

## A DETERMINED LIFE



"You've got to know when to scold and when to mold."

An Interview with Don Gambрил

DON GAMBRIЛ HAS REACHED AMAZING HEIGHTS IN HIS CAREER, AND IN HIS OWN RIGHT AS AN ATHLETE, YET THE ROAD TO THE TOP HAS BEEN CIRCUITOUS — A REAL LESSON IN DEDICATION AND PERSISTENCE.

As he approaches the one-year mark in his tenure on the USADA Board of Directors, retired Olympic swimming coach Don Gambрил is enjoying his version of retirement. Among the distinctions he has collected over the years are two Swimming Coach of the Year titles, the 1983 U.S. Swimming Award and an induction into the International Swimming Hall of Fame. Never one to stay still, Gambрил is an engaging and open man willing to share the stories of a rather storied life.

### How did you start coaching - were you a swimmer yourself?

I was a self-taught swimmer. I was raised by my grandparents in the Los Angeles area but growing up I did no competitive swimming. Instead I played football and competed in track throughout high school. My whole life, my main desire had been to be a football coach.

Prior to my senior year I started going to the beach regularly to dive for abalone and to spear fish. Through some friends I met at the beach I got involved with the L.A. City Rec League in order to play water polo. I didn't know anything about the sport before that but I liked the water and the aggressive side of water polo. I got onto a team despite being a poorly skilled swimmer and that year my team won the city championship. That was my introduction

to water sports and after water polo season I joined a swimming league.

After my senior year, at 17-years-old, I started Junior College. I had planned to attend a trade school but chose JC because I wanted to play football. I started school in January and since football didn't start until fall, I went out for the swim team. I was by far the worst swimmer on the team, but I started to learn life guarding techniques and helped coach a kids' swim team. Over the summer I worked on techniques I had picked up from the swim coach, particularly my breathing. I had a great aerobic threshold from bicycling daily for years and in my second year on the swim team I won All-American in the mile.

I went into the Navy at 19 and because I had been swimming at the Naval Training Center I was included in an invitation to try out for the 1956 Olympic Swim Team. I had no business being within sight of the practice. But I learned a lot from those practice sessions and later, the ship I had been assigned to went to Melbourne and I was able to get a taste of the Olympic experience. The whole Olympic situation was very impressive.

After the Navy I finished my last year of college. I was still playing football and swimming and started to practice at a local high school. Eventually I started to work with the

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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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football and swim teams. When the head swim coach left in 1958 I ended up getting his vacant position.

**You've coached a lot of big name swimmers over the years. How did you work with and motivate those athletes who may have had less innate ability than some of their teammates?**

My coaching philosophy is that if you're going to be a great athlete, you've got to come to work every day. You can't afford to just take days off if you're not feeling one hundred percent. You have to make the effort every day.

The number one difference between winning and losing coaches is the ability to motivate your athletes each day to work their hardest – to put in the most work and be the most consistent. All coaches have had unbelievable talent that never really materialized because the athlete didn't have the internal initiative and drive to succeed at the elite level. Sometimes external factors, like switching coaches, can help but mostly it depends on the athlete's internal fortitude.

**Do you think traits of strong competitors, like determination, can be taught? If so, how?**

Coaches can help athletes improve in these areas. Certainly some athletes have been helped by visualization and through sport psychology to become more mentally tough but ultimately they have to find that inside themselves.

There's a combination of traits in the most successful athletes. You have to have that natural athletic talent but in addition you have to show up every day and compete. The athleticism has to be harnessed together with the mental approach. Otherwise, it's not going to mature. A good coach can guide that through encouragement and by helping to build self-confidence. You've got to know when to scold and when to mold.

**How have you stayed involved with coaching since retiring in 1990?**

I do various kinds of occasional work. I'll guest coach or work with a team. I do some motivational speaking as well. I focus on the mental aspects of coaching techniques because I feel that after being out of

coaching for fifteen years I'm no longer up with the fitness methodologies being used. The only coaching of that sort that I still do is a little short-term work with beginning swimmers – teaching fundamentals.

I am still teaching three classes at the University of Alabama. Two of them are coaching oriented – coaching swimming and the psychology of coaching and I teach a nutrition class as well.

**Why/how did you become involved with the USADA Board of Directors?**

When I was first approached about becoming involved by Mark Henderson [an Olympic gold medalist and member of the Athletes Advisory Council] I was flattered to even be considered. I wanted more information about USADA and about my potential role as a board member. I wanted to be a valuable and active member, not just sit on the board as a sort of figurehead.

I spoke with Jonty Skinner [a former swimmer from South Africa who Gambril had worked with as a coach and who is now on staff with USA Swimming] and with Baaron Pittenger [former USOC executive director with whom Gambril worked at Harvard]. I was encouraged by what they had to say about the organization and the role of the Board of Directors and agreed to let Mark Henderson nominate me.

Since being on the board I've been amazed at the level of talent that we have on the board. Just as amazing is the level of talent and dedication of USADA's staff. I wish more athletes and coaches knew what they have working on their behalf in this organization.

I think USADA is absolutely working in the right direction. A three-pronged effort is mandatory for our success. We need continued support in the form of grants, etc. to keep up with the science and developing new tests. Obviously we need to continue with our testing efforts and education is an absolute necessity on the side of prevention.

## The Loudspeaker

Welcome to The Loudspeaker. This new regular segment is all about your voices...with opinions about competing, winning and losing, doping issues in sport and more.

In this issue of Loudspeaker, Olympic and Paralympic athletes speak out about how dedication and determination have led them to where they are today in their athletic career.



**Athlete: Cheryl Haworth**  
**Sport:** Weightlifting  
**# of Years Competing:** 10  
**Hometown:** Savannah, Georgia

**How important is determination to an athlete's success?**

In situations like this, at this level and degree of difficulty, you have to have something that everyone else doesn't. It's not easy and that is why there aren't many people competing at this level – only the determined.



**Athlete: Mickey Kelley**  
**Sport:** Modern Pentathlon  
**# of Years Competing:** 6  
**Hometown:** Chatham, New York

**Is it anyone else's business if someone decides to dope to get ahead in his sport? Why/Why not?**

Yes, it is. It should be about putting the time in. It should be about being talented. Sometimes, you know people are using and you say, "Okay, I'm not going to be able to beat them while they are doing that." But, you have to have a little self-reflection, and be happy that you are performing your best without having to do that.



**Athlete: Jarrett Perry**  
**Sport:** Paralympic Swimming  
**# of Years Competing:** 16 total  
 – 10 years in disabled swimming  
**Hometown:** Wichita, Kansas

**At the end of your career, if you feel you have paid the price to be successful and trained as hard as you possibly could, could you be satisfied with your career if you never won the gold? Why/Why not?**

I'm already satisfied. I've done more than most people I know have. I've been able to travel and represent my country.



# QUICK HITTERS

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

## OUT-OF-COMPETITION NEWS

### The Digital Age

As an athlete you already know that you will be asked to produce photo identification when being tested by USADA. Being able to officially verify your identity at the time of testing helps to ensure the integrity of our testing process. Still, we know that athletes located for testing don't always have photo ID available. In the past we've addressed this issue by taking a Polaroid of the athlete being tested, having the athlete sign and date the picture and attaching it to the original Doping Control Official Record (DCOR) kept by USADA. Well, as the saying goes, the times they are a-changin'.

If you find yourself without photo ID in a testing situation, don't be surprised if the Doping Control Officer (DCO) conducting the test asks you to write your name and the date on a piece of paper and pose with it for a digital photo. In an effort to combat a lack of instant cameras and a plethora of paper, USADA is going in the digital direction. DCOs, while still using instant cameras for now, will increasingly be utilizing digital cameras to capture your image. The DCO will mark the photo ID line of the DCOR with "Digital Photo". Later, your digital photo will be e-mailed to the appropriate USADA staff and linked to your testing paperwork in our database. These photos will then be stored as part of the official documentation for the specific test, just as before.

### OOC Reminders

#### → Out-of-Competition Testing - Mark Your Calendars

It's only April. Plenty of time to get your 3rd Quarter Athlete Location Forms (ALFs) to USADA, right? Yes! But it never hurts to have a plan. To help you along, here are a few reminders:

#### → ALF Due Date: June 1, 2007 (via mail, fax or online\*)

\*If you have previously submitted your e-mail address to USADA, you are eligible to submit ALFs and Change of Plan forms to USADA online. Visit our website, [www.usantidoping.org](http://www.usantidoping.org), for more information or contact us via e-mail ([formsadmin@usantidoping.org](mailto:formsadmin@usantidoping.org)) or by phone at 866-601-2632 (within U.S.) or 719-785-2000 (outside U.S.).

#### → Remember, It's Still the 2nd Quarter!

You should continue to submit changes to the schedule you previously submitted for the 2nd Quarter of 2007 to USADA through the end of June. Information submitted on your 3rd Quarter ALF is not considered an update for your current quarter information.

### TAKE A STAND AGAINST DOPING!

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



## GOING TO THE PAN OR PARAPAN AMERICAN GAMES?

### Let Us Help You Pack!

For a lot of us, our image of Rio is of tan bodies lounging on the beaches. But if you're an athlete heading off to the 2007 Pan Am or Parapan Am Games, lounging is not a major consideration. You need to know what to expect from Rio's climate.

The weather in Rio de Janeiro is generally warm and moist. Summer (December - March) is considered the rainy season - good news for athletes since the Games are being held in the middle of Rio's winter, which tends to be drier. Of course that's drier by Brazilian standards. Competitors can still expect fairly high humidity, 82.5% on average for the time of year. Temperatures however should be moderate, averaging about 73°F.

Those competing at sea can expect typically coastal winds that blow toward the continent in the later afternoon and evening and toward the sea in the mornings and overnight. Stronger winds blow from the southeast in Guanabara Bay and along Copacabana Beach, with speeds averaging between 7 and 14 km/h.

### Doping Control in Rio

Doping control efforts at the Pan Am Games have increased in both number and sophistication throughout its history. The first drug tests at the Games

were completed in 1967. Although one athlete tested positive, the tests were unofficial and experimental and no action was taken against the unnamed cyclist.

Sixteen years later, at the 1983 Games in Caracas, a scandal of sorts erupted when fourteen athletes tested positive for steroid use as a result of an unannounced anti-doping effort. Nine of the athletes had been medalists and following the announcement of their positive tests, twelve U.S. athletes returned home without competing leading to broad speculation that they too had intended to play dirty.

Official testing rules have not yet been announced for the Rio Games. However, participating athletes should look for this information to become available in the near future. The Brazilian local organizing committee is responsible for planning and carrying out the drug testing efforts, both in and out-of-competition, as well as providing official anti-doping procedures to all constituents.

(For more information about the Pan Am and Parapan Am Games, please see 'The Little Games That Could' on P. 4. You can also visit the official website for the Games at: [www.rio2007.org.br](http://www.rio2007.org.br))

# The Little Games That Could

A guest editorial by: Samilja Heim. Samilja Heim is a former USADA staff member. She believes strongly in clean sport and is a great supporter of USADA's mission.

## Slow and Steady Wins the Race

Nineteen fifty-one brought many firsts including the stiletto heel and the color TV. Though not as mainstream and exacting a bit less impact on popular culture, the inaugural Pan American Games have equaled the staying power of those 'firsts' while consistently expanding despite a decided lack of support from some of its most influential participants.

Held in Buenos Aires, Argentina, those introductory Pan Ams welcomed more than 2000 athletes from twenty-two countries in the spirit of competition and camaraderie. In comparison, organizers for the 2007 event, to be hosted in Rio de Janeiro, Brazil this July, are expecting 5500 athletes from forty-two countries. Sure, those numbers pale in the shadow of the celebrity that is The Olympic Games. To appreciate the disparity, simply measure this year's Pan Am estimates to the galactic numbers of the 2004 Olympic Games in Athens, Greece when 11,000 athletes from 202 countries competed. Clearly, we're bobbing for apples and oranges here.

Still, the Pan Ams have nearly doubled in size and this year will mark new territory with the addition of the Parapan American Games. Anyway, comparisons to the Olympics Games were never part of the plan. Rather, the Pan Ams were envisioned as a preface to the subsequent year's Summer Olympic Games - a dry run of sorts. Top tier athletes throughout the Americas would meet face-to-face a year before the 'Big One' and test their mettle. Athletes in sports not currently included in the Olympic Games are also given an opportunity for grand scale international competition. Unfortunately, recent Pan Am history shows that producing the Games and maintaining their reputation has been tough.

## The Nitty Gritty

The Pan Ams were first conceived during the 1940s. Taking their cues from the Olympic Games, and even referring to the fledgling competition as a 'Continental Olympics', the organizing body, the Pan American Sports Organization (PASO), adopted Olympic structure and staging for the Pan Ams, a model that remains intact today. Housing is erected and

venues built or rehabbed in order to provide a lofty experience for athletes, delegates and fans.

For this year's Games, Rio has seen its Estadio do Maracana, one of the largest soccer stadiums in the world, get a facelift and has built an entire Pan American Village boasting an internal transportation system, food facilities for up to 4000 and full-time medical care. The ability of its organizing committee to secure the funds and manpower to complete such infrastructure is a testament to the Games popularity in its host city.

## A Look to the Future

In a befitting manner, the first fifty-six years of the Pan Ams will be marked this summer in Rio with the introduction of the first Parapan American Games. With nine sports currently on the schedule, organizers are anticipating more than 1300 athletes to compete in this pioneering endeavor.

Athletes in the Parapan Ams will utilize all of the same facilities and venues as the Pan Am athletes, with the Games being held consecutively as are the Olympic and Paralympic Games. With this new addition to the Pan Am enterprise, one hopes a renewed vitality might infect the Games as a whole.

## America, Espirito, Sport, Fraternite

The American spirit of friendship through sport, is how the Pan Am motto translates. As one of the original participating nations, the United States has a connection with the Pan Ams that spans more than fifty years and is rooted in this ideal. As a two-time host of the Games, first in 1959 and again in 1987, the USA wields extra voting power when PASO gathers to elect its executive committee or to select hosts for future Games. In holding the all-time medals record for the Games, with a total of 3679, the U.S. maintains a position of esteem among competing countries. Yet, the image of the Pan Ams has suffered here at home and with it U.S. support has seemingly waned.

Media reports indicate that participation in the Pan Ams by top tier U.S. athletes has become increasingly rare. At the same time, press coverage of the Pan Ams has been virtually

non-existent in recent past. During the 1999 Games in Winnipeg, Canada, for example, there was no major U.S. media presence. A one-hour summary special on ESPN after the Games ended was ultimately the only opportunity for Americans to view any Pan Am action. This lack of attention by both the athletic and media communities has diminished the importance of the Pan Ams in the collective mind of the U.S. public. As our image of the Games lessens so too does the amount of money with which the U.S. is willing to infuse them.

It seems appropriate to send developing athletes to Games where our country continues to dominate. But not cultivating support for those Games, and in essence withholding it from some of our own athletes, is a stance not beyond question. The Pan Ams have continued without interruption since their inception. They have a rich history that is embedded in our own competitive past. They continue to evolve, as exemplified by this summer's first Parapan Am effort, and in Latin American countries their popularity is ever growing. Perhaps support from within the U.S. might be sparked with this new turn of events. If so, may the athletes reap the rewards.



## WHO SAID IT ?

"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

(Answer on back page)

## TECHNICALLY SPEAKING:

# How Do They Pick Athletes for Out-of-Competition Tests, Anyway?

### Why Me?

As an athlete you may have wondered, or even asked, “Why me?” when selected for an Out-of-Competition (OOC) Test. From what we’ve heard, the most common assumption, and maybe even the answer given to you by a Doping Control Officer (DCO), has been to consider the selection process random. And while this seems the obvious answer, it’s not really accurate. We realize that this ambiguity may have caused confusion among athletes. We hope to shed some light on the process so that athletes, their support personnel and the staffs of the National Governing Bodies have a clear understanding of how and why OOC selections are made.

As you can imagine there are many factors USADA must consider when selecting athletes for OOC Tests. As the strategy of our testing programs has evolved the reality has become that none of our selections are, by definition, random. Random implies that any athlete, from any sport and discipline, no matter the time of year will have exactly the same odds of being tested. USADA’s system doesn’t work like that. Instead we have implemented a strategic formula, called a Test Distribution Plan (TDP), to make our selection process ‘smarter’.

### So, how does it work?

USADA’s Test Distribution Plan was developed in an effort to conduct testing in such a way as to achieve the maximum level

of deterrence and detection of the use of prohibited substances and methods among athletes under our jurisdiction. On a quarterly basis USADA projects the number of tests to be completed per sport. This quarterly number is based upon several factors including the number of athletes in each National Governing Body’s OOC testing pool and an evaluation of criteria that determine a sport’s or discipline’s level of risk. Once determined, the projected testing numbers for every sport are entered into USADA’s database. A computerized equation is then performed by the database resulting in a list of individuals to be tested during that quarter. Due to pool sizes, risk levels and season, some athletes may be selected for

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## The Training Room

### Can Athletes Learn Determination?

By Chad Weikel

During my last ten years of coaching, the toughest question for me to answer has been, “How can I get my athletes to play with determination and toughness if these are traits they don’t come by naturally?” I used to think athletes were either born with or without these abilities. I didn’t think determination and toughness could be learned.

I was wrong.

I have worked with coaches who believed that treating players harshly would breed tough players. They would physically and mentally abuse their athletes in a misguided effort to instill determination and toughness within their players. The results that I saw were players who competed out of fear. I have yet to see players reach their

full potential when fear is their motivator to follow and compete.

The methods that have been successful for my teams are to:

- Clearly communicate high team standards
- Reinforce the positive behaviors of our players at least five times as much as we use constructive criticism to correct mistakes.

When I have effectively created this type of team culture, the results have been players diving for loose balls, playing all out on defense, and a team who refuses to be outworked by its competitors.

When our team expectations are clearly communicated to every player, they are free to meet those standards and often exceed them.

The same positive results are common when our coaches consistently build up our players through positive reinforcement. We find:

- Players who perform with confidence, who play and train with determination out of self-respect and respect for their coaching staff.
- Players who listen to and utilize constructive criticism because it is balanced rather than overloaded.

For more information about coaching techniques that work, check out the Positive Coaching Alliance at: [www.positivecoach.org](http://www.positivecoach.org).

# OOC Tests

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testing more than once in a given quarter.

In addition to this broad selection of athletes, USADA does create additional testing plans for designated sports. These plans have specified windows of time for testing and distinct criteria for the selection of athletes within the identified sport. Finally, USADA may specifically target any athlete for testing at its discretion. When doing so, we generally follow standards set out in the World Anti-Doping Agency (WADA) International Standard for Testing.

## I'd Like More Information

The DCO who has located you for an OOC Test is not your best resource for clarification of why or how you were selected for testing. DCOs really don't know the selection specifics. Their job is only to follow USADA's protocols for contacting you and conducting the

test appropriately. USADA makes all testing selections and assigns DCOs to complete them. Doping Control Officers simply accept assignments for a particular date range and then work to accomplish those tests.

A better resource to address OOC selection questions is the USADA Athlete Handbook. As a member of USADA's testing pool you should have received a hardcopy of the Handbook in the mail. In addition, the Handbook can be found on our website at [www.usada.org/go/AthleteHandbook](http://www.usada.org/go/AthleteHandbook).

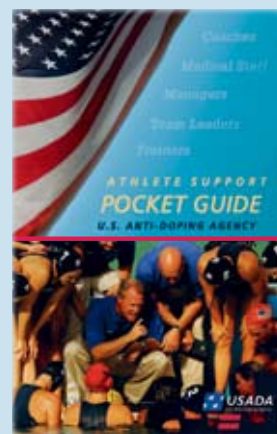
We also invite athletes looking for further information to contact USADA directly. This is an especially good idea if you're looking for information regarding a specific test. Whatever the type of test about which you are inquiring, OOC or In-Competition, you will find a staff person in the appropriate department who can help. Finally, if you are interested

in reviewing the test history of any athlete in USADA's testing pool you may also do this by accessing the 'What We Do' section on our website and selecting the 'Testing Statistics' option.

Answer to "Who Said It?"...

Mario Andretti

LOOK IT FOR IT SOON!



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.

Download the 2007 calendar reminders at: [www.usantidoping.org/go/reminders](http://www.usantidoping.org/go/reminders)

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!

Take a Stand for Clean Sport!



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



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