

"IF YOU'RE NOT CHEATING,  
YOU'RE NOT TRYING."

A look at the integrity of sport

A publication dedicated to providing timely and accurate anti-doping information for those involved, and interested, in the Olympic and Paralympic Movement

## In This Issue:

HAVE YOU EVER HEARD SOMEONE SAY, "IF YOU'RE NOT CHEATING, YOU'RE NOT TRYING!"? BEING AROUND SPORTS AND COACHING FOR MORE THAN 20 YEARS, I'VE HEARD THIS PHRASE TOO MANY TIMES.

Commentary by Chad Weikel. Editor's Note: Chad Weikel has been an Education Manager with USADA since 2001. Over the years, he has been involved in many different levels of sport as an athlete, coach and educator.

This phrase, or some version of it, has been spoken by coaches, teammates, competitors, athletic trainers, spectators, administrators and many more. Some people are semi-joking when they say it; some are stone-cold serious. Either way, I'm sick and tired of hearing it. It's a lie, it's cowardly and it's dangerous.

Sports are great teachers. They provide athletes with critical opportunities to learn important lessons about real life. But, guess what? Sports are not real life. Real life is what happens outside of the lines. Real life is made up by our experiences, our relationships, how we choose to use our talents, our faiths and the blessings and heartaches that come with all of those. Sports can teach us leadership, sacrifice, teamwork, communication, determination and many other skills that we can carry into real life situations. Sports also have the potential to provide harmful lessons, like cheating is an easy way to get ahead. Taking this attitude into real life situations can have devastating consequences.

What makes sport great? If I think back over the thousands of games in which I've participated over the years, the ones that stick out the most are the

**WHEN YOU CHOOSE TO CHEAT, YOU HAVE ALREADY GIVEN UP AND YOU HAVE LOST THE STRUGGLE. FIND OUT HOW GREAT YOU CAN BECOME - ON YOUR OWN!**

ones against great, even superior, competitors. If you think about the greatest competitions/matches/games ever, most have one thing in common: they were between competitors bringing out the best in each other.

Competition is one of the most basic components of sport. Tough competition isn't something to fear. Real athletes seek out the best competition to test their skills.

Why did you begin participating in your sport? There are many reasons athletes choose to compete, but most athletes first played a sport because it was fun. Why do you continue to compete? Many athletes continue because they want to find out how far they can go and how great they can become. But our toughest competition isn't against another athlete, it is within ourselves.

Why do athletes choose to cheat? Some do it because of greed; some do it without even thinking about the consequences. Still, the underlying motivation behind most cheaters remains the same: fear. They fear that, on their own, they don't have what it takes to be successful. They fear failure, so they choose to take the easy way out. The courageous athlete says, "I choose to compete on my own and I'm prepared to accept the results that I earn. No more. No less."

The sport you love is defined by a set of rules. When an athlete chooses to cheat, that athlete is playing by a different set of rules and therefore is no longer competing  
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**BE READY FOR THE 2007 WADA PROHIBITED LIST...**

which has been published and will go into effect January 1, 2007.

See page 2 to find out about the updates.

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# IF YOU'RE NOT CHEATING, YOU'RE NOT TRYING

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in the same sport they claim to love. Cheating absolutely destroys the integrity of competition within a sport, not to mention the athlete's personal integrity. Instead of looking for the shortcut, push yourself by pouring your heart into your training, your preparation and your competitions.

"If you're not cheating, you're not trying!" Really? This is a lie and always has been. Cheating has always been the easy way out. Any victory gained by cheating is counterfeit and hollow. The only way to find out how great you can truly become is by competing with honor...one of those universal truths learned back in grade school that is still true today.

"If you're not cheating, you're not trying!" Here's the dangerous part of this lie: If sports continue to be degraded by athletes who cheat, over time the sports you and I love will evolve into unrecognizable mutations that no longer provide the same benefits to their participants or fans. Think of these examples:

- When "flopping" is an acceptable part of soccer, is it still the same sport?
- If using EPO was an accepted practice in endurance sports, how much would that change those sports?

Here is a tough reality to accept: you can only control your decisions. "Every one else is doing it" is another lie that trips up some athletes. Don't let the actions of others cause you to lose your way. So what can you do? It is completely up to you. Only you have the power to decide where to set your boundaries. Are you willing to pay the price to compete with integrity? When it comes to the heat of competition, will you have the courage to stick to your values and beliefs?

**YOU ARE THE CARETAKER OF THE SPORT YOU LOVE. YOU ARE RESPONSIBLE FOR PRESERVING ITS INTEGRITY AND FOR HANDING IT DOWN TO THE NEXT GENERATION OF ATHLETES.**

For more information about these and other tough decisions, and for activities to apply your values and beliefs based on real examples from sport, check out

The Journey at:

[www.usantidoping.org/go/journey](http://www.usantidoping.org/go/journey)

I COMPETE CLEAN. MY HEALTH. MY SPORT. MY VICTORY.™

## Changes to The Prohibited List... Effective January 1, 2007

The World Anti-Doping Agency (WADA) has published the 2007 Prohibited List. Below is a summary of updates from the 2006 List to the 2007 List. For a full copy of the 2007 Prohibited List, visit WADA's Web site at [www.wada-ama.org](http://www.wada-ama.org). **The 2007 Prohibited List will go into effect Jan. 1, 2007.**

The Classes of Prohibited Substances have not changed from the 2006 List.

However, in order to make the language clearer, the explanatory paragraphs for the following four classes of substances in the 2007 List have been reworded:

- Anabolic Agents
- Diuretics
- Chemical and physical manipulation
- Stimulants

### Other updates to the 2007 List:

#### Beta-2 agonists

Salbutamol used by inhalation, even with an Abbreviated Therapeutic Use Exemption (TUE), is not a specified substance\*\* at urinary levels greater than 1000 ng/mL.

#### Glucocorticosteroids

Glucocorticosteroids used by **iontophoresis/phonophoresis** are permitted and do not require an Abbreviated TUE.

Other routes of administration (intraarticular, periarticular, peritendinous, epidural, intradermal injections and inhalation) require an Abbreviated TUE

#### Stimulants

Imidazole derivatives used as topical preparations are permitted. (Imidazole derivatives are typically found in anti-fungal creams.)

#### International Federation (IF) Specific Issues

The World Confederation of Billiard Sports (WCBS) and the International Chess Federation (FIDE) have IF specific modifications.

\*\* Specified substances are those substances that are particularly susceptible to unintentional anti-doping rule violations due their general availability in medicinal products and because they are less likely to be successfully abused as doping agents.



# QUICK HITTERS

A QUICK LOOK AT THE LATEST ANTI-DOPING INFORMATION FOR ATHLETES

## Out-of-Competition FAQ's

### Who should you use as the Primary Contact on your Athlete Location Form (ALF)?

You should choose someone like a spouse, parent or coach to be your primary contact. The Primary Contact should be familiar with your training and work schedule so that you can be located during an OOC test attempt. Please include the Primary Contact's name and phone number on your ALF.

### How are the number of tests for my sport determined?

USADA's Test Distribution Plan considers the number of athletes in each sport's registered testing pool as well as the criteria set forth in WADA's International Standards for Testing. These standards, at a minimum, may include:

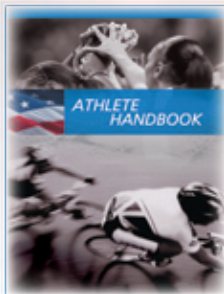
- Physical demands of the sport
- Available doping analysis statistics
- Research in doping trends
- Training periods and competition season

### I feel like I'm tested often. Why is that?

We hear from some athletes that it seems that they're tested a lot. Please note that USADA's In-Competition Testing does not impact the OOC Testing Program. The reality is that you could be tested at an event and also be contacted by USADA for an OOC test. Please remember that you have the right to provide feedback about any testing experience and USADA considers all feedback that you offer.

**NOTE:** USADA follows WADA's International Standard for Testing and retains the right to test any athlete at any time.

For more information, refer to USADA's Athlete Handbook which is available online at [www.usantidoping.org/go/athletehandbook](http://www.usantidoping.org/go/athletehandbook).



## Athlete Location Forms...

are due December 1st for the first quarter of 2007

Additionally, you are responsible for updating USADA anytime your schedule changes from what is on your current ALF. Updates may be faxed or mailed to USADA, submitted online or e-mailed to [update@usantidoping.org](mailto:update@usantidoping.org).

## Feel a cold coming on?

As the seasons change, the number of athletes suffering from colds, allergies, sinus infections and headaches increases. Before you rush to the store to buy medicine for your symptoms, be sure to check USADA's Drug Reference resources to ensure the medication is permitted.

Don't let an avoidable mistake ruin your career. USADA's Drug Reference resources are in place to help to protect you.

1. Drug Reference Line™: (800) 233-0393 (inside the U.S.) or (719) 785-2020 (outside the U.S.)
2. USADA's Guide and Wallet Card are available on USADA's home page at [www.usantidoping.org](http://www.usantidoping.org)
3. Drug Reference Online™: [www.usantidoping.org/dro](http://www.usantidoping.org/dro)



## ALTITUDE TENTS NOT ADDED TO 2007 PROHIBITED LIST

After a thorough scientific and ethical review by WADA's scientific committees, WADA's Executive Committee approved the recommendation to NOT add artificially-induced hypoxic conditions (i.e., altitude tents, hypoxic chambers) to the 2007 Prohibited List.

Committee members suggested that the International Olympic Committee (IOC) Medical Commission look into the matter for a medical consideration of the method's impact on athlete health.

## TAKE A STAND AGAINST DOPING!

Contact USADA at (877) 752-9253 if you suspect the integrity of your sport is being compromised by doping.



# HARMONIZING RULES FOR CLEAN SPORT

Your sport has rules. At some point in time, an individual and/or a group of people developed the rules for your sport. Those rules evolved over time to become the rules you know today. If you break the rules of your sport, you run the risk of being penalized, disqualified or even thrown out. You have the opportunity to excel at your sport when you play by those rules. Olympic, Paralympic and Pan American Sports are also governed by anti-doping rules. Unfortunately, there are some athletes who decide to break those rules by using performance-enhancing drugs.

In 1999, the International Olympic Committee established the World Anti-Doping Agency (WADA) and charged it with harmonizing and coordinating the fight against doping in sports internationally. From that charge, WADA developed the World Anti-Doping Program (Program).

## The purposes of the Program are:

- To protect the Athlete's fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide; and
- To ensure harmonized, coordinated, and effective anti-doping programs at the international and national level with regard to detection, deterrence and prevention of doping.

## The Program consists of the:

- World Anti-Doping Code (Code), which was developed to harmonize anti-doping rules and sanctions on a worldwide basis.
- International Standards for: Testing, Therapeutic Use Exemptions, Laboratory Practices and the List of the Prohibited Substances and Prohibited Methods.
- Models of Best Practice and Guidelines, which provide state-of-the-art solutions in different areas of anti-doping that are encouraged, but not mandatory.



## When did the Code come into effect?

On or before August 13, 2004, IFs, National Olympic Committees, many other sport organizations and National Anti-Doping Agencies, including USADA, formally adopted the Code.

## Who benefits from the Code?

In the practical application of the Code, the goal is that all athletes and athlete support benefit from the same anti-doping procedures and protections no matter the sport, the nationality, or the country where testing occurs, so that athletes may participate in competition that is safe and fair.

## How often is the Prohibited List reviewed and updated?

As set forth in the Code, WADA prepares and publishes the List of Prohibited Substances and Prohibited Methods at least annually.

Building on the experience gained to date, and to further advance anti-doping efforts, WADA has initiated a consultation and review of the Code. This is similar to the way that sports' rules committees review the rules of your sport. The Code's consultation and review process provides stakeholders with the opportunity to contribute constructively to improving the Code. By reviewing and updating the Code, it can evolve into a more effective tool in anti-doping efforts and strengthen the integrity of sport.

## Retiring From Your Sport? ...What You Need to Know

In accordance with the USOC's anti-doping policies, if you are enrolled in USADA's OOC Testing Program and are retiring, you must:

1. Promptly notify USADA and your NGB in writing in order for your withdrawal from the OOC testing program to be official.
2. Check your IF's procedure concerning retirement for any additional requirements.

If you do not provide advance written notice of retirement and are notified for, but refuse to provide

a sample for an OOC test, refuse to cooperate, or fail to report for testing, you may be subject to all consequences consistent with an anti-doping rule violation.

What if you want to come out of retirement and return to competition?

Check your NGB and IF requirements. In addition to any NGB or IF requirements, you must enroll in USADA's OOC Testing Program for at least six months before you will regain eligible status.

NOTE: If you test positive, and subsequently retire, USADA will not suspend or terminate the prosecution of an anti-doping rule violation.



### WHO SAID IT ?

"The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur."

(Answer on back page)

### DID YOU KNOW...

The length from your wrist to your elbow is the same as the length of your foot.

## TECHNICALLY SPEAKING:

# Steroids - The Health Risks



**CHEATING YOUR Health** Athletes who take steroids to enhance performance not only destroy the integrity of competition and disrespect the spirit of sport, but they also risk dangerous health effects. Take a look at some of the health risks that steroids can have:

### IN THE LIVER AND CARDIOVASCULAR SYSTEM...

Anabolic steroids like testosterone, if taken by mouth, are destroyed by the liver before they ever get into your blood. Therefore, they must be injected to be effective. There are many risks associated with any injection, including:

- AIDS or hepatitis B or C, or
- Infections in the injection site that can result in an abscess or cellulitis requiring medical treatment.

Chemists have modified the steroid structure in order to allow the steroid to pass through the liver unchanged. Most of these steroids are called 17-alkylated steroids, which can present the following health risks:

- Damage to the liver cells which results in elevated markers of liver damage (enzymes, bilirubin) in the blood. Fortunately, this damage is usually reversible when anabolic steroid use is stopped.
- In some people, a rare condition called Peliosis hepaticus (blood-filled cysts in the liver) develops. The condition is usually reversible if the use of steroids ceases and medical treatment is sought.
- In an unlucky few, liver tumors and cancer can be the result of taking anabolic steroids. **Liver cancer is almost always fatal.**

### THE ENDOCRINE SYSTEM...

Anabolic steroids interfere with the body's endocrine system. Anabolic steroids can impact the endocrine system in several ways:

- The body's normal production of testosterone can stop.
- The testes generally shrink and sperm production is diminished. In some individuals, total lack of sperm results in infertility, which is permanent in some cases.
- Some anabolic steroids are converted into estrogens in the body, which can result in the permanent development of breast tissue in men.

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## SPORT SITUATION

### Here's the situation...

A successful coach has a doctor that he regularly consults because of a long time friendship with him. The coach has trusted the doctor's opinion for many years and continues to seek out his medical advice. In turn, the doctor knows that the coach is successful in his sport.

At a recent doctor's visit, the coach complains of persistent knee stiffness associated with working out. The coach hopes there's a quick fix for the pain so he can continue to workout. The doctor says there are no real quick fixes, but there are several longer term options. The

doctor advises that an x-ray and even an MRI should be done to see exactly what's going on before advising the best course of action to take. The coach admits this probably is the best option and knows that there are several over-the-counter fixes such as rubbing creams, anti-inflammatories, etc., that can take away the pain temporarily, but the coach says he needs something quick and strong. The coach persuades the doctor to prescribe a medication that he thinks will work.

After filling the prescription, the coach heads back to his training

facility and locates his athletes.

When the coach finds the one athlete he was looking for, the athlete asks "Were you able to get that stuff for my knee?"

The coach pulls out the medication. The athlete takes the medication and immediately returns to training. The athlete doesn't complain of any knee problems and looks forward to the next day's competition. The athlete wins his event the next day, is selected for doping control and subsequently tests positive for a banned substance.

### QUESTIONS TO THINK ABOUT:

1. Do you think the coach bears a responsibility for the athlete's positive doping test? Why or why not?
2. In order to maintain the integrity of sport, what do you think the penalties should be for someone who assists or aids in doping?
3. As a coach or other athlete support personnel, do you know what resources are available to check whether a medication is permitted or not?

# Steroids - The Health Risks

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- There is a concern that abuse of anabolic steroids could result in prostate disease, but no well-controlled studies have been conducted to either prove or disprove this.

## PSYCHOLOGICAL CHANGES...

Anabolic steroids are also associated with mental changes, including the potential for:

- Increased aggression and in some cases "roid rage."
- Psychological and physical dependence, similar to the properties associated with addictive drugs.
- Feelings of euphoria and invincibility in some individuals and delusions and paranoia in others.

Anabolic steroid withdrawal can be associated with depression and, in some cases, suicide.



There is a disease called muscle dysmorphia (also commonly known as "reverse anorexia nervosa"), that drives young people to be obsessed with body appearance and composition. These individuals exhibit obsessive eating and exercise behaviors. This disease is associated with increased anabolic steroid abuse.

## PHYSICAL CHANGES IN WOMEN AND CHILDREN...

Since anabolic steroids are responsible for the appearance associated with maleness, steroid use in females can result in embarrassing physical changes that can be irreversible, including:

- Lowering of the voice
- Cessation of breast development
- Growth of hair on the stomach and upper back
- Baldness at the temples and crown of the head
- Growth of the clitoris
- Serious disruption or cessation of the menstrual cycle

In children who have not reached maturity, steroid use can disrupt or prematurely initiate puberty. Anabolic steroids can also stunt growth in children by prematurely causing the long bones to stop growing.

So, the question is: Are bigger muscles worth gambling with your health?

by Larry Bowers, Ph.D.  
USADA Senior Managing Director, Technical and Information Resources

## Answer to "Who Said It?"...

Vince Lombardi



Next issue of Spirit of Sport™ to include:

- Human Growth Hormone and its side effects
- A look at "Consent for Research" on the Doping Control Official Record
- Highlights from USADA's Education Symposium titled "Effective Anti-Doping Education Prevention Strategies"

**SPIRIT Sport** and **Playing FIELD**

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## TAKE ADVANTAGE OF THIS!

Are you in USADA's Out-of-Competition (OOC) Testing Program?



Sign up for the Athlete's Advantage™ Toolkit.

For athletes in the OOC Testing Program, it's an all-in-one resource. Contact USADA Education toll-free at (866) 601-2632, ext. 2044; (719) 785-2044; or by e-mail at [educationnews@usantidoping.org](mailto:educationnews@usantidoping.org) to request the Toolkit.

Plus, you'll also receive a cool gym bag and Toolkit calendar!



Want a FREE gym bag?  
Sign up for the Toolkit.



Keep track of all your happenings with this month-by-month calendar.

Take a Stand for Clean Sport!

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