

Seminars, Workshops, and Demonstrations...

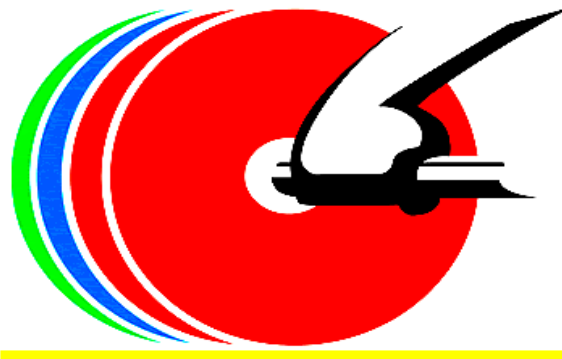
Gary is a regularly featured speaker at American College of Sports Medicine and National Strength and Conditioning Association State and Regional conferences.

Presentations by Professor Valentine can include live demonstrations by Gary and Team Connecticut lifters, with topics tailored to specific sport populations. Typically, sports teams desiring to optimize results and gain the winning edge in their resistance training will take advantage of professor Valentine's highly effective, motivating, and interactive presentations.

Training sessions and workshops for individuals, small groups and sports teams can be arranged at Team Connecticut's garage gym training facility in Wilton or at any remote location.



"Men and women athletes of all ages and experience levels travel from throughout New England to learn the sport of Olympic style Weightlifting from Coach Valentine."



Valentine Strength, LLC

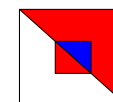
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Train with Wilton's World Champion!



Gary Valentine, age 47, at the 2003 World Master's Championships in Savannah GA. Gold Medal 336.5 pound clean and jerk lift!

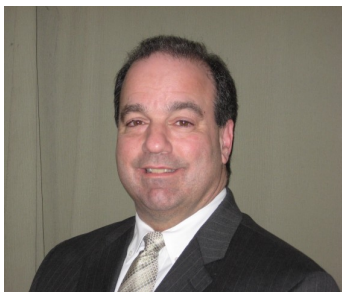
*Gary Valentine, MA, CSCS*D,
is now offering seminars,
personal training sessions,
and lifting demonstrations.*



Valentine Strength, LLC.

Adjunct Professor...

Since 2001, Professor Valentine has taught courses in resistance training for sports to Exercise Science and Physical Therapy majors at Sacred Heart University in Fairfield, CT. His courses, like his seminars, provide the ideal blend of theory and practice for the optimal learning of safe and effective bodybuilding, power lifting, Olympic lifting, and plyometric techniques.



24 Year Career in Cardiac Rehabilitation...

In 1983, Gary received his Master's Degree in Exercise Physiology from UCONN at Storrs. He then began his career with 10 years as Stamford Hospital's Clinical Exercise Physiologist. From 1995-2009, he held the position of Director of Cardiac Rehabilitation and Wellness Programs at Griffin Hospital in Derby, Ct. He is highly experienced in the full spectrum of exercise prescription, from all phases of the education and training of cardiac patients, to the development of world class athletes in sports training and Weightlifting.

30 Year Drug Free Weightlifting Career...

Gary's accomplishments in Olympic style Weightlifting span thirty years! He has proudly represented the United States internationally as far away Perth Australia, and continues without injury at age 52. In 1999 he performed his lifetime best in the two Olympic disciplines - 271 pound snatch, and 364 pound clean and jerk- lifts that qualified him for the USA National Olympic Weightlifting Championships - *at age 42!* Most importantly, his lifting exemplifies the successful application of the principles that he teaches.



Since his first Connecticut State Championship gold medal in 1980, to his most recent 2008 New England Championship victory at age 51, Gary has won over one hundred awards including:

- *2003 World Masters Gold Medal*
- *1994, 1998 World Masters Bronze Medal*
- *6 Pan American Masters Gold Medals*
- *9 National Masters Gold Medals*
- *17 Connecticut State Open Gold Medals*
- *2002, World Record Clean and Jerk, 337 pounds in the 45-49 age group!*

Certified Coach and Meet Director...



A United States Weightlifting Certified Club Coach, Gary established the highly successful Team Connecticut Olympic Weightlifting Club of Wilton in 1996. Men and women athletes of all ages and experience levels travel from throughout New England to learn the sport of Olympic style Weightlifting from Wilton's Coach Valentine.

Gary is also Meet Director for two USA Weightlifting sanctioned competitions per year, providing a venue for area athletes to compete against the best lifters throughout the region. *The Sacred Heart University Olympic Weightlifting Championships* in April, and the *Connecticut Open Olympic Weightlifting Championships* in Stamford in August are highly successful meets that feature divisions for men and women in the teenage, open, and over age 35 age groups.

Meet results, programs, upcoming dates and entry forms are available at:

www.connecticutweightlifting.com.