

HALL OF FAME BIOGRAPHY

FRANK CIAVATTONE – CLASS OF 1996



Frank Ciavattone lives in Walpole, Massachusetts. He is a self-employed Excavator Contractor two-thirds of the season and a Heavy Snow Remover the remaining time. He started to lift weights after he received a 75lb. weight set for Christmas in 1966. Frank's uncle Ralph was a bodybuilder in the early 1950's who placed 5th in the 1951 Mr. Boston Contest. Frank's dad was a Marine during the Korean War and was a Power Shovel operator (steam shovel). These two men were Frank's early inspiration to take up weight training.

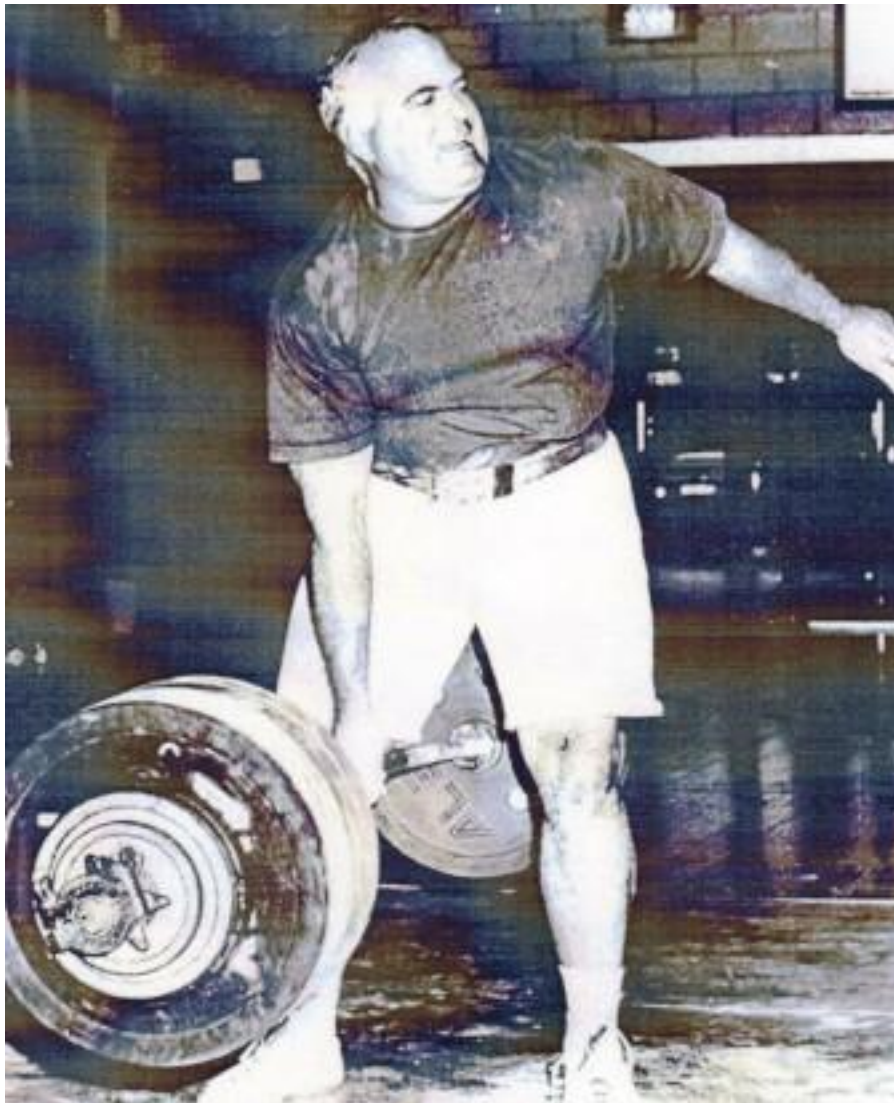
Frank trained for many years (1971 to 1988) with his coach Joe Mills of The Central Falls Weightlifting Club in Central Falls, Rhode Island. Frank started out doing some Olympic lifting but soon found out that he had tremendous potential with All-Round Weightlifting. It was at this time that he got help from Bill Clark, John Vernacchio, and Howard Prechtel – all of which were very accomplished and experienced All-Round Weightlifters. Frank was a charter member of the USAWA, and competed in the organization from the start. Frank is a very sincere and honest person who always gives thanks to those who help him. He commented, "

John & Howard gave me endless phone time on educating me how to do a lot of the lifts before upcoming contests. I can not leave without mentioning Frank Gancarz and Ed Jubinville (both deceased) who played a big part in making me feel Allround lifting was just as important as life itself! To these MEN I truly admire and respect and I thank them from the bottom of my HEART! ”

Frank was also involved in meet promotions. He was the Meet Director for several National Championships (1996, 1998 and 2016) and World Championships (1993, 2000, and 2014) in both All-Round Weightlifting and The Heavy Lifts. His most memorable All-Round meet was definitely the 1st one in 1993, in his home town of Norwood/Walpole, Massachusetts. Frank had his family, friends, the towns people, and lifters from other countries all together in one meet. Frank said, “With that combination it was a week of comradeship, competitiveness, and support. The rest was a true celebration of what this sport is by bringing a half dozen countries together as human beings. This is a time I will always cherish in my heart.” One of his most cherish meet wins was winning the Outstanding Lifter Title at the 2005 World Heavy Lift Championships in front of his home town Norwood/Walpole. Regarding this, Frank said, “I was in the 275lb. class. I gave the award to my daughter Domenique. That was a Hallmark moment for me.”

Frank has lifted overseas in 6 World Championships and 1 Millennium Gold Cup for a total of 7 trips. When in Scotland at the 1995 IAWA World Championships Frank achieved something no other American had ever done previously. This story is best told in his own words, “The Dinnie Stones story got started by Willie Wright and his team wanting me to go north and give them a try! They offered to take time off from work and take me. For this I said yes and would give it my best shot. Well after lifting in 2 day competition with 10 lifts at the 1996 World Championships, and the 9th lift being a 507lb. right hand- 1 arm deadlift, I was beat. After the meet we all got ready for the banquet, which anyone who’s ever lifted in Scotland know their banquets are right up there with the best of them. Well around midnight Willie informed me that the mini-bus was leaving at 5 a.m. sharp, tomorrow morning with about a 4 or 5 hour drive. The next day everything goes on schedule and we arrive there with a full mini-bus. I never saw the stones in person before but have to say I was overwhelmed at them. They were both chained to the wall, and it was drizzling out. Everything had a film of water over it, and the marble size piece of chalk I brought was disintegrated. So I found an area not so wet and dug my hands through the dirt to dry them up and it helped. At this point I picked up the little stone right and left, then I did the same to the big stone. Well now I thought I did it. They all yelled NO – do the 2 stones together. Since they were chained to the wall I decided to keep my 2 feet together since the

stones were close to the wall. It was hard for me to straddle them and definitely too tight to have one on each side. So finally on my 1st. attempt I reached down and slowly stood up, and stood there while Willie Wright gave his down signal. I was in another world as I felt like I could not put them down. I got an IAWA World record certificate and the honors of being the 1st. US citizen to lift up the stones without straps or other assistance. Also to be one of few to lift them feet together. I am not sure who the others are. The truth to all this is I lifted them fatigued, never seen them before, and never trained to lift them. No excuses – just got of the bus and within 5 minutes lifted both of the ground. I did it my way!!!!!!”



Franks favorite lifts are the three Ciavattone lifts, the One Arm Deadlift and the Neck Lift. He also excelled at these lift and set many USAWA records in them. His records are One Arm Hack Lift -right hand 402 1/5 pounds, One Arm Deadlift – right hand 562 1/5 pounds, One Arm Ciavattone Lift – right hand 331 pounds, Neck Lift 808 pounds, Hand and Thigh 1610 pounds, and a Hip Lift of 2515

pounds. Frank has won 15 IAWA World Championships, 14 USAWA National Championships, 3 Heavy Lift World Championships, and 5 USAWA Heavy Lift National Championships. Frank was the Overall Best Master lifter at the 1998 National Championships. He has placed in the top 10 Overall at 9 National Championships.

There is more to Frank than just being one of the best All-Round Weightlifters of All-Time. He is a man of integrity and outstanding character. He always is willing to help those who need it, and is the perfect role model for the young generation of lifters. When asked what advice he would have for a new lifer, this is what Frank said, "Stay away from any artificial way of getting ahead. Hard, hard, hard work is what got me to do the best I could without jeopardizing my number one thing in my life, FAMILY. Keep your priorities in the right order. This formula keeps everyone happy and supportive." I would say this sums up Frank Ciavattone.

Frank is a true Pioneer in the Sport of All-Round Weightlifting. He is the ultimate sportsman by demonstrating that a big man can be very strong without the use of drugs, showing that strength comes from within, and displays the unselfish attitude of always helping out his fellow competitors.