackie Simonsen of *Northern Power WLC*.

**Armand Turgeon**, 79, New Bedford, MA. *Unattached*. Coach Joe Maillet. Armand holds all N.E. in the 70 – 74, and the 75-79 age group in the 85 kg class, and is looking to establish all records in the 77 kg class. Years ago, Armand was an avid hand balancer, reaching a then world record of 39 handstand pushups. On February 5, 1995, He reached the pinnacle of the ten pin bowling world by scoring a perfect 300 game!



**Steve Vogel**, 55, Frenchtown, NJ. 69kg Open/Masters Division. *Les Petit Animaux*, Coach Peter Roselli. Steve is recovering from 2 shoulder surgeries. He competed here last year, making 55 snatch and 75 Clean and Jerk for a 130 Total. He has 2 sons, Jacob, age 5, and Patrick, age 1, readying for competition soon!

**Michael Ward**, 23, Bridgewater, MA., 77kg Open. Bridgewater WLC, Coach Robinson.

**Dominic Zanot**, 29, White Plains, NY, 85kg Open. Team NY, Coach Marc Chasnov.

**Greg Wyman**, 17, Wilton, CT. 94kg Junior. *Team Conn.* Greg is a High School Junior multi sport athlete at Brunswick School in Greenwich, CT. A standout in football, baseball, and track and field, and wrestling, he recently placed sixth in the Schoolage National Championships. Never met a weight he couldn't jerk.

