



I COMPETE CLEAN

because.



Ever since last year's My Victory campaign, athletes and supporters of clean sport everywhere have been taking the pledge and committing to compete fairly. With USADA's fourth clean sport campaign, we again decided to explore the depth of clean sport commitment, and find out why athletes compete clean. And thus, the *I Compete Clean because* campaign was born.

Leading into the 2010 Vancouver Olympic and Paralympic Games, we teamed up with seven top winter athletes. All leaders in their sports, the *I Compete Clean* athletes include:

- Tim Burke, Biathlon
- Julie Chu, Ice Hockey
- Rachael Flatt, Figure Skating
- Erin Hamlin, Luge
- Trevor Marsicano, Speedskating
- Augusto Perez, Paralympic Wheelchair Curling
- Lindsey Vonn, Alpine Skiing

As we met with these athletes, we challenged them to share the inspiration behind their decisions to compete clean. We asked what drives and compels them to train day after day, year after year, working through the sweat, tears, and pain. What motivates them to remain true to the call of clean sport, even when shortcuts exist? We received some pretty stirring answers:

*"My family is watching."
"Integrity matters."
"I want to be true to myself."
"I'm not a cheater."
"Fair play matters."
"I respect my fellow athletes."
"I'm a role model." "I love my sport."
"Because legacy endures."*

Now that you have seen these inspiring sentiments, we pose the question to you. What motivates and drives you to honor your athletic commitments and convictions? Why do you compete clean? For your family? Your love of sport? Your own health?

Put action to your convictions. Take the *I Compete Clean because* pledge and declare not only your commitment to clean sport but also share why you compete clean. Visit www.usada.org/icompeteclean and take the pledge today!

View the campaign videos and get to know these dynamic athletes better. Be a part of building a legacy of clean sport.

And stay tuned for more exciting *I Compete Clean because* developments as the Vancouver Games approach!

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

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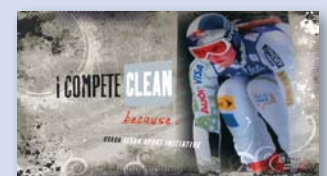
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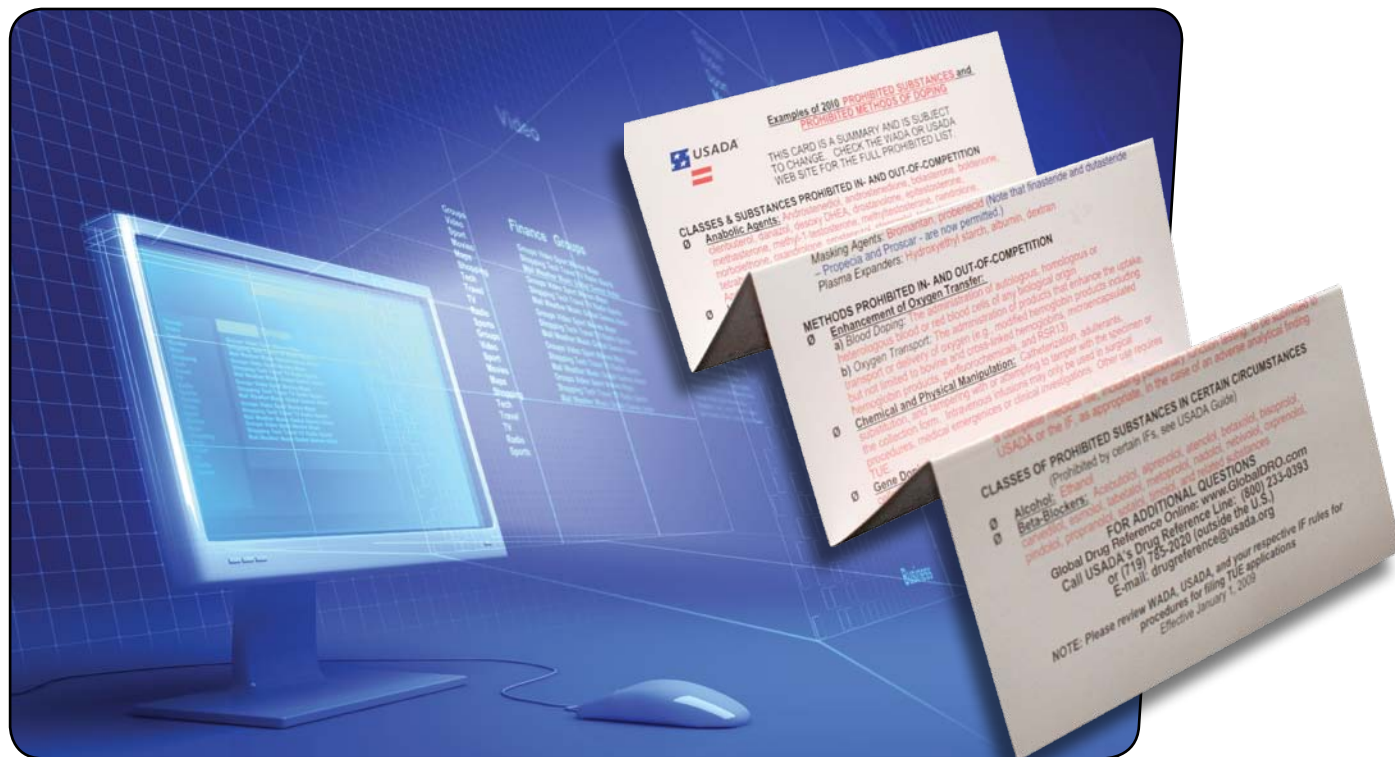
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View the new USADA anti-doping campaign videos at:
www.usada.org/icompeteclean

USADA's Drug Reference Department



An Athlete's Resource

The Drug Reference Department at USADA is the one-stop-shop for medical and drug information for athletes, coaches, parents, team physicians, medical professionals, and National Governing Bodies. The Drug Reference Department provides guidance about the World Anti-Doping Agency's (WADA) Prohibited List, Therapeutic Use Exemptions, Declaration of Use processes, and provides educational resources such as:

- The Global Drug Reference Online (Global DRO) - a searchable database of medications available on www.GlobalDRO.com
- The Drug Reference Phone Line (800-233-0393 within the U.S. and 719-785-2020 outside the U.S.) - a hotline where an athlete can speak with a medical professional about certain medications
- The Wallet Card and the Athlete Guide to the Prohibited List on www.usada.org

The Drug Reference Department, in conjunction with the Science team, works closely with National Governing Bodies, International Federations, and WADA to ensure the medical needs and concerns of U.S. athletes are considered during policy development.

Athletes who need to take medications to treat medical conditions are strongly encouraged to contact the Drug Reference Department to learn more about complying with the rules of sport. Parents, coaches, team physicians and medical specialists who treat athletes will also find the Drug Reference Department to be an excellent resource to help navigate the complicated rules of sport with regard to the need for medications and otherwise banned substances.

Importantly, WADA has now published the 2010 Prohibited List which will take effect on January 1, 2010. There are several changes in the 2010 Prohibited List, available on USADA's website, which may affect athletes in 2010. One major modification is the status of inhaled salbutamol (albuterol in the USA) and salmeterol - two commonly used beta-2 agonists. **As of Jan. 1, 2010, albuterol and salmeterol only require a Declaration of Use. A Therapeutic Use Exemption (TUE) is not required.** For all other beta-2 agonists, a TUE is required. Athletes who obtained a TUE for albuterol and salmeterol in 2009 should have already submitted a Website Declaration of Use for these substances according to the 2009 Prohibited List. Please ensure that

your Declaration of Use is still valid by updating your declaration in the Athlete Express area of USADA's website www.usada.org. Approved TUEs will remain valid until the expiration date of the TUE.

Another important change in the 2010 Prohibited List is the addition of platelet derived preparations (such as Platelet Rich Plasma, or PRP) by intramuscular route of administration. **Use of PRP by intramuscular route will require a TUE in 2010.** Use of PRP by other routes of administration will require a Declaration of Use on USADA's website.

For a complete discussion of the 2010 Prohibited List, please visit USADA's website and download the Athlete Guide to the 2010 Prohibited List. For detailed information about whether you need to apply for a TUE or submit a Declaration of Use, visit the TUE page on the USADA website, or contact the Drug Reference Phone Line at 800-233-0393.

Good morning USADA



The alarm sounds.

It's Monday at 6:00 a.m. Jane Doe leans over to hit snooze. As she drags herself out of bed to get ready for training at 8:30 a.m., her cell phone rings. It's Coach Bob. "I've decided to change training this week to 10:30 a.m.," he says. "I apologize for the late notice. Training will be two hours each day this week. See you in a few hours."

"No problem coach," she replies. Jane is thrilled to climb back in bed for a couple more hours of sleep after pulling an all-nighter studying for an upcoming test. Before doing so, she grabs her cell phone to send the change in her training schedule to USADA. In a matter of minutes, she sends a text to text@usada.org to inform USADA that her training is at a new time. The text reads, "this is Jane Doe with Ice Hockey. Training from 1030am-1230pm instead of 830am-1030am at 123 Olympic Rd, C/S, CO 55555. My 60min is

still 3-4pm." "Done!" she says to herself as she crawls back in bed.

Given that the Internet is not always accessible for Jane, she prefers to send updates via text. However, her teammates use e-mail (update@usada.org). In addition to text and e-mail, there are three more ways an athlete can submit an update to USADA: USADA Online Account, Change of Plan form, and the free mobile application for iPhone and BlackBerry users available for download at www.usada.org/m.

With five ways to submit schedule changes, an athlete can choose the method(s) that works best for him or her. Sending an update as soon as possible is as simple as mentioned above. It only takes a few minutes.

Have you updated USADA?

Who Said it?

"The most important thing is not to win, but to take part."



Text Message



text@usada.org

Phone App



www.usada.org/m

E-mail



update@usada.org

USADA online



www.usada.org

Change of Plan form



www.usada.org

Less than a Tablespoon

If you have heard that USADA now collects blood samples from athletes, you've heard correctly. USADA has broadened its Blood Collection Program, to ensure the most effective Testing Program for athletes. Per the International Standard for Testing, created by the World Anti-Doping Agency (WADA), blood samples can be collected in Out-of-Competition and In-Competition (Event) settings. Since this is a new process, we would like to address commonly asked questions and concerns about blood collection.

Blood collection is similar to the USADA urine collection process in many ways. An athlete is given a selection of security bottles and blood collection equipment from which to choose. A certified phlebotomist, also known as a Blood Collection Officer (BCO), accompanies the USADA Doping Control Officer (DCO) for the collection in order to perform the blood draw. The DCO will guide both the athlete and BCO through the entire process.

Blood can be collected alone or during the same session as a urine collection. Before blood is drawn, an athlete must sit for a short period of time to ensure the blood in the body reaches a stable consistency. Typically, an athlete can expect to have 1-4 tubes of blood drawn. This equates to .002 - .014L of blood, which is less than 1 tablespoon total. The average human body contains approximately 4.7L of blood or 318 tablespoons total. This means that athletes can rest assured that USADA is collecting a very small amount of blood, which is unlikely to affect performance. Blood is typically drawn from an athlete's arm, where the arm bends. An athlete will not be subject to more than three blood draw attempts before USADA concludes the blood collection session.

Blood is collected in at least one collection tube, known as a vacutainer, which is labeled with a unique code number.

Then, each vacutainer is placed into a Berlinger security bottle. Once the blood sample is secured in the Berlinger bottle, the sample cannot be accessed until it reaches the lab where it is opened with specialized equipment. This ensures that your sample is completely safe throughout the process.

Once the sample has been collected and secured, the DCO will complete paperwork with the athlete and BCO. Finally, the DCO will ship all collected blood samples in a special temperature controlled container to a WADA-accredited laboratory for analysis.

USADA conducts doping control for other anti-doping organizations, so it is possible that a blood collection may be conducted on behalf of an organization other than USADA. You will be informed of the organization testing you when notified. For these blood collections, there may be slight variations in collection equipment and procedures, but the integrity of the sample will remain the same.

For additional information, questions or concerns please contact USADA at 1.866.601.2632 or visit our website, www.usada.org.



Spotlight on Sportsmanship



Good character, fair play, ethics, and respect are main components of sportsmanship.

At the core, sportsmanship is about winning (or losing) graciously and respecting one's opponents. While competing in bobsledding during the 1964 Winter Olympics, Eugenio Monti did just that. His performance went beyond winning a medal.

When fellow contenders Tony Nash and Robert Dixon broke a bolt on their sled, without hesitation, Monti lent them a bolt from his sled. Monti's competitors went on to win the gold while he took the bronze medal. In that moment, helping his opponent was much more rewarding than winning the gold. His good sportsmanship landed him the Pierre de Coubertin medal; a special medal given by the International Olympic Committee, to athletes who demonstrate true sportsmanship at Olympic events.

Fair play, as described by the United States Olympic Committee (USOC), is dedication to obeying the rules and upholding the spirit

of competition. Each year since 1985, an athlete, coach, or official is presented the Jack Kelly Fair Play award to acknowledge an exceptional act of sportsmanship and fair play, in honor of former USOC President Jack Kelly. In addition to their already impressive athletic achievements, recipients of this award epitomize the spirit of true sport. It is selfless acts of generosity, like those of Eugenio Monti and the recipients of the Jack Kelly Fair Play award, that make athletes true sportsmen and women.

The old, but true saying in sport is inherent in those involved in the Olympic movement and truthful in every sense - "It's not about winning; it's how you played the game."



Answer to "Who Said It?..."

(from page 3)

- Pierre de Coubertin

Founder of the International Olympic Committee and father of the modern Olympic Games.

USACoaching.org Takes Athlete Accountability to an Elite Level

by Dave McCann, USOC Coaching Education Manager

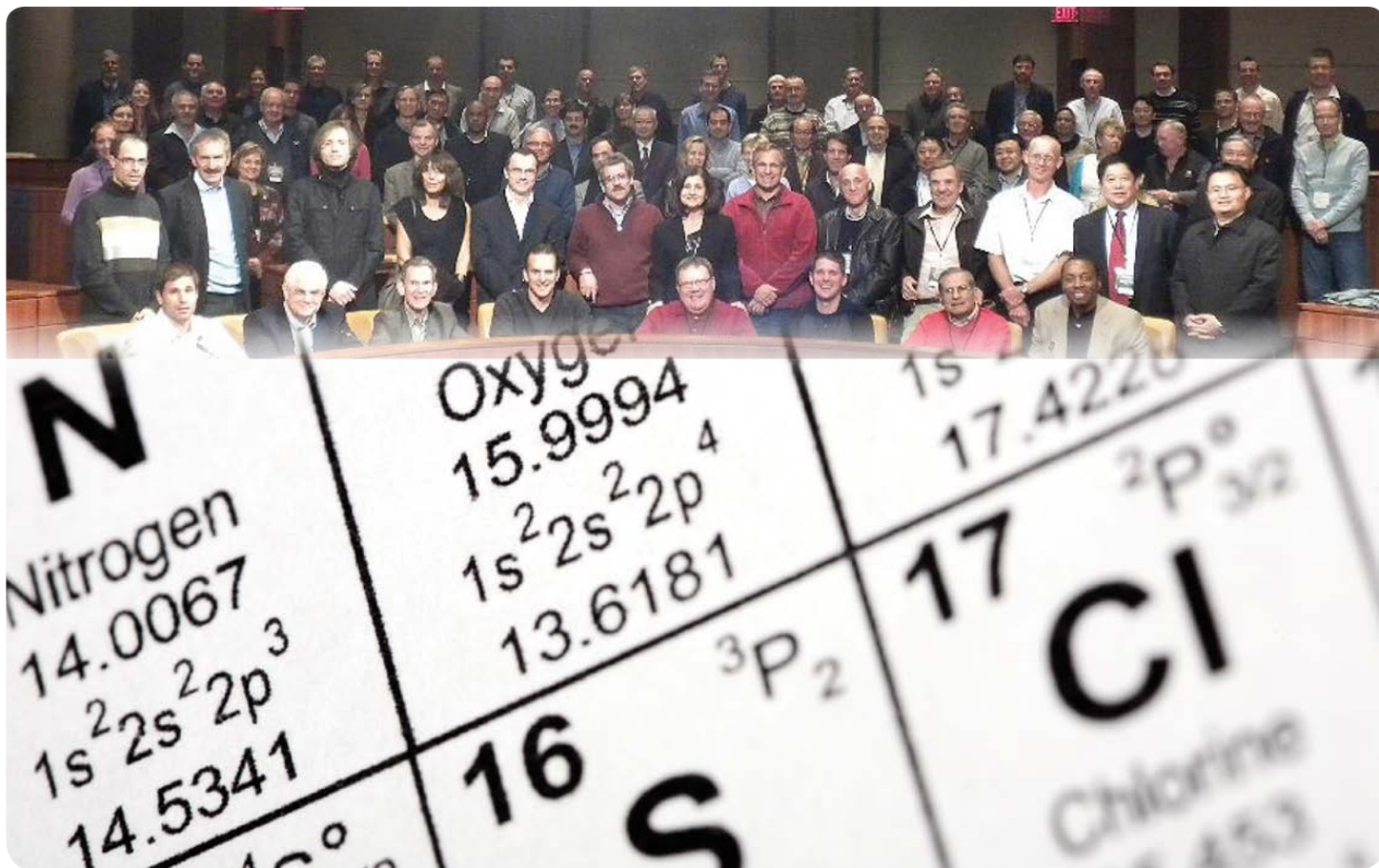
In efforts to uphold a high standard, the United States Olympic Committee (USOC), in conjunction with its USA Coaching Coalition partners, the National Federation of State High School Associations (NFHS), the National Association for Sport and Physical Education (NASPE), and the National Collegiate Athletic Association (NCAA) has developed a new online resource called USACoaching.org. USACoaching.org provides quality educational resources and training in sport-specific topics, Sport Management and Sport Science. The site was created to reach athletes and coaches at all levels, as well as parents, students, officials, and administrators involved in athletics.

- Athletes learn more about the technical and tactical aspects of their sports
- Coaches can find courses tailored to their needs for educating themselves on up-to-date coaching and training techniques
- Students can find institutions that offer degrees in coaching, physical education or sport psychology
- Parents can find information to help them support and guide their children in sports
- Sports administrators can find information on policies and procedures for running a successful sports team, league, or organization

There are over 100 organizations profiled, and thousands of resources and links provided (including one to USADA's website), a number that increases as more and more quality organizations and educational/information providers become involved.

By working together to develop and promote this website to include the best information and educational materials for all involved in sport, we can improve the athletic experience and raise the bar for athletics in the United States. To check out USACoaching.org or become a partner, visit www.usacoaching.org today! You can also contact David McCann, USOC Manager of Coaching Education at dave.mccann@usoc.org.

Symposium on Anti-Doping Science



USADA conducts an anti-doping research symposium each year to discuss the science behind doping with the potential for developing a uniform scheme, agenda and timeline to make the science and legal aspects of testing more efficient. Further, the Annual Symposium on Anti-Doping Science is key in identifying potential future doping issues in sport, particularly as USADA continues to be proactive in the fight against doping. In reviewing the contributions that USADA makes to the anti-doping movement, it is clear the annual meeting helps foster improvements by bringing together:

- Anti-doping program administrators;
- Laboratory directors;
- Pharmaceutical industry scientists, and;
- Academic scientists with expertise in a specific area of interest to the anti-doping community.

The purpose of each symposium is to enhance communication and understanding of the issues in doping control among various stakeholders. The goal of the 2009 USADA Annual Symposium on Anti-Doping Science held in Vancouver, Canada, was to familiarize anti-doping organizations with the latest advances in testing with particular emphasis on how to implement those advances in the field. The symposium specifically focused on EPO testing in blood and urine, blood transfusion testing, and potential future oxygen transport mechanisms. Participants had an opportunity to hear about and discuss the WADA Guidelines for Blood Collection. In addition, participants learned about potential new doping methods and agents to improve oxygen transport and how these might avoid detection methods.

We are ensured that by coming together to discuss science related issues, this dialogue stimulates more and larger advances in deterring doping.



www.usada.org – New and Improved

USADA strives to continue bringing products that can enhance your needs through our newly redesigned website.

Accessible from every page within the website, athletes have everything they need under 'Athlete Express' to login to their account, access Therapeutic Use Exemption (TUE) information and check the status of medications. The improved TUE section has a step-by-step process to determine if a TUE is needed and if so, how to apply.

On the homepage in the "For Athletes" tab, videos about the sample collection process and clean sport

campaign are available to view. The videos illustrate the drug testing process both In- and Out-of-Competition as well as athletes sharing their reasons for competing clean.

Hungry for the latest anti-doping information... instantaneously? Feed your hunger by subscribing to "a feed" via the RSS Feed to receive USADA's news automatically downloaded to your computer. Access the RSS from USADA's homepage.

With a crisp updated format, USADA's new website is interactive, lucid, and easy to navigate.



Call USADA when you believe the integrity of your sport is compromised by doping.

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



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