

## APOLO ANTON OHNO

### ON COMPETING CLEAN

OHNO, A TWO-TIME MEDALIST (GOLD IN THE 1,500 METERS AND SILVER IN THE 1,000 METERS) AT THE 2002 OLYMPIC WINTER GAMES, HAS BECOME ONE OF THE MOST RECOGNIZED OLYMPIANS IN THE WORLD

*Ohno is a five-time World Cup Overall Champion (2000 – 2005). During the 2004-2005 season, he was also the World Short Track Champion in the 1,000 meters and 3,000 meters. In 1998, he made history at the age of 16, becoming the youngest American to win speedskating gold in a World Cup event.*

*A publication dedicated to providing timely and accurate information for U.S. Athletes in the Olympic and Paralympic Movement*

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#### **Why do you choose to compete clean?**

There's really no other way to compete. If given the choice between winning clean or winning by cheating, there's no question. I wouldn't even think about it. Competing clean is the only way to win.

#### **Why do you think it's important for athletes to compete clean?**

To maintain the integrity of the sport. Sport is supposed to be pure. There shouldn't be any politics involved. The differences are simple. Who can train the hardest? Who is the fastest? Who is the smartest?

#### **What advice do you have for young athletes?**

How you carry yourself in your sport can affect your lifestyle. The way you train, dedicate your life, persevere, give through sacrifice; all these things are going to pay off later. Hard work is the only way to succeed. If you really want to give your all, don't take shortcuts. In short track racing, anything can happen at any moment so fair play is very important.

I would also remind young athletes the importance of good nutrition and how you treat your body.

#### **Are there any sacrifices you make to be the best at what you do?**

Absolutely. You can't really call them sacrifices because I do them willingly. It comes with what I do. Obviously, I have to give up a lot of my personal time. I work hard 8-10 hours everyday. But when I train, I'm exercising my body and strengthening my mental toughness. It all comes from my heart.

I'm still hungry to win. My path and my journey are all about how I prepare. I want to be the best short track speedskater that I can be.

## TRUE SPORT GETS A MAKEOVER!

Athletes and stakeholders are collectively trying to preserve the idea of Olympism through harmonized agreements such as the WADA Code. Over and above sporting exploits, Olympism is a source of multiple passions, that unite the worlds of sport, art, and culture. To reflect the state of mind that encompasses those passions we've changed the name to Spirit of Sport™.

## YOUR HEALTH



## USADA's worldwide research efforts

*Recognizing that research is the cornerstone of an effective anti-doping program, USADA allocates \$2 million annually toward the study of prohibited substances, the development of tests, and other research that impacts anti-doping science.*

In addition to awarding grant money to advance research and testing, USADA hosts an annual symposium on anti-doping science. 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 from around the world have participated and attended. This year's symposium was entitled "Muscle Development & Recovery: Implications for Doping Control."

"In order for the anti-doping movement to maintain an even playing field in sport, it was important for us to interact with the experts in the field of molecular biology," said Dr. Larry Bowers,

USADA's senior managing director, about this year's symposium. "While anabolic steroids remain a concern, advances in the field of muscle growth and repair have the potential to lend themselves to another source of performance-enhancement. The exchange of ideas which began at this symposium will guide the research and development of anti-doping methods over the next five years."

Previous topics at USADA's research symposia include:  
2002- Oxygen Transport Enhancing Agents and Methods  
2003 - Application of Gas Chromatography/Combustion/ Isotope Ratio Mass Spectrometry to Doping Control

2004 - Detection of Human Growth Hormone Abuse in Sport

For more information about USADA's commitment to research, visit the "What We Do" section of USADA's Web site.

## NCAA TO RECOGNIZE DOPING SANCTIONS IMPOSED BY OTHER SPORTS BODIES

*Under an amendment to rules which went into effect in August 2005 National Collegiate Athletics Association (NCAA) athletes who are also sanctioned by organizations complying with the WADA Code will no longer be allowed to compete in any intercollegiate sport or participate in any NCAA Championship competition while serving their suspension.*

For athletes who need a prohibited medication to manage a medical condition, Therapeutic Use Exemptions are required to be processed with USADA or an International Federation (IF). This requirement exists even if an athlete has a waiver from the NCAA. Without a TUE being granted, an athlete with an adverse analytical sample is subject to sanctioning. See Quick Hitters on Page 3 for more information about Therapeutic Use Exemptions.

## DID YOU KNOW?

*The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.*

## WHO SAID IT?

*"I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."*

(Answer on Pg. 4)





# QUICK HITTERS

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

## Are you new to the Out-of-Competition (OOC) testing program?

Check out Athlete's Advantage™ Online! If you are an athlete in the OOC testing program and need more information on your responsibilities, forms and resources, visit Athlete's Advantage at [www.usantidoping.org/advantage](http://www.usantidoping.org/advantage).



## 2006 List of Prohibited Substances and Prohibited Methods

The World Anti-Doping Agency (WADA) published the 2006 Prohibited List on October 1. The List will go into effect January 1, 2006.

USADA's 2006 Guide to Prohibited Substances & Prohibited Methods and the 2006 Wallet Card will be available to U.S. athletes in December 2005. The USADA Guide and Wallet Card feature the WADA Prohibited List, along with explanations, comments, and information.

## Therapeutic Use Exemptions

If you need to take a medication that contains a prohibited substance, you must complete the Therapeutic Use Exemption (TUE) process, including approval, **at least 30 days before** a doping control test.

TUE forms and instructions can be found in the Athlete Express section of USADA's Web site.

Some International Federations (IFs) require that specific TUE forms be submitted in order to be considered for approval. That information is listed on the instructions for the TUE. However, it is the responsibility of the athlete to check with his/her IF for the most up-to-date information.

In the case of a medical emergency where a prohibited substance or method is required, an emergency TUE may be granted. Medical support documentation is required to be submitted along with the TUE application. For more information, contact the Drug Reference Line™ at (800) 233-0393. For questions in general about the TUE process, call (719) 785-2045.

**NOTE: USADA does not provide medical advice. The information provided on the TUE process through the Drug Reference Line™ is intended to explain the rules of the WADA Code related to use of medications in sport.**

## Drug Reference™ Resources:

Drug Reference Online™ (DRO): [www.usantidoping.org/dro](http://www.usantidoping.org/dro)  
DRO is a searchable database which provides accurate information round-the-clock on whether specific U.S. pharmaceutical products are prohibited or permitted.



Drug Reference™ Line: (800) 233-0393 (toll-free) or (719) 785-2020 (outside the U.S.)

NOTE: USADA's Drug Reference™ resources do not include information about dietary supplements.

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



## 120 Day Pre-Games Testing

Athletes nominated on a U.S. team for the 2006 Winter Olympics are subject to testing **at least once** within 120 days of the Opening Ceremonies through Out-of-Competition **and/or** In-Competition testing.

Notes about the 120 day testing rule:

- It applies to all athletes nominated to a U.S. team
- This rule applies to Olympic, Paralympic, and Pan American Games
- Test results must be negative
- No athlete may be added to the U.S. team (by substitution or otherwise) unless he/she has been tested for doping with a negative test result within this 120 day period.
- Sanctions for any anti-doping rule violation will be consistent with the USOC Anti-Doping Policies

For more information about the 120 Pre-Games Day testing rule, visit the USOC Anti-Doping Policies located on USADA's Web site.

The next issue of *Spirit of Sport*™ will feature updated information about testing when the athlete village opens and other doping control rules specific to the 2006 Winter Olympics.



# COORDINATION OF INTERNATIONAL TESTING



USADA works with several other National Anti-Doping Organizations (NADOs) from around the world to coordinate testing of U.S. athletes who are living and training abroad. If you are selected for testing under USADA's program, and the attempt is made outside of the U.S., you will be provided with a Letter of Authority that will confirm your selection for testing under the USADA program.

In addition to USADA, U.S. athletes are subject to drug testing by:

- The World Anti-Doping Agency (WADA)
- The International Federation (IF) governing your sport, or a testing agency appointed by an IF

Major Games Organizations, such as the Pan American Games, all continental championships, etc.

When you are contacted or notified for testing, be aware of which agency is conducting the test. Ask for credentials if they are not presented and understand that your basic rights are the same no matter where you are tested. Work with the sample collection personnel to ensure that you are comfortable with the testing process and understand the protocol for testing. While many aspects are identical world-wide, minor modifications to notification and collection protocols are normal.

As worldwide efforts in the fight

against doping in sport increase, being tested internationally will likely become an even more common occurrence.

**All athletes living domestically or abroad who are subject to no advance notice (OOC) testing are required to provide quarterly whereabouts information and submit updates.**

**What about athletes from other countries?**

We want to assure you that USADA is a strong and active advocate for ensuring that all elite athletes are subject to effective programs worldwide.

Through partnerships with other NADOs and IFs, USADA conducts

hundreds of OOC and In-Competition tests annually on behalf of other Anti-Doping Organizations. The majority of these tests are conducted on foreign athletes who are training and competing in the U.S. Additionally, under the Code, USADA has the authority to test foreign athletes in the U.S. who are not covered by these agreements.

**USADA works to be a leader in bringing about standardized change and advocating for better coordination. This work is done for you so that you can have confidence you are competing on a level playing field, both domestically and internationally.**

## TAKE ADVANTAGE OF THIS!

Take a Stand for Clean Sport by signing 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 t-shirt! Print materials are also available online at [www.usantidoping.org](http://www.usantidoping.org)



**SPIRIT<sup>TM</sup> Sport**

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Answer to "Who Said It?"... **Michael Jordan**