

Top Ten with Trevor Tierney

True Sport's newest Ambassador Trevor Tierney gives us his take on what it means to be a TRUE SPORT.

Trevor Tierney played lacrosse for his father at Princeton University, where he was the goalie. He won two NCAA National Championships and was a two-time All-American at Princeton. He also won a MLL Championship with the Baltimore Bayhawks. Trevor finished his playing career in 2007 after playing two seasons with the Denver Outlaws and was named to his fourth MLL All-Star game. In 2012, he was inducted into the New Jersey Lacrosse Hall of Fame. Currently, Trevor is a volunteer assistant coach who works with the goalies and defense at the University of Denver, an elite level team in NCAA Division I lacrosse.

Accomplishments:

- 2002 World Lacrosse Championship Gold Medalist
- 2005 Major League Lacrosse Championship
- 2006 World Lacrosse Championship Silver Medalist
- 1998, 2001 NCAA Men's Lacrosse Championship

Q — I understand you considered starting your own program similar to True Sport. What were the motives for your idea and what ultimately made you choose to join True Sport as an Ambassador rather than starting your own foundation.

A — Yes, I was considering starting a non-profit to help try and teach life lessons through sports. I feel that sports can be used as a rite of passage for young men and women when they are taught in a conscious way. Once I learned about True Sport, I realized that they had already done a lot of the research and created many of the materials that I could only dream of putting together after years of work! So, when True Sport asked me to be an ambassador, I was honored and excited to jump at the opportunity!

Q — Explain what it means to be a True Sport in your own words.

A — It means to play and coach with integrity and a high level of consciousness. It means to try and be your absolute best and achieve excellence, but not have your identity attached to wins and losses. It means taking the lessons that you learn on the field into your every day life, so that you can be the best person that you can possibly be and give back to others.

Q — You help coach a highly competitive D1 lacrosse team at University of Denver, an audience different than the grassroots and Olympic/Paralympic athletes which are USADA's primary focus. How do you think being a True Sport Ambassador/coach helps to reach new constituents?

A — Lacrosse, like many sports has become an atmosphere and culture that promotes winning at all costs. This starts from a very young age and leads to disappointment and a lack of true fulfillment through the sport. Lacrosse needs leaders like True Sport to help develop more conscious coaching and participation, so that everyone can experience more than just wins or losses.



Trevor Tierney photo

Q — What kinds of things have you done so far to encourage athletes to compete with integrity and play for the love of the game?

A — That is basically the message that I try to infuse into the players that I work with every day. My motivation is not for them to win and make me feel good about myself as a coach. My motivation is for them to be the best they can possibly be - for them to be excellent both on and off the field. The wins will come, but they will learn a lot more in the process. For coaches to encourage integrity and love for the game and for their athletes, then they have to walk the walk and be an example for them. Nothing more is needed.

Q — How do you get the important message across that it's not all about winning to young athletes especially when it seems everyone else is telling them to win at all costs?

A — You remind them that there is a lot more in life - other experiences, other people, other ways of being. There is a life after sports and athletes have to develop themselves as people or it is going to be a rough road for them when it all comes to an end. I try to share my experiences with athletes and tell them that even though I reached a very high level

(Continued on page 5)

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:

USADA Science Symposium—
USADA hosted its 11th annual science symposium...
[Read more on Pg 2](#)

WADA Prohibited List and Code Review—
The 2013 WADA Prohibited List is available...
[Read more on Pg 2](#)

Meet the USADA Science Team—
Read about the daily operations of the Science Team...
[Read more on Pg 3](#)

Habitat for Humanity—
Hard work for a good cause...
[Read more on Pg 4](#)

London Olympics Recap—
Find out how Team USA fared at the 2012 Games...
[Read more on Pg 5](#)

Athlete's Advantage—
Registered Testing Pool (RTP) athletes are required to complete the annual tutorial...
[Read more on Pg 5](#)

Poppy Seeds and Anti-Doping—
Learn more about poppy seeds and anti-doping...
[Read more on Pg 6](#)

USADA 2012 DCO Conference Recap—
The 2012 DCO "We are USADA" Conference was hosted in Chicago...
[Read more on Pg 7](#)

USADA and UK Staff Exchange—
Read about Athlete Services Lead Lindsey Roebken's experience working for UKAD...
[Read more on Pg 7](#)

Paralympics—
Meet Nick Taylor- one half of the 2012 Paralympic Team of the Year ...
[Read more on Pg 8](#)

WE WOULD LIKE TO HEAR FROM YOU!



Tell us what you think about the Spirit of Sport Newsletter. Go to www.usada.org/survey or click [HERE](#) to provide feedback about this publication.

USADA Science Symposium

In mid-October, the 11th Annual USADA Symposium on Anti-Doping Science returned to Atlanta, Georgia, revisiting the place of the first USADA Symposium. This year's symposium focused on the topic of 'Deterring Athletes from Using Performance-Enhancing Drugs'.

Recognizing that the objective of an effective anti-doping program is to both detect and deter the use of banned performance-enhancing drugs (PEDs), the 2012 Annual Symposium lectures and discussions focused on how perceptual deterrence concepts can influence athlete behavior and decision making with respect to PED use, affect the athlete's perceived chance of being tested and being caught, and weaknesses in the anti-doping system which athletes exploit to game the system. Prevention through targeted deterrence and building stronger moral communities may be the best way to support athletes who are faced with the option to use PEDs.

Discussion also focused on developing novel sample collection strategies, increasing unpredictability in the athlete testing program, improvements to laboratory testing and research, and the impact of direct and indirect sanctions to increase the risks associated with doping in a cost effective way. Many of the outcomes are important things to consider incorporating into the on-going WADA Anti-Doping Code review process culminating in a revised CODE being implemented in 2015. (Read more about the CODE review below.)

The symposium brought together deterrence theory experts and anti-doping experts from around the world at a common forum to share ideas, as well as inform and shape meaningful anti-doping programs for the future. The symposium enabled attendees to keep up with the latest research and scientific developments in anti-doping and provided a unique opportunity to meet with peers and colleagues in the same field.



(Above:) **USADA Chief Science Officer, Dr. Larry Bowers gives opening remarks in Atlanta.** (Far left:) **Group shot of the 2012 Science Symposium Attendees.** (Left:) **Track and Field legend and USADA Board Chairman Edwin Moses and USADA General Counsel Bill Bock catch up.**



WADA CODE Review

The World Anti-Doping Agency (WADA) is undergoing reviews for the current WADA Code and is in the second consultation phase. A draft was presented at the WADA Executive Committee and Foundation Board meeting in Montreal in November 2012. The third consultation phase of the WADA Code commenced in December, 2012. A final draft of the Code will be presented and adopted (by WADA's Foundation Board) at the World Conference on Doping in Sport in November, 2013. The code will go into effect January 1, 2015.

2013 WADA Prohibited List

The 2013 Prohibited List has been released by the World Anti-Doping Agency (WADA) and takes effect January 1, 2013.

There are a few major changes to be aware of, including:

1. There have been changes to the categorization of prohibited substances and methods within the list. Insulins have been moved to category S4.5.a (Metabolic Modulators) because it is considered a more appropriate category based on their mechanism of action.
2. The permitted inhaled dose of formoterol has increased to 54 micrograms over 24 hours with a corresponding increase of the urinary threshold to 40 ng/mL.
3. Some sports have removed Beta Blockers from the list of prohibited substances including: Aeronautic (FAI), Boules (CMSB), Bridge (FMB), Ninepin and Tenpin Bowling (FIQ) and Powerboating (UIM).
4. The Monitoring Program now includes tapentadol.

For more information on the changes to the Prohibited List, please visit www.usada.org/substances.

Meet the Science Team at USADA

The Science team has grown over the past year with new faces and responsibilities. The Science team at USADA plays a crucial role in the research and development of testing, collection process, assistance with legal matters, development strategies for the deterrence of doping in sport and drug reference resources for athletes.

The Chief Science Officer, Dr. Larry Bowers, does strategic planning for the future direction of the testing and science that supports anti-doping. For example, USADA implemented an automated urine steroid profile evaluation program in SIMON, the USADA database which allows efficient management of potential steroid abuse cases. He has been involved in the research and development of a growth hormone test for over a decade. He serves as the principal organizer for the Annual USADA Symposium on Anti-Doping Science, now in its 11th year. Dr. Bowers and Dr. Matt Fedoruk, USADA's Science Director, work with the laboratories to enhance expertise and refine test interpretation strategies. Larry chairs the Scientific Advisory Board of the Partnership for Clean Competition, a 501(c)(3) corporation that funds anti-doping research. He has been an expert witness in many anti-doping arbitration hearings and has provided expert consultation to the Justice Department as well. Larry recently celebrated his twelfth anniversary with USADA.

New to the Science Department is Dr. Matt Fedoruk. Matt is focused primarily on coordinating science activities with all of the other departments at USADA. For example, Matt works with the Operations Department at USADA to develop the Test Distribution Plan (TDP) to select target test missions and to develop on-site blood testing. Matt also conducts a scientific review of laboratory results. He is responsible for the Therapeutic Use Exemption (TUE) activity of USADA, as well as Supplement411, the Drug Reference Line, and Global Drug Reference Online resources. He is the USADA representative to Professionals Against Doping in Sport (PADS) and will be working on health professionals' educational materials within USADA.



The USADA Science Team (left to right): Larry Bowers, Ph.D., Carol Congdon, Shelly Rodemer, Shikha Tandon, Amy Eichner, Ph.D., Matt Fedoruk, Ph.D. (not shown): Ashley Anderson and Woody Hillberg

Carol Congdon is the Executive Administrator of the Science Department. Her primary responsibility includes logistics and operations for the annual USADA Symposium, which occurs in a different city each year. Carol stays very busy supporting Matt and Larry in their multiple roles and keeping track of where in the world they are at any time - literally. She is also responsible for organizing the USADA Board of Directors meetings.

Dr. Amy Eichner has a new role within USADA as the Special Advisor on Drugs and Supplement Strategy. In this role, Amy is a scientific expert for USADA's supplement strategy including development, implementation, and maintenance of scientific, education, and communication resources. Amy works with the science team to implement and maintain an ongoing supplement testing program. Amy provides on-call coverage and assistance to athletes calling the Drug Reference Line, she is an expert with the ongoing maintenance of GlobalDRO, and updates medications, products, and substances listed on GlobalDRO as drug formulations change.

The newest member to the Science Department is Shikha Tandon who is the Science Program Lead. Shikha conducts substance reviews, researches scientific literature reviews and prepares reports, presentations, and briefs for both internal and external audiences. Shikha supports the daily

operation, development, and maintenance of the resources, reporting and projects crucial to the science team. She provides literature and Internet research to support USADA's supplement testing and education and advocacy programs.

Shelly Rodemer is the Drug Reference Resources Program Lead. She is responsible for processing, coordinating, managing, and assisting with organization processes related to USADA's Therapeutic Use Exemption (TUE) procedures. Shelly serves as the primary contact for athletes, International Federations, (IFs) and National Governing Bodies (NGBs) relating to the TUE procedures. Shelly communicates directly with athletes regarding their TUE applications and also arranges and coordinates all Therapeutic Use Exemption Committee (TUEC) communications and meetings.

Also a part of the USADA Science Department are Pharmacists Ashley Anderson and Woody Hillberg. Both Ashley and Woody provide live on-call coverage of the Drug Reference Line assisting athletes with medical or substance related questions.

The science team at USADA continues to work enthusiastically with internal and external audiences to provide the best possible support to athletes and the anti-doping community.

Ask The Scientists!



Q: What is a threshold substance?

A: Some prohibited substances, like testosterone or growth hormone, are found naturally in the body. In these cases, WADA has established through research what concentrations are found naturally, and has established a threshold concentration that is well above these natural concentrations which can only occur as a result of doping.



Dr. Larry Bowers,
USA Chief
Science Officer



Dr. Matt Fedoruk,
USA Science
Director

Habitat for Humanity:

Hard Work for a Good Cause



For the second year in a row USADA staff partnered with Habitat for Humanity to help put the finishing touches on a deserving family's home. In August, USADA assisted with the Roca Family's home, which brings Habitat one step closer to its goal of building 37 new homes in the Woodmen Vista neighborhood in Colorado Springs, Colo. The Roca's home was lucky number 26. Habitat for Humanity hopes to complete the remaining 11 homes by mid-2014.

USADA's team members are committed to helping the community of Colorado Springs. Operations Administrator, Brittany Bender loved the opportunity to give back to her community while contributing to the positive public view of USADA, "I believe it is important for USADA to work on community projects because it allows the residents of Colorado Springs to understand how much USADA cares for the community we live in." "It isn't for glory or fame, but a service for those who are not as fortunate or may have physical disabilities, so they can have a special place to call home."

Jennifer Jago, who serves as the Business Affairs and Finance Coordinator discussed her day on the building site. "I know all the team members



that participated in the build in addition to me have a feeling of joy and we know we were able to help a well deserving family have a fresh start!

USADA's mission is to protect clean sports, but as an organization we are also fortunate to be able to help in our community. With altruistic employees, the USADA family contributed far more than simply building a structure, instead they built a place where the Roca family can call home. Helping build a single new home for just one family makes a huge difference in reviving the community spirit in Colorado Springs!

(Top:) Sean Lange shows off his construction skills, (Above:) Jennifer Dodd and Brittany Bender tackle their project, (Middle left:) Jennifer Jago hard at work painting! (Left:) Shelley Rodemer up for a solo challenge.

Who Said it...

"Appreciate the gift and talent that you have been given and don't let it go to waste. You can't predict how much time you will get to embrace your opportunity. You have to go after it with everything you have in you, sacrifice, and believe." (Answer on Page 7)



London



Athlete's Advantage™
USADA

The annual Athlete's Advantage tutorial™ is a key foundation for all athletes to be educated on the process of anti-doping. As part of the United States Olympic Committee (USOC) Anti-Doping Policy, athletes are required to complete the tutorial.

As a reminder, Athletes Advantage™ must be completed before the Q1 2013 Whereabouts Filings can be submitted.

Team USA Medal Count from the London 2012 Olympic Games

				
	GOLD	SILVER	BRONZE	TOTAL
Olympics:	46	29	29	104
Paralympics:	31	29	38	98

Top Ten with Trevor Tierney *(Continued from page 1)*

as a lacrosse player, now that my career is over, I am just a regular schmo with the same problems that everyone else has! Also, it is important for athletes to learn that winning trophies or awards is not going to make them truly happy as a person. That type of fulfillment comes from their own self development, growth and understanding.

Q — Did you understand and fully appreciate the overall experience that sport has to offer when you were in your prime, or were you focused primarily on winning?

A — Not until the end of my career. Throughout college and at the beginning of my pro career, all I cared about was winning and being a good lacrosse player. That led to a lot of ups and downs which was very stressful and not fulfilling. Towards the end of my pro career though, I started to

go out and just love to play the game, be as present as I could possibly be and play my best! Those were the best years of my career and the most fun I had in a game.

Q — Do you compete in sport leagues these days? If yes, what sports? How have your priorities changed when you participate in sport now?

A — I compete in sprint triathlons and I play men's league ice hockey. In both things, I just try to go out and have fun! I enjoy exercising, being active and hanging out with friends and that is all that I really care about at this point!

Q — You seem to be focused on the positive things that sport can provide to young athletes such as integrity, life lessons- the overall journey rather than the single game outcome. Are these things you have always

been concerned with or something you learned in hindsight?

A — I have to admit that those were things that I was not always aware of. As a young athlete and in college, I was deeply unconscious and unaware of the gifts of athletics and what I could learn as a person through them. I had to go through some rough patches in life and reassess what was meaningful to me. Through my own personal work and development, I was able to see what sports really did bring me over the years, but I could not see at the time.

Q — What advice would you give to yourself if you were to start your lacrosse career over again?

A — Be present. Be the best you can be. Have fun.

Two USADA DCOs inducted into the 2012 National Athletic Trainers Hall of Fame

Arnold Thomas and **Roger Kalisiak**, two of USADA's long time Doping Control Officers (DCOs) were inducted into the Athletic Trainer Hall of Fame this year after completing stellar careers in athletic training. Kalisiak had an unconventional start to his career. After breaking his driver at golf team tryouts, the coach provided him with the opportunity to sign up for the Cramer Student Athletic Trainer course, an at-home course that was completed by mail. For three years Kalisiak served as an athletic training aide at his high school before enrolling at Northern Illinois University (NIU) where he would meet Al Kranz a professor who he says has been a mentor ever since. Kalisiak considers the athletic training profession a family and says he draws his inspiration from the young people with energy and enthusiasm to stay current on the ever-changing profession.



Arnold Thomas



Roger Kalisiak

Arnold Thomas was also introduced into the profession in a unique way when he attempted to join the New Mexico State University's (NMSU) football team as a walk on. Instead, Thomas walked away with the contact information for NMSU's athletic trainers. After their initial meeting, George Westbrook, head trainer at NMS, gave him the opportunity to get a college education and a career. Thomas who says his most memo-

orable moment was serving as part of the medical staff for Team USA at the 1992 Summer Olympics in Barcelona, Spain, is one of the founders of the Greater Houston Athletic Trainer Workshops. The largest workshop of its kind in the U.S., the event has over 800 attendees. His philanthropic initiatives have benefited several student-athletic trainers where he helped 20 of them receive scholarships to sports medicine programs throughout Texas. Thomas provides insight to his young successors encouraging them to "never stop asking questions in order to prepare themselves for the many hats they will wear" as they embark on their sports medicine careers.

Congratulations Arnold and Roger! USADA is proud to have each of you as part of the DCO staff.

Poppy Seeds and Anti-Doping

Opium is the milky substance that is extracted from the seed pod of the opium poppy once all of the petals have fallen off. It is composed of roughly 12% morphine (a narcotic prohibited in-competition), codeine, and a number of other non-narcotic alkaloids. The seed pod that contains opium also happens to contain the seeds (poppy seeds). While the seeds don't contain morphine, during harvesting the seeds can become coated by, or absorb some of the opium extract. Most of the opium is removed from the seeds during processing (usually more than 90%) but in some cases the poppy seeds sold for use in foods still have a significant amount of opium (and thus morphine) on them.

How well the poppy seeds are cleaned and processed will determine how much morphine residue is on the seeds, and this varies depending on which country the seeds are from, and how and when they were harvested. However, it is known that morphine and codeine can sometimes be detected in the urine up to 48 hours after ingestion of poppy seed from some pastries such as bagels, muffins and cakes.

According to the WADA Prohibited List, morphine is prohibited in-competition under the category of narcotics. In most cases, consumption of poppy seeds in foods will not cause a positive doping test.

USADA cannot predict the amounts of poppy seeds you can eat, nor can USADA predict how long morphine or morphine metabolites from poppy seeds will stay in your system. The most conservative approach would be to avoid poppy seeds in the lead up to, and during, competitions. For questions, please contact the Drug Reference Department at USADA by calling 719-785-2000 or toll-free 866-601-2632.



UK Anti-Doping and U.S. Anti-Doping Agency Staff Exchange

By Lindsey Roebken, USADA Athlete Services Lead

Walking up the stairs from London's Underground and coming out to the hustle and bustle of Trafalgar Square is something that can take your breath away for the first time; I was fortunate to experience this level of excitement on a regular basis. My journey to London began in 2011 when USADA and the UK Anti-Doping Agency (UKAD) provided USADA staff the opportunity to help UKAD during the 2012 London Olympic Games. In June, the following year, I boarded a plane to London for 10 weeks to work as a Testing Officer at UKAD.

Because the Games were held in UKAD's backyard, many of their employees volunteered for the London Organizing Committee (LOCOG) for the Olympic and Paralympic Games as Doping Control Station Managers. With UKAD's office slimmed down, I was able to fill in and support their testing team with pre-competition testing for the London Games while continuing their professional sports testing programs. I assisted with UKAD's testing programs for Cricket, Rugby Union, Rugby League and professional football. A few of my responsibilities included creating test sessions in ADAMS, UKAD's test session management database, and reviewing test information as well as testing procedures.

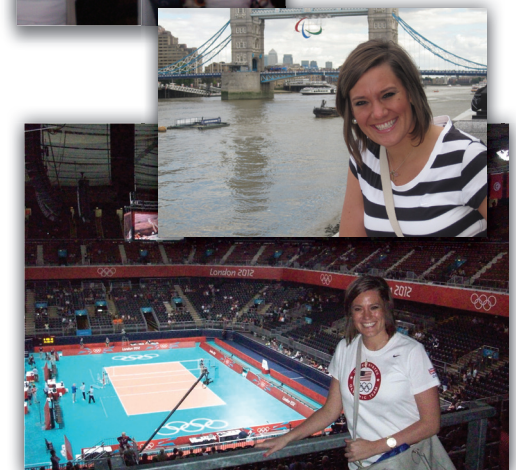
UKAD went all out as far as Olympic decorating goes. Flags from all the countries competing at the Games hung around the office and a TV in the middle of the room streamed 24-hour coverage of all Olympic competitions. We celebrated wins for both Great Britain and the U.S. and when either country was in potential medal contention, we huddled around the TV screen and eagerly awaited a victory. UKAD did a wonderful job of getting tickets for each employee to attend one competition. A drawing was held in which individuals' names and tickets were selected. I was fortunate to receive a ticket for the men's triathlon event. I was also able to secure my own tickets for the USA women's indoor volleyball semi-final game versus South Korea and four matches of Beach Volleyball where I saw the Men's and Women's teams compete.

My experience in London allowed me to see new parts of the world. It enabled me to learn new processes, to gain knowledge from another anti-doping agency, and to build relationships with professional sports and UKAD staff. Most importantly, I saw firsthand how we all work together in the fight for clean sport and in an effort to create a level playing field for athletes as they compete

on the world's biggest stage. Those same athletes for whom we spend countless hours sitting on the edge of our seats, losing our voices and cheering on in victory or defeat. Go USA!



(Left:) **Lindsey Roebken, Athlete Services Program Lead** and (right) **Lisa McCumber, Testing Results Manager** enjoy the 2012 Olympic Games in London.



2012 DCO Conference Recap

USADA successfully hosted its biennial Doping Control Officer (DCO) Conference in Chicago, IL on October 19 – 21. There were approximately 80 people in attendance that joined from all over the United States as well as international guests from the United Kingdom, Canada, and New Zealand.

It is a rare and special occasion when all of USADA staff gather for the chance to share ideas and the dynamic group had a very productive weekend. With a theme, "We Are USADA," the focus during the conference was to build camaraderie and provide the DCOs with insight into areas of USADA they do not often deal with. Topics of discussion ranged from USADA's strategic plan for the next four years, to legal updates, to specific DCO-related matters, such as best practices to follow while testing in the field.

In addition to an informative and interactive agenda, several DCOs were recognized for their exceptional service. Kris Forberg, Lorena Martinez, Deb Upton, Lee Ann Greenwell, and Joanna Myers were all recognized for 10 years of service



with USADA. Also recognized were the "True Sport" Award winners, which were given to DCOs who best exemplify the organization's mission, vision, and core values. Lisa Wade, Gregg Gaa, Edwin Adams, and Debbie Hausmaninger were honored as the True Sport winners.

Every two years as the DCO Conference concludes, a newfound sense of teamwork arises, and attendees depart with a better understanding of what we are trying to accomplish: preserving the integrity of competition, inspiring true sport, and protecting the rights of U.S. athletes.



(Left:) **Andy Morrison** gains insight for DCOs testing experiences in the field, (Above:) **Joe Tilton (l)** and **John Nieves** share a laugh at the reception.

Answer to "Who Said It?"

(from page 4)

- DeeDee Trotter, 2012 Olympic Gold Medalist (4x400m Relay), 2012 Olympic Women's Bronze Medalist (400 Meter) and USADA Ambassador/True Sport Ambassador

Meet one half of the U.S. Paralympic Team of the Year and Three-Time Gold Medalist **Nick Taylor**



Photo: Joe Kusumoto

Paralympic tennis sensation Nick Taylor and his doubles partner David Wagner made history in London as they became the first quad doubles tennis team to win three Gold medals at the Paralympic Games. Taylor and Wagner first met on opposite sides of the net where they were competitors in the first round of a tournament in Birmingham, AL. Because he was relatively new to wheelchair tennis and unknown among tournament regulars, Taylor had to ask around to find the dish on his opponent and while he says he never takes an opponent lightly, Taylor did admit he went into the match a bit more confident than usual. "I went into it thinking I'm going to kick butt, but he beat me pretty good the first time." From then on the pair formed a good rivalry with matches going back and forth while Wagner climbed the rankings and eventually became the guy to beat in wheelchair tennis. Taylor threw out the idea of teaming up together suggesting the powerful team they could make with him at the baseline and Wagner covering the net.

Both players qualified for the 2004 Athens Paralympic Games in singles, therefore allowing the coaches to pair them up for the doubles competition. Winning the Gold was enough to keep the team together and the two seldom

play with other partners if their schedules permit.

Taylor, who is no stranger to busy schedules, managed to complete his undergraduate and Masters degrees while traveling internationally for wheelchair tennis tournaments. He now helps coach the Wichita State University's men's tennis team where his duties range from running on-court practice drills to managing team travel logistics. Somehow despite the constant schedule changes he manages to fulfill USADA requirements such as filing his quarterly whereabouts. When asked about the role USADA plays in leveling the playing field he said, "I say they (competition) are getting stronger I mean physically stronger, not that they are taking something, people have more physical function." This means Taylor continues to face tougher competition each year, but he recognizes that playing for the love of the game is enough to avoid any shortcuts.

"My main thing is, not to give up. If it's something worth trying to achieve you're going to fail for a while. You have to be willing to work hard and accept it is not always going to go well."

Through his hard work and dedication to improving his game, things are going pretty well for Nick Taylor these days.



[U.S. Anti-Doping Agency]

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.



SPIRIT Sport®

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