

A Change of Place: Jessica Galli's Story

Jessica Galli is no stranger to dealing with change. The 29-year-old track and field Paralympian has made a name – and now a career – for herself by thriving in the face of adversity.

At the age of 7, the Hillsborough, New Jersey native was left a paraplegic after her spine was fractured in a September 1991 car accident. Undeterred, she began to dabble in para road racing, swimming, and basketball before setting her focus on track and field.

Racing in the T53 classification for athletes with limited abdominal function, Jessica has competed in four Paralympic Games, winning seven medals, including gold in the 400 meters at Beijing in 2008. She is also the current World Record holder in three distances.

Competing internationally for over a decade, Jessica has witnessed firsthand the rapid progression of the Paralympics from being just the “sister games to the Olympics” into the second largest sporting event in the world (after the Olympics).

“Sydney [in 2000] was an awesome experience because it was my first Games, everything was new, and everything was exciting. The crowd and the people really supported the Games, and they really were fans of sport in general,” said Jessica. “But then to go to Athens [in 2004] – they didn’t do a bad job by any means – but it was sort of back to reality with the Paralympics, in that the crowds weren’t as big and it wasn’t as popular.”

“Fast forward to London, they had amazing coverage on television and they filled every venue with paying fans. My family members actually had trouble getting tickets and we’ve never had that experience before, so that was really cool.”

And now she is dealing with a different kind of change – one in her professional life.

Jessica recently joined the United States Olympic Committee’s (USOC) Athletes’ Advisory Council (AAC) as a vice-chairman and the only Paralympian on AAC’s Leadership group. There she will serve as a representative to the USOC regarding athlete issues.

While she represents both groups of athletes equally, an immediate goal is to further increase the role of Paralympians in the USOC.

“I think it’s really important that Paralympic athletes have a voice, just like their Olympic counterparts do,” said Jessica.

“Over the past four years we were able to increase the Paralympic representation [on the AAC] from two reps and two alternates to six summer representatives and two winter, so that was huge. It’s important that we identify at least one athlete within each of our sports who gets passionate about the movement, gets passionate about our sport, and is willing to speak up about issues in them.”

Serving as an ambassador for athletes also requires an in-depth understanding of the anti-doping realm of sports, a practice she has become familiar with in her years of competing.

“My closest experience with [the testing process] was in 2008 at Beijing when I was drug tested after

almost every event that I ran – I did five or six races and was drug tested after at least five of them. I got to know them very well and got to know the process very well. I can honestly say that I’ve never had a bad experience with USADA or any of the [international testing organizations.] I’ve always worked with really good people and had positive experiences.”

Since her role with the AAC is not full-time, it allows her to dedicate her free time to training and several other volunteer activities. But that’s not to say the R-word hasn’t crossed her mind once or twice.

“[Retirement] sounds like a really good idea when I am sitting at home and doing other things, but then I get in my racing chair and I go for a push and I still love it,” Galli

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Photo: Phil Galli

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!



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Meet the **USADA Legal Affairs Team**

The USADA Legal Affairs department is comprised of a small but committed group of individuals responsible for a number of duties that directly impact athletes participating in Olympic and Paralympic sports. These undertakings include the processing of lab results, investigations of anti-doping rule violations, and the adjudication of doping offenses. In addition to the athlete-focused responsibilities mentioned above, the Legal Affairs department also handles all USADA-related legal matters including the drafting and review of contracts, management of lawsuits, trademark/copyright issues, and internal compliance with WADA anti-doping rules and International Standards.

Leading the department is USADA's General Counsel, **Bill Bock**. Bill has been involved in some capacity with USADA since its inception in 2000 and has served in his current role since 2007. Bill is directly responsible for the prompt and fair resolution of anti-doping rule violations, which are resolved through the acceptance of a sanction, through a hearing before the American Arbitration Association (AAA) or, when necessary, through an appeal before the Court of Arbitration for Sport (CAS). During his tenure with USADA, Bill has been instrumental in ensuring that the USADA protocol and procedures provide due process and

are fair and transparent. Bill works tirelessly to build collaborative relationships with other anti-doping organizations, law enforcement officers, sport organizations and other interested parties, both domestically and abroad. He regularly advises USADA's CEO on legal matters and is a resource to all of USADA's departments for legal-related issues.

In addition to providing support to Bill in the investigation and prosecution of anti-doping rule violations, USADA's Legal Affairs Director, **Onye Ikwuakor**, has the primary responsibility of overseeing the legal department's day-to-day operations. Since starting at USADA in early 2012, Onye has managed the review and evaluation of incoming tips regarding potential anti-doping rule violations. He also serves as the primary point of contact for other departments on a multitude of issues, including athlete testing strategies, copyright and trademark issues, human resource matters, and the creation and review of legal contracts executed by USADA.

Since 2000, USADA's paralegal, **Johncie Wingard**, has provided essential support to USADA's CEO, General Counsel, and Legal Affairs Director as they carry out their daily duties. Johncie is also responsible for maintaining, updating, and ensuring the security and confidentiality

of all USADA adjudication files, assisting with preparation for arbitration hearings, legal research, and handling the independent review process for Whereabouts Filing Failures.

USADA's Testing Results Manager, **Lisa McCumber**, has been with the organization since 2001. Over the past 12 years, Lisa has worked in many capacities within USADA, and joined the Legal Affairs department in 2010. Lisa is responsible for processing and managing all incoming laboratory test results, transmitting result notification letters to athletes, National Governing Bodies and International Federations, and serves as the liaison between USADA and the outside experts involved in the independent anti-doping review board process.

Linda Barnes worked in USADA's legal department for more than 10 years. While she semi-retired in 2010, she still serves as the department's Legal Coordinator, and continues to provide invaluable assistance by sharing her extensive institutional knowledge with her colleagues throughout the organization.

Left to right: Johncie Wingard, Onye Ikwuakor, Bill Bock, Lisa McCumber.

Not pictured: Linda Barnes



Reaching for the STAR

As competitive sport of all kinds continues to grow in the United States, so does USADA's role in preserving the integrity of clean competition.

While USADA's duties within Olympic and Paralympic sports are well known and documented, the organization also conducts testing as a private contractor for a wide variety of other sports and competitions that are not sanctioned under the United States Olympic Committee or International Olympic Committee (IOC).

National Governing Bodies (NGBs) or International Federations (IFs) requesting out-of-competition or event testing are handled through USADA's Sports Testing and Resources (STAR) Division. In the past year alone, the STAR Division has conducted testing for ice fishing, the Ironman Triathlon, Brazilian jiu-jitsu, mini-golf, chess, and professional boxing.

IFs and NGBs have many reasons for requesting drug testing in their sports. Primarily, these organizations wish to be recognized by the International Olympic Committee (IOC) in hopes of one day becoming Olympic sports.

The 2013 World Ice Fishing Championships, held

this past February in Wasau, Wisconsin, enlisted the services of USADA in their goal of having ice fishing be considered for the Pan American and Olympic games. Similarly, the World Darts Federation has recently begun random drug testing at their championship events in order to boost their sport's credibility as they seek recognition from the IOC.



"I think all sports are trying to fight the fight to get into the Olympics, and the first thing you have to do is have doping [testing] at your events," said Bradley Guye, Client Services Program Lead at USADA. "That's how ice fishing came about – they want to be in the Pan American games, they want to be in the Olympics, so how can we help get them there? Testing at events is a good start."

Other sports USADA has tested recently have never previously had doping control in their sport. The International Brazilian Jiu-Jitsu Federation requested testing at their Pan-American Championships in March, with hopes that introducing drug testing could deter any doping problem that may already or may have the potential to exist in the sport.

Athletes in these and all other sports that USADA serves are held to the same standards and tested for all of the same prohibited substances and methods as Olympic, Pan American, and Paralympic athletes.

"They're held accountable to the same degree as any other event would be whether it is a cycling event like the Tour of Utah or an [International Triathlon Union] competition. Whatever they screen for at a cycling or triathlon event, they'll also screen for at an ice-fishing or jiu-jitsu competition," commented Guye.

Regardless of the stage, where there is competition, there is a need to protect the purity of sport, and that is where USADA comes into play.

Ask The Scientists!



Dr. Larry Bowers, Ph.D.
USADA Chief
Science Officer



Dr. Matt Fedoruk, Ph.D.
USADA Science
Director

Q: If I check the "Yes" box to Consent for Sample Research on the Doping Control Official Record, what happens to my sample?

A: Neither USADA nor the WADA-accredited laboratories use an athlete's sample for research without the individual's consent. When you check the "Yes" box, your sample will have all identifying marks removed after testing is complete so that the sample cannot be traced back to any individual. In some cases, it may be pooled with other samples.

Q: Does checking "Yes" mean that my sample will be one of the samples held for long-term storage?

A: No. If your sample is chosen for long-term storage, it would not be used for research even if you check the "Yes" box.

Checking "Yes" or "No" on the sample research consent form does not affect whether or not your sample is chosen for long-term storage. USADA chooses a portion of all urine and blood samples collected to remain in storage for a longer period of time in accordance with the International Standards for Testing. Should new testing methodology be developed for a Prohibited Substance or Method, USADA may conduct further analysis on the stored samples. If a Prohibited Substance is detected, the athlete could be charged with an anti-doping rule violation. If found guilty, the athlete could be required to return medals and prizes, and the sanction publicly

announced. In the case of the International Olympic Committee, some athletes have lost Olympic medals as a result of testing stored samples.

Q: WADA recently issued an advisory on the drug GW501516. What are the risks associated with this substance?

A: GW501516 (also known as GW-501,516, GW1516, GSK-516 and Endurobol) is a peroxisome proliferator-activated receptor- δ (PPAR δ) agonist and is a prohibited substance on the WADA Prohibited List under category S4. Hormone and Metabolic Modulators.

During clinical trials for the development of this drug, serious toxicity issues and side effects such as tumor promotion and increased mortality were associated with intake of GW501516. The clinical trials were discontinued based on these safety findings. Since dietary supplement companies and black market internet sites are not required to file adverse medical event reports, unscrupulous entrepreneurs may try to sell chemicals and drugs with little regard for safety or the consumer.

Recently, the International Cycling Federation (UCI) advised that four riders were provisionally suspended after Adverse Analytical Findings were reported by a WADA-accredited laboratory for a GW501516 metabolite pending the outcome of their results management cases.

Dietary Supplement Digest

Beware! Your Supplement Could Cause a Positive Test

(Editor's note: This advisory, initially issued in 2011, is a reminder of the risks that still exist with dietary supplement use.)

This advisory comes after multiple announcements that athletes around the world have tested positive for methylhexaneamine, a prohibited stimulant. Methylhexaneamine is known by many names including 1,3-dimethylamylamine (DMAA), dimethylpentylamine (DMP) 4-methylhexan-2-amine, Geranamine, and geranium oil, extract, or stems and leaves. Many products sold as dietary supplements openly list this substance on their labels, such as Jack3d (USP Labs), Lipo-6-Black and Hemo-Rage Black (Nutrex), Spriodex (Gaspari Nutrition), F-10 (Advanced Genetics), Clear Shot (E-Pharm), 1.M.R. (BPI Sports) and many others.

While it is not known whether the above products actually contain methylhexaneamine, athletes should steer clear of products that claim to contain these substances.

Also, if "geranium" is listed as an ingredient on the label of a supplement, be advised that the product may contain synthetic methylhexaneamine. We have also seen instances where a supplement actually contained ingredients that were not listed on the label. In some cases, these non-labeled substances may trigger a positive test.

Athletes are also advised to exercise good judgment and avoid products with suspicious and exaggerated claims or names, which include marketing performance terms such as "stacked," "muscle," "mass," "tren," "bol," "anabolic" or "legal steroid," "power," "blast," "energy," "stimulant" and similar terms. The product may in fact be a designer steroid or contain a prohibited substance, such as the prohibited stimulant methylhexaneamine.

The ongoing problem of dietary supplement mislabeling continues to create a risky environment for athletes. Unfortunately, due to the current permissive regulations governing the supplement industry, USADA cannot give guarantees to athletes regarding which products are safe and free from contamination.

Athletes need to be aware that they assume the risks of adverse health outcomes and positive anti-doping tests when choosing to take supplements. Athletes are urged to take the necessary steps to become informed consumers, such as; understanding all ingredients,

consulting with a physician to assess whether taking a supplement is necessary, and having products tested to ensure safety. Please remember that strict liability applies at all times, and an athlete is responsible for any prohibited substance found in his/her system.

USADA has developed a comprehensive online resource called Supplement 411® (www.supplement411.org), where athletes can educate themselves on the issues of supplements, as well as the High Risk dietary supplement list.

Supplement 411

Supplement 411

Supplements Understand the issues Learn to reduce risk Make an informed decision

Start Tutorial Here

NEWS

6/6/2013 Why Bodybuilding Steroids Do Not Belong In Vitamins Forbes

6/5/2013 Bodybuilding.com suspends sales of pre-workout Craze

ADDITIONAL RESOURCES

Supplement Bottle In this section viewers will get an in-depth look at a hypothetical dietary supplement bottle and explore the real-life issues associated with dietary supplement packaging.



TrueSport®

TrueSport® is proud and honored to have received accreditation by the National Council for Accreditation of Coaching Education (NCACE) in the area of Philosophy & Ethics for its TrueSport Coaching Education Program. This third party accreditation is important in demonstrating USADA and TrueSport's commitment to the importance of qualified coaches in the United States. High quality and effective training and education programs are essential in preparing coaches to maximize their impact on and off the playing field, which, in turn, plays a major role in ensuring positive, healthy, and enjoyable sport experiences for all athletes.

For more information on the TrueSport Coaching Education Program, visit www.TrueSport.org/coaching-education-program.



Who Said it...

"You will encounter people who are faster, stronger, and naturally more talented throughout your life. You cannot change this. However, you can control how hard you work and prepare for these moments. When it happens...they may be faster, stronger, or more gifted...but you will never encounter anyone who has worked harder or prepared more." (Answer on Page 6)

Standards For Supplement Testing

If you choose to use dietary supplements, an important step to reduce the risk of using a contaminated or unsafe product is to have the supplement company and the final product checked by a qualified, independent third party.

Ideally, the third-party testing agency should:

1. Be free from conflicts of interest.
2. Have external accreditations such as International Organization for Standardization (ISO) Guide 65—General requirements for bodies operating product certification systems or equivalent, and ISO17025 – General requirements for the competence of testing and calibration laboratories.
3. Conduct an audit of the supplement company to Good Manufacturing Practice (CFR 111). The third party testing company (or another vendor if this step is outsourced) should offer proof of qualifications to conduct the audit.
4. Evaluate the dietary supplement for overall safety and quality (preferably according to NSF/ANSI 173 Dietary Supplements).
5. Have validated and accredited methods to test for prohibited substances in sport.

Why are these features important? Freedom from conflicts of interest is critical to prevent bias from affecting the outcome of certification. No individual at the third party company should have a financial stake in whether a particular product passes the certification.

Testing companies should have ISO17025 accreditation to include testing for substances

prohibited in sport and the scope of the accreditation should cover as many prohibited substances, methods, and matrices as possible. The third party testing company should have a standard operating procedure that specifically defines which substances are tested, the methodology used, and the limits of detection.

It is the law to manufacture supplements in compliance with Good Manufacturing Practices (GMP), but the Food and Drug Administration (FDA) continues to find non-compliant



companies. Athletes who care about their health and career should look for lawful products that are properly made. Products not made in compliance with GMP may be inconsistent from batch to

batch. Batch consistency is essential; if there are inconsistencies between the batches this could lead to a potential inadvertent positive drug test.

Finally, anyone can claim they are qualified to test for prohibited substances or conduct audits, but accreditation means that the company has demonstrated their ability to follow ISO guidelines, those of the American National Standards Institute (ANSI), or other accrediting body. By verifying accreditations you can trust your choice for a third party testing agency. You can also confirm the “scope” of their accreditation and make sure that it matches what the company advertises as its services.

DID YOU KNOW?

Testing dietary supplements for substances prohibited in sport can be tricky compared to testing for the same substances in blood or urine.

Why? Because the substances in the supplement need to be dissolved in something in order to be detected. Blood and urine are both water-based solutions, are well characterized, and don't vary much from person to person. The laboratory is able to determine which substances will be found in blood versus urine. In contrast, what supplements are made out of (called the “matrix”) varies widely, for example, a bar, a powder, a capsule. Testing for prohibited substances in such a wide variety of matrices requires vigilance and good technical skill to ensure that nothing is missed.

The bottom line is, do your homework and be informed.

Sochi Scoop



XXII Olympic Winter Games:
February 7 to 23

XI Paralympic Winter Games:
March 7 to 16

- With 12 new events, Sochi will be the largest Winter Olympics to date. The disciplines making their Games debut are freestyle ski halfpipe (men and women), ski slopestyle (men and women), snowboard slopestyle (men and women), snowboard parallel special slalom (men and women), biathlon mixed relay, women's ski jumping, figure skating team event, and luge team relay. Para-snowboarding will be making its first appearance at the Paralympic Games.

- The Sochi torch relay will be the longest in Olympics history, covering an average of 332 miles a day and visiting 2,900 cities and towns across all 83 regions of Russia. 90% of Russia's 142 million citizens will be within an hour of the torch at some point in the relay.

- With an average February temperature of 50 degrees (Fahrenheit), Sochi is the warmest city in Russia, and the warmest city to ever host a Winter Olympics.

- Canada spent less than \$2 billion on the 2010 Winter Olympics in Vancouver – the Sochi Games are being estimated to cost over \$40 billion, making them the most expensive Games (Summer or Winter) in history.

- The anti-doping laboratory at Sochi will be five stories, in close proximity to the sports venues, and will house drug-testing labs along with public spaces and offices for the International Olympic Committee (IOC), International Paralympic Committee (IPC), and World Anti-Doping Agency (WADA).

- Around 2,500 drug tests will be performed at the Sochi Olympics, up from the 2,149 tests conducted at the 2010 Games in Vancouver.

Keep an eye out this fall for important updates from USADA regarding anti-doping rules specific to the 2014 Winter Olympics and Paralympics.

Playing Through: Current and Former International Athletes of USADA

While USADA's employees do the best they can to understand the hectic daily lives of the athletes that they test, some in the office can more directly relate to the complex lives of elite international competitors.

USADA employees LaDonna Reed (LR), Shikha Tandon (ST), and Andy Morrison (AM) are no strangers to all of the rights and responsibilities that go along with living life as world-class athletes.

The trio shared the details on their athletic backgrounds, what anti-doping was like when they were competing, and life after sport.

What is your current job title and role with USADA?

LR: I am the Olympic Education Program Lead. My job is to be a source of anti-doping knowledge and find a variety of ways to help athletes, coaches, and NGB contacts understand that information.



ST: I work with USADA as the Science Program Lead. I assist in the daily operation, development, and maintenance of the resources critical to the science team. I also am responsible for managing processes related to USADA's Therapeutic Use Exemption (TUE) procedures.

AM: As Director of the Sport Testing and Resources (STAR) Division, I oversee three main teams within USADA that make up the department: Test Planning and Administration, Sample Collection Operations, and Client Services Testing. Within those, I supervise planning tests on athletes in the Registered Testing Pool, ensure the quality management of Doping Control Officers (DCOs) and Sample Collection Personnel, and manage the test requests that USADA receives from non-Olympic clients, respectively.

What sport(s) did you compete in?

LR: I took on gymnastics at 6 years old because the school called my mom saying they feared I would get hurt swinging on the monkey bars. After a year

and a half of gymnastics at Cal State Fullerton, I switched to track and field and competed as a heptathlete (seven events). I now compete in the Masters division for USA Track & Field doing the 100 meters, long jump, javelin, and shot put.

ST: I represented India in swimming from 1996-2010. *(Editor's note: Shikha competed in Athens at the 2004 Summer Olympics and has won 146 national medals, 36 in international competitions, and still holds four national records).*

AM: Growing up in the UK, I played a number of different sports through high school. Rugby, however, became my focus in my senior year. I played representative rugby for the Midlands District in Scotland (one of four representative teams made up of the best players in the region), and after graduating, went on to play club rugby for the Southern Rugby Club in Dunedin, New Zealand. Returning to Edinburgh, Scotland for University, I continued my career playing for the Heriot's Rugby Club for four years and also playing representative rugby for the Edinburgh district team.

What is your proudest athletic achievement?

LR: Like most athletes, dealing with injuries is sometimes part of the game. I had foot surgery in 2010 and the doctors told me I would not be able to run again. I was in a foot boot for most of 2011. My will to train again over-powered the disability I had to deal with and got me back on the track. After only two local competitions, I went to Nationals and won third place in the long jump. I called it my 'comeback kid' moment!

ST: Being the only swimmer to represent India at the 2004 Athens Olympics.

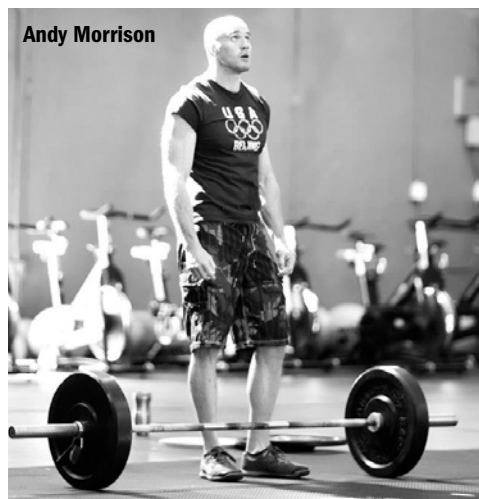
What are the biggest differences between the drug testing process from when you were tested as an athlete versus the process now?

LR: When I was tested in college, I never had anti-doping education. I had no idea what substances they were testing for. I do remember it took me five hours to produce my first sample. Now, working at USADA, I feel proud that I can head out and educate athletes about the drug testing process so they don't experience the shock that I did during their first testing experience.

ST: There aren't major differences in the drug testing process from the time I was tested [as an

athlete] versus now. In India, however, we did not have easy access to resources where we could check the status of our medications. Anti-doping education and knowledge of the WADA Prohibited List and testing procedures came primarily from our coaches.

AM: I think that testing has become a much more prominent aspect of sport. Playing club rugby in Scotland 10 years ago, we never got tested, and only a couple of guys were tested from the representative teams. However, as I still keep in touch with a few of the guys who are playing today, it is apparent that more testing is occurring at these lower levels, which I believe is a good thing for the sport.



What is the most important lesson you have ever learned from sports?

LR: Whether I was competing locally or internationally, I have learned that sport brings together all walks of life. Even if you don't understand each other's language, a smile, high five, thumbs up, or pat on the back after a race is understood by all. Clean athletes know what it means to compete at this level and all of the hard work and sacrifice that goes into each practice and training.

ST: Time management – I have always had to find a balance between academics and sports, especially through college and grad school. Athletes learn to pack more into a day than most other people do!

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Answer to "Who Said It?"

(from page 4)

– Jimmy Moody, 2016 Olympic hopeful in fencing and TrueSport Athlete Ambassador

Meet TrueSport Ambassador Janet Evans

TrueSport®, USADA's grassroots initiative to inspire clean competition at the youth level, is excited to announce Janet Evans as one of their newest athlete ambassadors.

Evans, who is considered one of the best distance swimmers in the history of the sport, represented the United States at three Summer Olympic Games from 1988-1996 and medaled five times, four of which were gold.

Formerly a world record holder in the 400, 800, and 1500-meter freestyle events, Evans embodies everything the Olympics stand for; sportsmanship, athleticism, and positively representing one's country on a global stage.

Aiming to encourage fair play, integrity, and athletic sincerity among America's youth, the TrueSport Athlete Ambassadors aspire to instill valuable life lessons taught through sport.

Evans, who competed against the infamous East German national teams in the late '80s and early '90s,

is equally elated to be joining the TrueSport team.

"I am honored to be a TrueSport Ambassador," says Evans. "As an athlete who competed in three Olympic Games, I understand and truly believe in clean and fair sport. I believe that hard work is the key to athletic success and needs to be encouraged. As a TrueSport Ambassador, I hope I can inspire generations of athletes to work hard, play fair, and compete clean. Using my success as an Olympian to inspire others is the best part of being an Olympic Champion."

After staging a comeback by competing in the 2012 Olympic Trials in Omaha, Nebraska, the retired swimmer spends her days speaking to some of the country's most influential business leaders and motivating the youth

of America. She also regularly speaks about healthy nutrition as an ambassador for LYFE Kitchen, a restaurant and grocery that combines natural ingredients with sustainable practices.

Janet resides in Laguna Beach, California with her husband and two children, Jake and Sydney.



Photo: John Strand



TrueSport®

TrueSport® is powered by the U.S. Anti-Doping Agency (USADA), bringing action to the idea that sport can and should teach valuable life lessons.

TrueSport serves as an initiative to equip parents, coaches, teachers, and youth to cultivate, champion, and uphold sportsmanship and the positive ethical life lessons that sport teaches. Through TrueSport, USADA can inspire present and future generations of U.S. athletes through initiatives that impart the core principles of true sport.

AM: There is no substitute for hard work. It prepares you mentally and physically for the challenges you face on (and off) the field.

What was the toughest thing and the best thing about the transition from a field (or pool) to a desk?

LR: I've always stayed active and saw how it could be comfortable to go to a restaurant for lunch with your coworkers instead of going to the gym during your break. But every time I leave the track or the gym, I know the hard work will pay off. Showing my children the medals I won at a competition is priceless!

ST: The toughest part was trying to figure out what I wanted to do once my competitive career was over. The best part was figuring it out and actually landing a job in that field!

AM: I think that it was tough to get the same feeling of accomplishment as when competing (and winning) on game day. At the desk there is no final whistle, and the challenge of competition is

not as apparent, so you need to find ways to stay motivated and keep plugging away at the work. I think that this is also the best thing that I have found in my transition; learning to appreciate the different yet real challenges and rise to them, recognize that you are still part of a team and that your teammates rely on you to deliver in a similar capacity to your role on the field, and setting lofty yet attainable goals that you want to achieve.

Do you still do any form of training or competing?

LR: I no longer do gymnastics, but will occasionally bust a handstand in the gym. It's a great shoulder strength exercise and I still do the splits to maintain my flexibility. I still compete in track and field and am currently ranked third in the United States [at the Masters level] in the long jump and javelin.

ST: Ever since moving to Colorado, I've been keeping myself active with various outdoor activities. I'm a big nature fan so running and hiking are at the top of the list so far.

AM: Recently, I have competed in a number of Sprint and Olympic distance triathlons, frequently placing in the top three of my age-groups (25-29 and 30-34) over the last four years. This is my first year competing in CrossFit after being exposed to the sport about 10-12 months ago. Much of the



Shikha Tandon

training I do in CrossFit is directly relatable back to my training as a rugby player: high intensity, anaerobic work. (Editor's note: Andy competed in the 2013 CrossFit Games Southwest Regionals as part of the team event in Salt Lake City, Utah).

USADA Around the World



Protecting the rights of clean athletes and the integrity of competition is an important global mission that extends far beyond USADA and the United States. National Anti-Doping Organizations (NADOs) from around the world regularly gather to engage in discussion of current issues in the world of anti-doping as well as to share ideas on best practices and new developments in science, testing, and education.

In March, several members of the USADA staff participated in important anti-doping seminars with our international counterparts.

USADA's Athlete Services Program Lead, Lindsey Roebken, traveled to the annual Tackling Doping in Sport summit in London at Twickenham Stadium for a two-day event which brought together anti-doping-related organizations and associated individuals. The Summit included discussion of current issues in anti-doping, including improving athlete education, earlier intervention techniques to prevent and deter doping, the future of cycling, and the role amnesty plays in sport.

Doping Control Manager Molly Tomlonovic attended the second official meeting of the newly formed Institute of National Anti-Doping Organizations (iNADO) and the World Anti-Doping Agency (WADA) Meeting in Lausanne, Switzerland.

With USADA as one of its founding members, iNADO is an advocate group for national and regional anti-doping member organizations from around the world. Constituent representatives gather to share anti-doping practices and collaborate on how they can help provide a strong, unified voice to help support international anti-doping efforts. This year's iNADO meeting focused on the ongoing World Anti-Doping Code Review, as well as the worldwide impact felt by USADA's investigation of the U.S. Postal Service Cycling Team.

Also in Lausanne, the WADA hosted representatives from NADOs, International Federations, Major Games Organizations, and other collection agencies for its annual anti-doping conference.

This year's theme, "Ten Years of the World Anti-Doping Code, Ten Years into the Future – The Need for New Strategies to Enhance the Fight against Doping," was particularly pertinent as WADA readies to release the updated version of its Code for 2014. With this year's conference taking place as the deadline for final proposals approached rapidly, the conversation focused on the challenges facing the anti-doping world and how effectively utilizing the WADA Code and International Standard for Testing can help generate progress.

USADA has been an active player in the Code review process for the past two years. Throughout this process, USADA's role has been to ensure that the proper and necessary rules are in place to protect clean athletes and to hold those who dope accountable for their actions. This includes rule proposals pertaining to sanction length, the standardization of return from retirement procedures, and clarification of the rules regarding whereabouts failures. This year's WADA Conference provided an opportunity to discuss and promote the proposals put forward by all interested parties.

Revisions to the current Code will be finalized and approved at the World Conference on Anti-Doping in Fall 2013 and will go into effect on January 1, 2015.

International cooperation is an important part of USADA's mission and vision, and these important meetings allow for vital interaction and idea sharing between NADOs, International Federations, sport organizations, event organizers, and of course WADA.



A Change of Place Continued from page 1

said. "My fiancé (wheelchair basketball player Gavin Cloy) is going to be trying out for the team and there is a chance he could make it – if he did that it would make it difficult to retire because I would feel that if he's going [to the Games] I have to at least try."

Regardless of her decision, Jessica is always mindful about the importance of competing clean in sport, and in life.

"I'm so much more than who I am out there on the track every day, so I don't do any harm to my body or self

with substances. I can attest that it takes hard work and dedication to achieve success, but I think that's what makes it so much sweeter. For me it's just putting in the miles every day, and hoping at the end of the road that you put enough in so you can come out on top."

Whether it ultimately is retiring, competing in an even more-popular Paralympic Games, or another unforeseen challenge, there's no doubt Jessica will embrace the change the only way she knows how: gracefully and positively.



[U.S. Anti-Doping Agency]

In its mission to preserve the integrity of competition, inspire true sport, and protect the rights of athletes, USADA is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from performance-enhancing drugs. USADA has established a number of ways to anonymously report doping in sport in an effort to protect athletes and promote clean competition:

Call 1-877-752-9253, email playclean@usada.org, or submit a tip online at usada.org/playclean.



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