

TRUE SPORT



VOLUME 4, ISSUE 3
 JULY - SEPTEMBER 2004
 2550 Tenderfoot Hill Street, Suite 200
 Colorado Springs, CO 80906
 Phone: 1-719-785-2000
 Toll-Free: 1-866-601-2632
 Fax: 719-785-2001
usada@usantidoping.org

A publication dedicated to providing timely and accurate information for Olympic, Pan Am, and Paralympic Athletes.

Sarah Billmeier - World Champion

Contents

Sarah Billmeier

1-2

Sarah Billmeier has been Alpine Skiing since 1985 as a member of the US Disabled Ski Team - "A" Team. Sarah lost the majority of her left leg to Osteo Sarcoma Bone Cancer age the age of 5. She is a 10-time Paralympic medalist in four Games, winning six gold, three silver and one bronze. In addition, she is a seven-time World Championships medallist winning six gold (three in 1994, three in 2000) and one silver (2000 super-G). Presently, she is attending medical school.

Updates

2-3

How did you get started in Alpine Skiing?

I started skiing when I was 8 years old after hearing about the Mt. Sunapee adaptive ski program on the radio. I went one weekend with my parents and completely loved it, despite not being able to turn. One of my first instructors was a racer and had been to U.S. Nationals several times. So, right from the beginning I put my sites in racing.



What has been your greatest disappointment in sport?

I don't have many disappointments. Some days I didn't ski well and when races are won and lost by a hundredth of a second, mistakes can be readily apparent. However,

this just provides motivation to train harder and be better prepared for the next day.

Clean Sport Campaign

4

What is it about Alpine that you're so passionate about?

There are many things about alpine skiing that I am passionate about. Skiing itself offers speed, adrenaline and freedom. While competing brought many wonderful friendships and taught the value of dedication. My favorite events are the speed events, downhill and super-g, because you learn to feel in control in an out-of-control situation.

What do you view as your biggest accomplishment in sport?

There are a couple of accomplishments that I am

What have been your keys to success?

I derive my success from my incredible support system. From my family who are enthusiastic about every sporting endeavor, to my team and coaches.

Why have you decided to compete clean?

Winning a competition is not only externally valuable but offers internal rewards as well. Doping is cheating. By doping you cheat your competitors, but the greater damage is cheating yourself. Hard work, sacrifice and dedication are all instantly negated. Additionally, by competing clean you avoid the many side effects and long-term complications from using drugs.



More with Sarah on Page Two.

SARAH BILLMEIER

What is your view of the athlete's role in clean sport?

It is an athlete's responsibility both to her fellow athletes and sport in general to compete clean. There is little point in competing without a level playing field.

Did your experiences in sport help you prepare for life outside of sport, specifically Harvard Medical School?

Sport and medical school really aren't so different (besides the exercise level!) The attributes required to be a high level athlete such as goal setting, motivation and hard work carry over to every aspect of life, including medical school.

How is it possible to succeed at the highest levels of competition without doping?

High level competition requires some natural ability, but more hard work and mental strength. Many of the great athletes I



have met win by simply working harder than their competitors.

What do you say to developmental athletes who are hoping to find the athletic success that you have?

Have fun and enjoy your experience!

Website Redesign

USADA's website, www.usantidoping.org, is undergoing a facelift. The new, easier to navigate site will go live in late July. The site will include additional features including:

- Drug Reference Online, which is a searchable database for the status of substances and products,
- Athlete Express, a direct route for athletes in the out-of-competition program to access the most necessary information, and
- A resource section, which includes all athlete forms and USADA publications in one location.

WHAT'S NEW?

Take a Stand Against Doping Call USADA when you believe the integrity of your sport is compromised by doping.

The United States Anti-Doping Agency established **1-877-Play Clean (1-877-752-9253)** as a direct telephone link for individuals who are concerned about fair competition. Where appropriate, USADA will act based on information that can contribute to its mission of eliminating doping in sport. Callers can remain anonymous.



Protect Your Sport
U.S. Anti-Doping Agency

My Health. My Sport. My Victory. I Compete Clean.

USADA and the White House Office of National Drug Control Policy (ONDCP) teamed with members of the U.S. Olympic team to urge young athletes to stay away from performance-enhancing drugs. In July, two public service announcements, which feature 2004 Olympians Tara Cunningham and John Godina, became part of the National Youth Anti-Drug Media Campaign. The spots profile athletes who compete clean, and caution young people to avoid taking short cuts using performance-enhancing drugs. The PSAs are available on the USADA web site at www.usantidoping.org

Medications

If you need to take a medication that contains a prohibited substance, you need to go through the Therapeutic Use Exemption (TUE) process. This process must be completed before a doping control test.

There are two types of TUEs: the Abbreviated TUE and the Standard (Full) TUE. The Abbreviated TUE process is now used instead of the restricted substance medical notification form. It is necessary for:

- Beta-2 Agonists (Asthma inhalers like Advair or salbutamol.)
- Non-systemic glucocorticosteroids (topical creams, nasal spray, ear and eye drops)

You can download an Abbreviated TUE form and the instructions for filling it out at www.usantidoping.org, [Downloads, Forms](#)

A Standard (Full) TUE is required for all other medications that contain prohibited substances. **Note: Insulin now requires a Full TUE.** Instructions for completing the Standard (Full) TUE can be found on page 44-45 in USADA's 2004 Guide to Prohibited Substances, found at www.usantidoping.org. You may also receive assistance from the U.S. Olympic Committee Division of Sports Medicine in preparing your TUE by calling 719-866-4668.

Some sports have International Federation (IF) specific forms that must be submitted in order to receive an exemption. It is the responsibility of the athlete to check with their IF for the most updated TUE information.

QUICK HITTERS

Athens Testing

Once the Olympic Village opens on July 30th, all Olympians are subject to testing regardless of their location. This testing period is from July 30 through August 29, 2004, and will follow the IN-COMPETITION testing menu.

the Tetrahydrogestrinone (THG), it is that athletes who are determined to use performance enhancing drugs will go to great lengths to ensure those drugs are not detected in routine tests. THG, the potent anabolic steroid at the core of the BALCO scandal, was specifically designed not be detected by testing laboratories. Athletes who use these types of undetectable drugs should not get a free pass because they didn't fail a drug test.

Your Feedback

Clean Sport will only be achieved through a partnership with you, the athlete. Part of that partnership includes getting your feedback which is critical to USADA improving its processes. Let us know if you have ideas that can make USADA stronger. Also, we are dedicated to having the most highly trained Doping Control Officers (DCOs) in the industry. Please include feedback of how our DCOs can improve the way they carry out a test.



As a clean athlete, do I have any reason to fear USADA coming after me for a “non-analytical doping violation”?

USADA's stated mission is to eliminate the practice of doping in sport and to protect all athletes' right to participate in drug-free sports. As a result, no athlete who has not engaged in doping behavior has any reason to fear, or otherwise avoid, the USADA process. USADA seeks to help, not hinder, clean athletes.

Legal Perspective

Who creates the anti-doping rules and procedures that govern Olympic sport?

The United States Olympic Committee, as well as numerous international athletic organizations, look to the World Anti-Doping Code (WADA) for the anti-doping rules and procedures that govern Olympic sport. The WADA Code, in turn, is administered by the World Anti-Doping Agency, an independent, organization consisting of representatives from around the world.

What is the burden of proof in a doping hearing? Is it the same as a civil trial?

As stated, generally the WADA Code governs doping violations in Olympic sport.

How is it possible for an athlete to receive a sanction without failing a drug test?

Much has been written about the term “non-analytical positive,” which is shorthand for doping violations that are established through the use of evidence other than a positive test. There is certainly nothing revolutionary about doing this. For example, a video of someone using a drug would arguably be more convincing than a positive drug test. Furthermore, in the anti-doping context, there is and has been an international consensus that athletes should be disciplined when they violate anti-doping rules even without a positive test. This has occurred frequently in the United States and around the world.

The burden of proof in the WADA Code is higher than the standard in a U.S. civil trial. Whereas the burden of proof applicable in a civil trial is proof by a “preponderance of the evidence,” the burden of proof articulated in the WADA Code is whether sport has proved a doping violation “to the comfortable satisfaction of the hearing body bearing in mind the seriousness of the allegation which is made.” This burden closely resembles the standard applicable in professional misconduct hearings for doctors, lawyers and real estate brokers, among others. The world has agreed that this standard fairly balances the rights of the accused with the rights of clean athletes and fair competition.

Why does USADA keep cases confidential until a decision is reached? Why not just make everything public?

Under USADA's protocol, USADA will not publicize the substance of doping cases until they reach a final resolution. This requirement was put in place to protect athletes.

If clean athletes have learned anything from the discovery of



Athlete's
 U.S. Anti-Doping Agency
 Advantage
 ToolKit

Join the fight!



As you gear up for a big 2004, the U.S. Anti-Doping Agency invites you to take a stand for clean sport.

Why should I care?

Your performance has always been a result of your hard work and natural abilities. You've never taken shortcuts by taking performance enhancing drugs.

What can I do about it?

Become a part of USADA's Athlete Advantage ToolKit Program and join thousands of other athletes in taking a stand against doping in sport.

How do I sign up?

Contact USADA at 866-601-2632 ext. 2044, or email us at educationnews@usantidoping.org.

Cool Shirt! How can I get one?

You'll automatically receive a free t-shirt when you sign up for the Athlete's Advantage ToolKit. If you are already registered for the ToolKit, contact USADA to receive your free **No Doubt About It** t-shirt anyway.



[my health. my sport. my victory. I compete clean!](http://www.usantidoping.org)

