

MAKING A DIFFERENCE:

Dr. James J. Pohlman

DESCRIBED BY HIS CO-WORKERS, FAMILY AND FRIENDS as a job-focused perfectionist, **Dr. James Pohlman** displayed characteristics that are the foundation of USADA's core values. Dr. Pohlman, a Doping Control Officer (DCO) with USADA since its inception in 2000, passed away on October 16, 2010 at the age of 55. Dr. Pohlman was named as a DCO to several Olympic Games, including the prestigious Athens Games, where he was the only U.S. invitee.

Dr. Pohlman's belief that things should be done the right way anchored and strengthened the USADA family. Dr. Pohlman possessed the necessary core values that drive our organization: courage, respect, integrity, teamwork, and responsibility. His dedication to USADA and the athletes was invaluable and his willingness to make a difference will be truly missed. He understood his contributions and always cherished an opportunity to help. He leaves the ultimate legacy for future DCOs.

Gone, but never forgotten, our hearts were heavy as we said goodbye to a true difference maker in 2010.



MAKING A DIFFERENCE:

Jeff Podraza Memories

JEFF PODRAZA BEGAN HIS ASSOCIATION WITH ANTI-DOPING as a pharmacy intern with the U.S. Olympic Committee (USOC) in 1993. Jeff received his PharmD that year from the University of Nebraska Medical Center. Jeff's "day job" was with Walgreen's Pharmacy in Omaha, Neb. Nevertheless, he continued to provide support for the USOC drug line from his home through the 1990's. Jeff was always willing to go the extra mile to be sure that athletes had reliable information about their medications.

In 2000, when USADA was formed, responsibility for the drug line was transferred from the USOC to USADA. There was no question that Jeff was the best person to hire to answer athlete questions on drugs, and with a minimal amount of arm-twisting, he joined USADA in 2001. Jeff contributed greatly. From answering the Drug Reference Line, to bringing pharmaceutical issues to our attention, to contributing time to checking data entry into Global Drug Reference Online (Global DRO), he was always willing to take on another project. He was great to work with because he was always ready to go the extra mile. Jeff was the kind of person that you really appreciated as a friend, because he would do anything for you.

Aside from his love of pharmacy, Jeff had two other things that meant everything to him: his daughters Jordyn and Taylor, and Nebraska football. Jeff lived the USADA vision with Jordyn and Taylor, and both were accomplished athletes. Tragically, Jeff, Jordyn, and Taylor were killed in a traffic accident on December 18, 2010. Jeff was only 44 years old and, despite his 17 years of involvement in anti-doping, had so much more to contribute. The hole left behind by Jeff's passing will be impossible to fill.

Taylor Podraza, only 10 when she died, will be honored by her Omaha girls' Toro Soccer Club with the Taylor Podraza Memorial Cup Tournament on May 13-15, 2011. USADA is proud to be a sponsor of this inaugural event, which, through educational programming and a special award, will raise funds for deserving players to participate in the Toro Academy.



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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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 Curriculums Adopted District-Wide in Colorado Springs School District 11

SCHOOL DISTRICT 11 in Colorado Springs, Colo. has become the first district to adopt USADA's educational curriculums for its 29,000 students. The curriculums, titled "100% Me" geared toward elementary and middle school students and "That's Dope" aimed at high school students are a part of the district's physical education and health education program.

The curriculums meet state and national health and physical education standards throughout the United States. They include teacher's guides and student workbooks, and are easy to implement in a variety of settings. Both "100% Me" and "That's Dope" provide a foundation for youth to learn how to set goals and use good judgment when making tough ethical decisions. Both curriculums cover the dangers of performance-enhancing drugs, introduce readers to the dietary supplement industry, and educate students on the benefits of living a healthy lifestyle through proper nutrition and regular exercise.

"The USADA curriculums are the most purposeful that I've seen for character development, and are the only resource currently available that combines ethics, drug prevention, nutrition, and energy drink and supplement lessons in one package," said School District 11 Physical Ed & Health Curriculum Facilitator, Peggy Vigil. "The curriculums are interactive and engaging and will meet the needs of the 21st-century learner."

Sport instills good values in young individuals and is a focus in each of the curriculums discussing topics such as honesty, sportsmanship, and integrity.

USADA CEO Travis Tygart said, "Sport plays a unique role, and provides a tremendous opportunity to impart solid, positive lessons in building a foundation for healthy, ethical lifestyles. Our aim is to empower young people with the invaluable skills for making smart choices for themselves in many aspects of their lives."

"100% Me" provides instruction for late elementary and early middle school students, focusing primarily on ethics and values-based decision-making themes, facts on nutrition and dietary supplements, and helping students make the connection between body type and body image.

"That's Dope" supports those who teach, coach and mentor youth in the high school age range in teaching important ethics and anti-doping lessons. Students learn how to maximize energy activity, safely and ethically, and get "the dope" about various products and substances from dietary supplements and energy drinks to anabolic steroids.

USADA curriculums and other educational resources can be found at www.usada.org/outreach.

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– Peggy Vigil,
School District 11
Physical Ed & Health
Curriculum Facilitator



USADA'S RESOURCES: Educational and Free

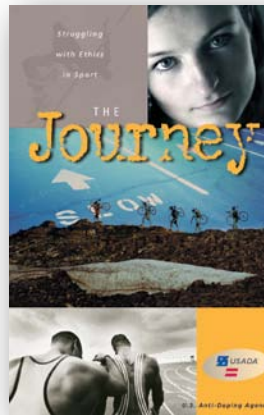
USADA IS COMMITTED to keeping athletes and the general public knowledgeable about topics such as the drug testing procedures, the World Anti-Doping Agency (WADA) Prohibited List, the dangers of performance-enhancing substances, quality nutrition, ethical-decision making, and other related topics. This information geared toward athletes, educators, coaches, parents, and mentors is available at no cost.

The USADA educational resources can be requested online and will be shipped to a U.S. address FREE of charge. At USADA we believe it is extremely important to provide these resources and we work hard to keep them free. Please take a look at the materials we have available and if any spark your interest, we encourage you to go online and order a few. Take a look; they're informative and FREE (for publication requests 100 and below and curriculum requests 300 and below). To request publications visit <http://www.usada.org/resources/request-printed-publications>



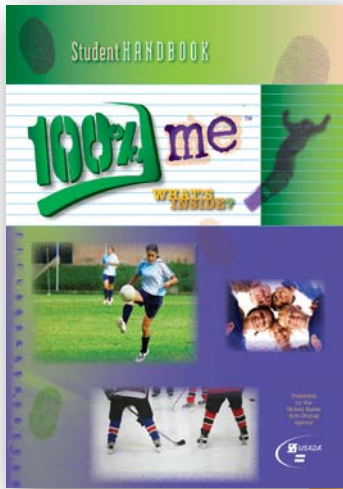
Optimal Dietary Intake for Sport, for Life... The Basics

This resource provides general guidelines on optimizing dietary intake for those who want to learn how and when to get the maximum energy, health, and benefit from the foods they consume.



The Journey

An ethics publication designed with activities for young people to apply ethical concepts and decision-making to real life situations.



100% Me Curriculum Program

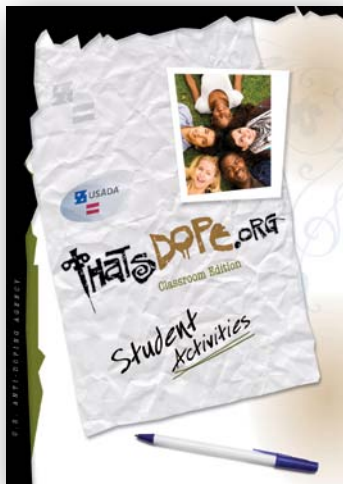
For students and athletes ages 10-14, this curriculum reviews the tools today's young students need for smart decision-making and healthy living. It covers topics such as nutrition, body type and body image, the truth about dietary supplements, and how to naturally and safely maximize athletic performance.

The program includes a Facilitator's Guide and Student Activity Workbook and is complemented by an interactive website at www.usadakids.org.



The Joy of Sport

A quick resource for youth and their mentors, covering topics such as doping and its consequences, ethical decision-making, nutrition, and more.



That's Dope Curriculum Program

For students and athletes ages 14-20, this cutting edge curriculum covers the dangers of performance-enhancing drugs, the value of ethical decision-making, how to naturally and safely maximize athletic performance, and the dangers of supplements and energy drinks. This program includes a Facilitator's Guide and Student Activity Workbook and is complemented by an interactive website at www.thatsdope.org.



Wallet Card

This quick reference provides examples of substances that are prohibited and not prohibited under the World Anti-Doping Agency (WADA) Prohibited List.

Dietary Supplements – Buyer Beware

DIETARY SUPPLEMENTS CONTINUE TO BE AN ISSUE FOR ATHLETES. The Food and Drug Administration (FDA) has issued a new warning about products spiked with prescription medications. While the issue of spiking is not new, it is getting increasing attention from the FDA because of the serious health dangers it poses. The three categories of products at the highest risk of containing undeclared prescription medications are weight-loss, body-building, and sexual enhancement products. Lately, many weight-loss products have been found to contain Sibutramine (a WADA prohibited specified stimulant) or closely related drugs. Body-building products are at a high risk of containing anabolic steroids. Sexual enhancement products have been found to contain the same substances as Viagra. The prescription drugs found in these products can cause serious health problems or dangerous drug interactions. Athletes should be aware that there are many products on the market that have a “supplement label” on them but that are not legally dietary supplements. All of the product categories mentioned above pose an additional serious risk to athletes because many of the prescription drugs involved are on the WADA Prohibited List. Athletes cannot rely solely on the label for accurate information. Athletes are warned that the use of dietary supplements is at their own risk of testing positive or suffering adverse health consequences.



For more information visit:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm236774.htm>

USADA ATHLETE AMBASSADOR: LAURYN WILLIAMS

Strength, Courage and Wisdom



WHEN I THINK OF USADA, I think of drug testing. While some may frown upon the drug testing process, and the inconveniences it may cause, I understand that the process is in place to keep Olympic sports not just admirable, but also honorable. I believe that as athletes representing the U.S. it is our responsibility to protect not just our own integrity, but also the integrity of the sport in which we compete. On a larger scale, athletes should be held accountable to uphold

the integrity of the country for which they compete.

The integrity of our country is largely dependent on how we as athletes make decisions in regards to our performance within our sport. Our choices related to nutrition and training impact everyone involved in sport. Although some athletes do not generally think of it that way, when it gets down to the wire, and fans are cheering, “USA, USA,” they are passionately depending on athletes’ preparation and determination to succeed. Those involved, specifically fans, also want to be filled with pride, hope, and joy that will resonate with them throughout their lives.

After attending a USADA Athlete Ambassadors meeting in Colorado, it became clear to me that USADA’s main role is to educate athletes, not JUST to be the dreaded testers. I was reminded of the Drug Reference Resources

available to athletes to determine the status of medications as well as the risks involved with using dietary supplements. I left determined to become supplement-free and with a renewed sense to fuel my body with natural foods- especially knowing I LOVE to eat!

I am much more conscious of everything I put in my body and ask questions when I have concerns. Choosing this route has caused a lot of debate and concern for some. I have been told that, due to my age, I should be more dependent on supplements and recovery drinks to succeed on the track.

I will say my choice requires preparation and planning to make sure I have the right items available to nourish me. Where someone else might have a protein bar or shake I am using things like turkey, chocolate milk, or Vita Coco™ Coconut Water as my post workout nutrition. Also, I am lucky enough to have a local restaurant called Pasha’s, which serves healthy Mediterranean food, sponsors meals, and even delivers on days I work late so I do not have to make poor food choices.

USADA has strengthened my Olympic Experience by allowing me to serve as an Ambassador for clean sport and providing me with a platform in which I can be a leader. Taking a stand for clean sport means having the strength to make choices that may not seem logical to others, the wisdom to make educated decisions, and the courage to draw on internal strength to maximize potential both on and off the track.

SPORT TESTING AND RESOURCES:

Testing Resources Management and DCO Management

THE USADA SPORT TESTING AND RESOURCES (STAR) TEAM works daily to manage the Doping Control process and procedures and to train, evaluate, and assist the USADA Doping Control Officers (DCOs) in carrying out successful sample collections across the country.

Leading the team is Andy Morrison, who as Sport Testing and Resources Director oversees the successful execution of all aspects of the USADA Doping Control program. The USADA Doping Control Program is divided into two main areas of management: Testing Resources Management and DCO Management.

Gabe Baida, DCO Manager, and Charlie Harless, DCO Relations Lead, administer the remote management of approximately 60 DCOs working across the country. Gabe and Charlie work to ensure that the DCOs follow testing standards, uphold the integrity of the sample collection process, and maintain the athletes' well-being. Additionally, these members of the STAR team continually evaluate DCO conduct and performance, and in turn listen to their comments and concerns to improve USADA's overall operations.

The DCO Resources Team is concerned with DCO training and education initiatives. Theresa Reynolds, Testing Resources Manager, and Ryan Carpenter, Testing Education and Resources Program Lead, continually develop new procedures for the overall enhancement of Doping Control activities.



The USADA STAR Team, (pictured l-r): Charlie Harless, Theresa Reynolds, Andy Morrison, Aaron Millar, Gabe Baida, and Ryan Carpenter

This team regularly identifies, recruits and trains qualified candidates to become DCOs and educates current DCOs on advanced processes such as blood collection. Additionally, Theresa and Ryan interpret and write updates to the official DCO Manual and are resident experts to ensure the USADA testing procedures are in compliance with international standards and practices.

The final member of the STAR team is Aaron Millar, who as the Inventory and Resources Coordinator, makes sure both the STAR team and the DCOs have the supplies and information necessary to carry out USADA's gold standard Doping Control Program.

The STAR team prides themselves on the ability to collaborate and think creatively when carrying out new project ideas. This past October the group planned and led a successful DCO Recertification Conference in Colorado Springs, bringing in all 60 DCOs from across the country for a full weekend of training and personal interaction. Moving forward, the STAR team will be active in creating new online education modules, further developing a recently launched regionally based management program and revamping the internal web portal. The STAR team is excited to tackle these new challenges in 2011 and will continue to do their part to make USADA a leader in the international anti-doping community.



Who Said it...?

"To me, True Sport is respect for yourself, your sport, your community, and youth."

GAME TIME:

2011 XVI Pan and IV Parapan American Games

A CELEBRATION OF FRIENDSHIP AND SPORTS, the 2011 XVI Pan and Parapan American Games will be held in Guadalajara, Mexico. The Pan and Parapan American Games began as a regional celebration for athletes, but has grown into a popular competition with over 5,000 participants. The Games, which take place every four years, invite athletes from the American Continent to compete in multi-sport events. Thirty-six sports will participate in the Pan American Games (October 13-30, 2011) and 13 sports in the Parapan American Games (November 7-13, 2011).

As the city of Guadalajara prepares to host the Games by building state-of-the-art venues including those accessible to the Parapan disciplines, USADA is gearing up to educate



U.S. athletes, coaches, team leaders, and other athlete support personnel. To inform them about the rules of the Games regarding sample collection expectations, submitting whereabouts, and available USADA resources, USADA will launch e-communications, host brief webinars, provide face-to-face presentations, and provide information on the USADA website specific to the Games.

All Pan American and Parapan American Games hopefuls and their support personnel should anticipate correspondence from USADA to ensure they are equipped with the relevant anti-doping knowledge to compete in the Games. Any questions about the Pan American or Parapan American Games can be directed to Jennifer Dodd, jdodd@usada.org.

What Sport Means in America

USADA HAS A KEEN UNDERSTANDING of the significant role sport plays in our society. It is undeniably one of our most beloved pastimes and endeavors, and provides countless benefits to the vast majority of Americans.

Understanding that knowledge and education are central to the effort of eradicating doping, a groundbreaking research study was conducted on USADA's behalf, designed to measure Americans' attitudes and beliefs about sport and the impact sport has on values and culture in America.

According to the study, "What Sport Means in America: A Study of Sport's Role in Society," the full version of which will appear in the April issue of the *Journal of Coaching Education*, published by the National Association For Sports and Physical Education (NASPE) at www.aahperd.org/naspe, sports play a major role in shaping the character and culture of America's citizens. Overwhelmingly, as a country, we have high hopes and expectations for sport and rank values including honesty, fair play, respect for others and teamwork as most important for sport to reinforce.

The research also reveals that Americans believe an overemphasis is placed on winning, and that this undermines the fundamental values they want from sport. Americans believe ethical breaches such as cheating with performance-enhancing drugs and the desire to win at all costs threaten the inherent value of sport.

Some Major Findings Include:

- Parents overwhelmingly cite personal and social values when describing their hopes for their children in playing sport
- Nearly 90% of U.S. adults agree that well-known athletes have a responsibility to be positive role models for young people, and by wide margins agree that the personal conduct of well-known athletes is as important as their athletic accomplishments
- Coaches rank as the #1 positive influence on today's youth involved in sport
- Americans rank the use of performance-enhancing drugs as the most serious problem facing sport today, closely followed by issues such as the focus on money, and the criminal behavior of well-known athletes
- Two-thirds of Americans agree that sport overemphasizes the importance of winning
- More than three-fifths of U.S. adults – approximately 162 million people – claim some relationship to sport-related activities

"This research reinforces what we believe to be true, that Americans have not become complacent, that they care about the integrity of sport and what it means in our society," said USADA CEO Travis T. Tygart. "Americans see great value in sport and want to preserve the legacy it has created, while ensuring its constructive and positive impact on all generations. Research such as



this provides a foundation for all of us who love and value sport to ensure its lasting legacy as a force for good."

The survey was commissioned by USADA and conducted by Discovery Education under its national research arm. The study's purpose is to understand: the values sport should reinforce versus those it actually does, beliefs about issues/challenges facing sport today, participation levels in sport nationally, why people begin playing and why they stop, what drives the pressure to cheat, the impact of the emphasis on winning, the responsibility sport figures have as role models, and whether sport is meeting society's expectations.

Importantly, we see this as timely, topical information that affects the majority of Americans, particularly parents and families, and hope that it will serve as a catalyst for cultural change in sport. We intend it to spur an ongoing cultural dialogue aimed at keeping attention focused on these challenges and paving the way for constructive change.

The Executive Summary of the report can be found at: www.usada.org/outreach-research.

Test Me, Test Me...

KNOCK, KNOCK, WHO'S THERE, USADA... AGAIN? I feel like you were just here yesterday. Is all this testing really necessary?

Have you ever competed against someone that you suspected cheated all the way to the top? Have you ever been accused of cheating after a win? Hopefully, you have answered no to both of these questions. But, to make certain you answer no, USADA conducts in-and out-of-competition testing on all Olympic, Paralympic and Pan American sports.

Many people know that USADA conducts testing to ensure that a level playing field exists in sport, however, do you know about USADA's other goals? We also want to ensure that all athletes are making healthy and ethical choices. We dedicate resources to research ways to effectively fight the use of performance-enhancing drugs. We want to ensure that the athletes representing the U.S. in competitions around the world are competing with the highest integrity.

The USADA testing program is one of the most rigorous programs in the world. You may wonder



what testing is really accomplishing. The answer may be at your next competition. When you look at your opponent you should not question if your opponent is clean, likewise, your opponent should not wonder the same about you. It should be a fair competition where all athletes have respect and trust for one another, and acknowledge their responsibility to be positive role models.

Through the USADA testing program we have been able to strengthen our relationship with athletes. Our Doping Control Officers are there to provide a consistent, unobtrusive, (as unobtrusive as testing can be) friendly, professional testing experience. The USADA office staff is available to answer questions you might have regard-

ing submitting whereabouts, Therapeutic Use Exemptions, or medications you need to take. Our online resources include tutorials about athletes' rights and responsibilities, prohibited and not prohibited methods/substances, and a place where you can pledge your commitment to clean sport.

In a recent episode of a television show that rebuilds homes for people in need, a family struggled because they lost their daughter to a preventable car accident. The daughter was texting while driving. The family wanted to highlight that texting and driving can be distracting and, in their case, deadly. USADA is here to convey a similar message. Using performance-enhancing drugs can be harmful to your sport, your team, your health, your family and the world. Just like the car accident, an athlete's choice to use performance-enhancing drugs is 100% preventable. It is your choice and only you can take a stand for clean sport!

So the next time you are selected for testing, just remember that USADA conducts drug testing for your protection and the protection of every other clean athlete competing.

Testing Numbers for 2010

DRUG TESTING IS NECESSARY to create an equal and level playing field for athletes competing in sport, especially at the Olympic and Paralympic level. Since it was created in 2000, USADA has increased its yearly testing numbers just about every year. Though it is not the most glamorous part of an athlete's career, targeted drug testing aims to prevent harm to the spirit of sport and more importantly, deter incidents of doping and expose athletes who are cheating.

The USADA drug testing program has strengthened the trust that athletes have in knowing that their rights are being protected and that they are competing against clean athletes. There is comfort in knowing the biggest, most important race of an athlete's career will produce the true champion as a direct result of an effective drug testing program.

USADA is required to publicize results and provide testing statistics annually according to the World Anti-Doping Code. Testing numbers can be found on the website: <http://www.usada.org/annual-testing-numbers/>.

Year	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter	Total	
2010	In-Competition	436	1,023	799	432	2,690
	OOC	1,434	1,539	1,135	1,233	5,341
	Totals	1,870	2,562	1,934	1,665	8,031
2009	In-Competition	506	1,113	776	440	2,835
	OOC	1,381	1,468	1,311	1,585	5,745
	Totals	1,887	2,581	2,087	2,025	8,580
2008	In-Competition	753	1,207	562	431	2,953
	OOC	1,368	1,521	1,352	1,339	5,580
	Totals	2,121	2,728	1,914	1,770	8,533
2007	In-Competition	747	1,420	676	507	3,350
	OOC	1,282	1,678	1,270	770	4,998
	Totals	2,029	3,098	1,946	1,277	8,348
2006	In-Competition	875	1,053	977	507	3,412

By conducting a comprehensive testing program as part of an integrated independent anti-doping effort, USADA is taking the necessary steps to eradicate doping in sport. USADA is here to preserve the integrity of competition, and protect the rights of clean athletes to help them achieve their Olympic and Paralympic dreams the right way.

Answer to "Who Said It?..."
(from page 5)

– April Holmes, 2010 USADA Athlete
Ambassador (2008 Paralympic Games
100m Gold Medalist)

Modifications in Testing Process Athletes with Disabilities

DRUG TESTING plays a large role in leveling the playing field in both the Olympic and Paralympic Games.

Paralympic athletes, like Olympic athletes who are a part of USADA's Registered Testing Pool (RTP), are subject to drug testing 365 days a year. All athletes in the RTP are required to submit a quarterly Whereabouts Filing, which allows USADA to locate an athlete at various locations should USADA need to conduct testing.

Although the sample collection process is primarily the same, there are modifications that may occur when a Paralympic athlete provides his or her sample. USADA will make the modifications necessary to collect a sample, provided the integrity, security, and identity of the sample and well-being of the athlete are never compromised. USADA always encourages Paralympic athletes to have an athlete representative accompany and assist them during the sample collection process.

Athletes who compete in Olympic or Paralympic sports must provide 90mL of urine in the sample collection vessel. To accomplish this, an athlete may require the use of a catheter to aid in the urination process. In this case, the athlete will provide 90mL in the selected collection vessel by way of the catheter. Generally athletes are only allowed to use water to rinse their hands with no soap before providing the sample. However, athletes who are catheterized are permitted to wash their hands with soap or another disinfectant prior to inserting a catheter to prevent infection in the body. Identical to the regular testing process, the Doping Control Officer (DCO) will observe the entire process.

As a vital part of the doping control process, the athlete will need to verify the kit numbers match the sample collection documentation and sign appropriately. Should an athlete be unable to sign their own forms due to lack of fine motor skills or any other reason, he or she has the option to elect and authorize an athlete representative to sign the forms on his or her behalf.

When blind or visually impaired athletes are drug tested, the athlete is encouraged to be accompanied by an athlete representative of his or her choice.



The athlete representative will physically inspect the sample collection kits to ensure they have not been tampered with, are free from damage and ensure the numbers on the A and B bottles match the numbers listed on the box as well as the doping control official record. The athlete will be instructed to complete the rest of the process, including signing the forms. The athlete may request the athlete representative sign the forms on their behalf.

Drug testing is not limited to urine and often athletes are chosen to provide blood, urine, or both. If an athlete has been selected to provide a blood sample, the qualified phlebotomist, also known as a Blood Collection Officer (BCO) typically draws approximately one tablespoon of blood from a vein in either arm. In the event that a Paralympic athlete is selected for blood collection and the athlete has no viable vein for the venipuncture to occur in the arm, the BCO will choose another location. All precautions are made to ensure the area is clean and disinfected.

As drug testing can occur in or out-of-competition, it is the responsibility of the event site coordinator to ensure there is an accessible doping control station and bathroom for wheelchair-bound athletes. Public facilities are required to provide bathrooms and/or stalls large enough to hold a wheelchair, therefore, in-competition testing can be fairly easy to accommodate for adaptive sporting events.

It is important to know that the DCO will always work with the athlete to make any modifications necessary to collect a sample and ensure that the integrity, identity and security of the sample and well-being of the athlete are maintained.



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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