

TRUE SPORT



VOLUME 4, ISSUE 2
 APRIL - JUNE 2004
 2550 Tenderfoot Hill Street, Suite 200
 Colorado Springs, CO 80906
 Phone: 1-719-785-2000
 Toll-Free: 1-866-601-2632
 Fax: 719-785-2001
usada@usantidoping.org

A publication dedicated to providing timely and accurate information for Olympic, Pan Am, and Paralympic Athletes.

Jimmy Pedro - World Champion

Contents

Jimmy Pedro

1-2

Updates

2-3

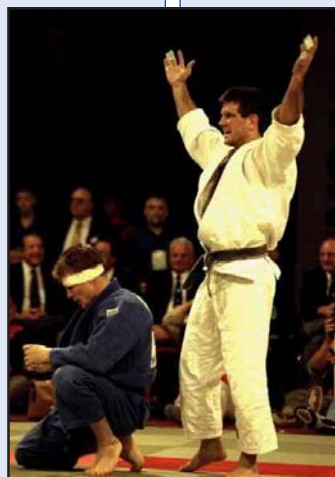
Clean Sport Campaign

4

Only the second U.S. world champion in the sport of judo, Pedro, also captured bronze medals at the 1991 and 1995 world championships, in addition to his bronze medal at the 1996 Olympics (71kg/156 pounds). A three-time Olympian (1992, 1996, 2000), Pedro works for U.S. Olympic Team sponsor, Monster, to help place Olympians in the job market, in addition to competing for a spot on the 2004 U.S. Olympic squad. He earned his bachelor's degree from Brown University in economics.

Why are you so passionate about judo?

I have been doing judo ever since I can remember. I actually grew up walking around on the judo mats at my father's club. Judo has been a part of my life ever since and I cannot imagine my life without it. I have a burning desire inside me to be the best in the world, and to win the Olympic gold. The "rush" I get from winning is like an addiction and makes me feel incredible. The reason I train so hard and sacrifice so much is the pursuit of that feeling.



What has been your greatest accomplishment in sport?

There is no doubt that my greatest accomplishment in judo was winning the 1999 World Judo Championships in Birmingham, England. This has only been done twice before by an American, and it was a dream come true for me.

What is your biggest disappointment?

I think that my biggest disappointment was finishing fifth at the 2000 Olympic Games in

Sydney. I was the odds-on favorite to bring home the gold, but did not feel right that day and did not perform as well as I had hoped.

What have been your keys to success?

Throughout my career my motto has always been that in order to be the best, you have to train harder than the rest. I do not believe that there is any secret formula for success. Being successful requires having a lofty goal, working hard, being dedicated, and relentlessly pursuing your goal until it becomes a reality.

One key to my success was never being satisfied with myself. You cannot become complacent no matter how good you are. Whenever I competed, whether I won or not, I always looked for ways to improve and get better.

Why have you decided to compete clean?

For me, there is absolutely no other way. I want to be known as a great athlete – period! I would never want anybody to be able to discredit any of my accomplishments for ANY reason, and this includes performance-enhancing drugs. I have too much integrity to ever be involved in things like that.

What is your view of the athlete's role in clean sport?

Any athlete competing at the Olympic level must be a professional in all aspects of sport, from training methods to sports psychology to the rules and regulations associated with



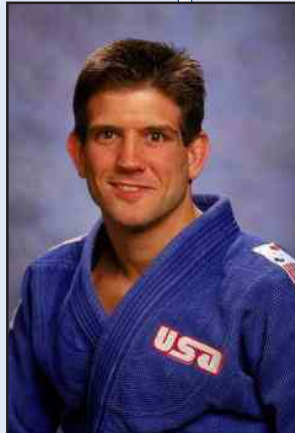
More with Jimmy on Page Two.

JIMMY PEDRO

competing. It is the athlete's responsibility to be familiar with what is legal and required to be eligible to compete. I do not think it is enough to fill out the forms and call the drug reference line, but also be aware of the latest developments and share this knowledge with others. I also feel that athletes who interact and/or teach youngsters should share their beliefs about the importance of competing clean.

How has the climate of doping in sport changed since you first started competing at the elite level?

For starters, there is a much greater awareness of the USADA and WADA drug-testing program than ever before. Personally, over the course of the last four years I have been tested far more than the previous ten years. I strongly feel that the U.S. does a tremendous job of educating and monitoring its



athletes; however, I feel that the rest of the world is still far behind in terms of making the playing field even. I suspect that this will change over time to the point where most athletes will be competing clean. In the end, there will always be cheaters and ones that find their way around the system, but I believe that a clean athlete who is determined can beat anybody regardless of the circumstances.

What advice do you have for the developmental athletes on their way up?

Train hard, follow their dreams, and compete clean. In my opinion, athletes must earn the right to win and this is done by working and training as hard as they possibly can. There is no need to take drugs and those who do will ultimately pay the price in the end, either by being caught and having a tainted image or by the negative long-term health effects.

WHAT'S NEW?

Athens Testing

Once the Olympic Village opens on July 30th, all Olympians are subject to testing, regardless of their location. This testing will follow the IN-COMPETITION testing menu.

**Take a Stand Against Doping
Call USADA when you believe the integrity of your sport is compromised by doping.**

The United States Anti-Doping Agency established **1-877-Play Clean (1-877-752-9253)** as a direct telephone link for individuals who are concerned about fair competition. Where appropriate, USADA will act based on information that can contribute to its mission of eliminating doping in sport. Callers can remain anonymous.



Website Redesign

USADA's website, www.usantidoping.org, is undergoing a facelift. The new, easier to navigate site will go live in mid-June. The site will include additional features including:

- the Drug Reference Online, which is a searchable database for the status of substances and products,
- Athlete Express, a direct route for athletes in the out-of-competition pool to access the most necessary information,
- and a resource section, which includes all athlete forms and USADA publications in one location.

My Health. My Sport. My Victory. I Compete Clean.

The distribution of USADA's public service announcements is continuing throughout the nation. Certain major markets are airing the six spots on a regular basis. A feature on the PSA campaign entitled "My health. My sport. My victory. I compete clean!" will air on U.S. Olympic Gold this spring. U.S. Olympic Gold is a 30-minute magazine show focused exclusively on U.S. athletes as they prepare for their chance at making history. Please visit the USADA web site at www.usantidoping.org for air dates or to view the PSAs.

QUICK HITTERS

Medications

If you need to take a medication that contains a prohibited substance, you need to go through the Therapeutic Use Exemption (TUE) process. This process must be completed before a doping control test.

There are two types of TUEs: the Abbreviated TUE and the Full TUE. The Abbreviated TUE process is now used instead of the restricted substance medical notification form. It is necessary for:

- Beta-2 Agonists (Asthma inhalers like Advair or salbutamol.)
- Non-systemic glucocorticosteroids (topical creams, nasal spray, ear and eye drops)

You can download an Abbreviated TUE form and the instructions for filling it out at www.usantidoping.org, [Athlete Tools, Downloads](#)

A Full TUE is required for all other medications that contain prohibited substances. **Note: Insulin now requires a Full TUE.** Instructions for completing the Full TUE can be found on page 44-45 in USADA's 2004 Guide to Prohibited Substances, found at www.usantidoping.org. You may receive assistance from the U.S. Olympic Committee Division of Sports Medicine at 719-866-4668.

New Athlete Ambassadors

USADA has added three athlete ambassadors in 2004: Paralympians Pam McGonigle (track and field) and Sarah Billmeier (skiing), along with water polo athlete, Genai Kerr.

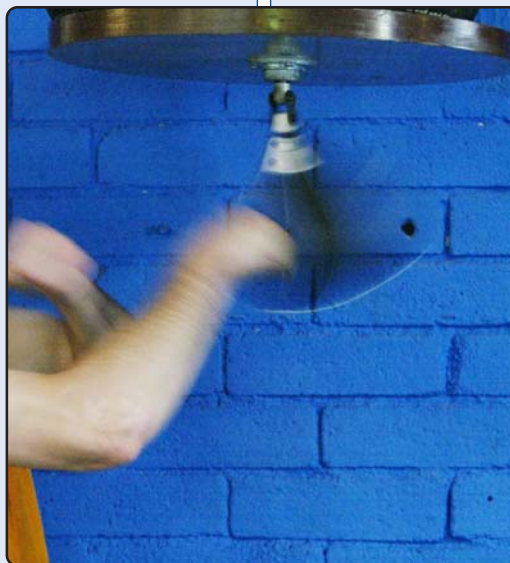
McGonigle has won numerous Paralympic medals, set Paralympic and world records and numerous national records for her visual classification. She is vying for a spot on the 2004 U.S. Paralympic squad.

Now retired, Billmeier is a 10-time Paralympic medalist in three Games, winning six gold, three silver and one bronze. In addition, she is a seven-time World Championships medalist winning six gold (three in

1994, three in 2000) and one silver (2000 super-G). Presently, she is attending Harvard Medical School.

Kerr, a graduate of UC Irvine, is a candidate for the 2004 U.S. Olympic men's water polo team. The 6-8 goalie was a member of the 2001 U.S. World Championship squad and gold medal-winning 2003 Pan American Games squad. He also works as Director of Student Services and Acting Dean of Students at Sage Hill, a private school in Newport Coast, Calif.

USADA plans to add more ambassadors as the program further develops. For more information about the Ambassador Program, check out www.usantidoping.org/ [Athlete Tools, Athlete Ambassadors](#)



Your Feedback

Clean Sport will only be achieved through a partnership with you, the athlete. Part of that partnership includes providing feedback. Your feedback is critical to USADA improving its processes. Let us know if you have ideas that can make USADA stronger. Also, we are dedicated to having the most highly trained Doping Control Officers (DCOs) in the industry. Please include feedback of how our DCOs can improve the way they carry out a test.

Friends for Athletes

Friends For Athletes Inc. (FFA) is a U.S. Olympic Committee Supported Project, which enhances the experience of the Games for Olympic and Paralympic athletes, by providing a means for them to raise funds to help their families attend the competition. FFA was formed by two-time Olympian, Sheila Taormina, who realized that it was important to her that her family share in the excitement at both Atlanta, 1996 and Sydney, 2000. To raise money Sheila's sister designed a T-shirt, which the family sold to friends, who told friends, and soon an outpouring of community support helped her entire family to be present to cheer Sheila on at the Games. For more information about FFA, go to www.friendsforathletes.com.



Athlete's
 U.S. Anti-Doping Agency
 Advantage
 ToolKit

Join the Fight!



As you gear up for a big 2004, the U.S. Anti-Doping Agency invites you to take a stand for clean sport.

Why should I care?

Your performance has always been a result of your hard work and natural abilities. You've never taken shortcuts by taking performance enhancing drugs.

What can I do about it?

Become a part of USADA's Athlete Advantage ToolKit Program and join thousands of other athletes in taking a stand against doping in sport.

How do I sign up?

Contact USADA at 866-601-2632 ext. 2044, or email us at educationnews@usantidoping.org.

Cool Shirt! How can I get one?

You'll automatically receive a free t-shirt when you sign up for the Athlete's Advantage ToolKit. If you are already registered for the ToolKit, contact USADA to receive your free *No Doubt About It* t-shirt anyway.



[my health. my sport. my victory. I compete clean!](http://www.usantidoping.org)

