

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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FOR THE LOVE OF THE GAME

An Interview with Scott Hogsett

WHILE SOME SPORTS IN THE OLYMPIC MOVEMENT PROVIDE OPPORTUNITIES FOR PARTICIPANTS TO EARN SIGNIFICANT INCOME, THERE ARE STILL ELITE PERFORMERS WHO PLAY FOR ONLY ONE REWARD — THEIR LOVE OF THE GAME.

They are passionate about the game. They can't stop thinking about the game. They play for the joy of competing. They play for the satisfaction of winning and the opportunity of learning from losses.

Scott Hogsett, wheelchair rugby coach and player, is a prime example of playing for the love of the game. Among his claims to fame, Hogsett starred in the Oscar-nominated documentary "MuderBall". His secrets to success: communication, energy, passion, motivation and attitude, all of which have led him to a life he describes as being unbelievable.

Hogsett was first introduced to wheelchair rugby about eight months after his injury that left him a paraplegic and he credits his dad and recreational therapist for introducing him to the sport and encouraging him to stay active. Prior to his accident, Hogsett competed in many sports.

"After my accident, I wasn't really sure what was going to happen next, what was available to me, and what was out there for people with a disability," Hogsett said. "One day my dad approached me and said, 'Yes, what happened to you was catastrophic, but you do have your mind and your mind will get you through whatever you need to get through.'"

At that time, Hogsett was not aware of the sports that were available to athletes with a disability. Wheelchair basketball was familiar to him as he had seen it on TV. During a therapy session, his recreational therapist asked him if he had ever heard of "MurderBall" or quad rugby. Hogsett had not, but was open to any new challenge.

From the very first practice, Hogsett fell in love with the sport. That was 11 years ago and he has never

looked back. "After the first practice," Hogsett recalled, "I realized that these were real athletes that were out here competing in a very physical and fun sport, and it was something I really enjoyed."

Wheelchair rugby fulfills Hogsett's competitive need, being one of very few sports which allows a high level of contact without getting a penalty. "It is an addiction," Hogsett says. "I can't remember how many times that I said I was going to retire but I am continually drawn back to rugby. I guess it really comes down to my passion, attitude and love for the sport that has kept me playing."

Hogsett's excitement for the sport stems from the fact that it's a team sport and he is working with other athletes who are in a similar situation. "We have all been through something very severe at some point in our life," said Hogsett. "We understand each

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SCOTT HOGSETT

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other. It's a comradeship. We are there for each other."

With his players and team members, Hogsett instills passion for the sport both on and off the court. He is the voice of his teams. He is a leader and he knows his role with each of his teams to ensure that they are mentally prepared to play and win. He is loud and his teams feed off of his energy. "I haven't always been the fastest guy, but the fastest guy doesn't always win the race. It's the smartest."

Smart and loud...two other ingredients in Hogsett's recipe for success. "It's not real flashy," he says, "but a lot of people get tired of hearing my voice. The best way to be successful, though, is to communicate. My teams have always communicated well and that is why we have done well."

As a coach and an athlete, competing clean is important to Hogsett. It is hard to keep up with the athletes who are doping, and that isn't fair to the athletes competing clean. Hogsett believes sports

should be played on an equal playing surface.

Athletes at all levels remember bits of advice from past coaches, mentors, friends, parents, etc. The best piece of advice given to Hogsett was from a friend who said, "It's not how you do it, just as long as you do it." That is how Hogsett lives his life. He knows that he is not always "textbook" in his approach because of his wheelchair, but the way he gets it done doesn't matter as long as he does it.

At the level in which Hogsett plays, what really excites him is that every time he goes somewhere new or does something new, something bigger and better always happens. "Before my injury, I was not an Olympic- or Paralympic-caliber athlete. I started playing wheelchair rugby, and all of a sudden, I'm an elite athlete; trying out for a Paralympic Team; making the team; and then going to Athens (Greece) to compete in the 2004 Paralympic Games. Not in a million years is this something that I ever would have thought I would accomplish."

Outside of his athletic career, Hogsett is a motivational speaker for The Hartford informing others about the opportunities that are available to people, with or without disabilities.

"When I was in rehab," Hogsett remembers, "a guy in a wheelchair came to visit me and he really motivated me. Since then, I've always thought that I needed to give back to others. When you first come to the realization that you are disabled,

you have no idea what options you have, and the way to learn is from someone else. I truly believe that learning from someone who has 'been there, done that' is the best way, and that is what I try to do through my mentoring."

"I often say that I have perfected being a quadriplegic," said Hogsett. "I've been very fortunate, and I've been able to accomplish a lot. Don't get me wrong, I still have a lot to learn, and I've paid the consequences for some of the stuff I've done. However, I would not change one thing in my life. It's been amazing so far and hopefully there is a lot more to come."

A graduate of Arizona State University with a degree in Recreational Therapy, after rugby Hogsett hopes to work with children with disabilities in the field of sport, encouraging them to never give up because of a disability. Originally from Spokane, Washington, Hogsett currently resides in Phoenix, Arizona with his wife.



The Loudspeaker

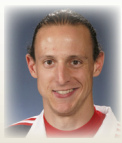
Olympic and Paralympic athletes describe how intensity and passion impact training and success in their respective sports.



Name: Cassie Johnson
Sport: Curling
Years Competing: 13 years
Hometown: Minneapolis, MN

What drives you to train long hours every day and compete year round?

There are many reasons, the top ones being that it helps build confidence and I get to hang out with my best friends – my teammates. I get to travel to different countries and make new friends. I really enjoy the thrill and pressure of being in a competitive game that requires a lot of strategy and fine shot-making. There's a huge feeling of accomplishment after a game like that, even if we are the ones to come out with the loss.



Name: Phil Eatherton
Sport: Volleyball
Years Competing: 17 years
Hometown: Lemay, MO

What does "intensity" mean to you when you're training and competing?

Training with intensity is super important. If you don't love what you are doing then, first of all, there is no point in doing it... and secondly you are not going to be successful at it. Train like a winner and you will play like a winner.



Name: Stephanie Wheeler
Sport: Wheelchair Basketball
Years Competing: 13 years
Hometown: Norlina, NC

How does your passion to compete impact your ideals about clean sport?

The sport of wheelchair basketball is amazing. As an athlete, it has given me so many incredible opportunities to travel the world, meet new people, and maximize my potential as a person and an athlete. When I compete, I want to know that my success is a direct result of my hard work and what I have put into making myself a better athlete. I don't want my success to be tainted in any way by an outside substance. Just knowing that my success comes from my passion and desire is the greatest achievement of all.



QUICK HITTERS

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

PUT IN YOUR TWO CENTS:

USADA and WADA want to hear from you.

You are a critical part of the process for the continued efforts to harmonize anti-doping programs worldwide.

HISTORY:

The World Anti-Doping Code (Code) is the core document that provides a framework for the anti-doping policies, rules and regulations within sport organizations and among public authorities worldwide. The Code was first developed in 2003 and took effect in 2004. It is the first document to harmonize regulations regarding anti-doping matters across all sports and countries of the world.

CURRENT ACTIONS:

The Code is currently being updated, using the existing 2003 Code as its basis. This revision process involves extensive consultation with partners and experts. As part of its consultation process for updating the Code, the World Anti-Doping Agency (WADA) is soliciting review and comment by all stakeholders...that means you, athletes, coaches, medical staff, sport governing bodies, etc.

WHAT TO DO:

- Go to www.wada-ama.org, click on the review icon at the bottom right side of the web page which takes you to the Code Review page.
- In the left navigation pane, click on **3rd Consultation Phase**.
- In the Download Center on the right side there are various versions of the draft for your review. Click on **WADA 2007 Code Version 2.0**
- The International Standard for Testing is also being updated and can be found at www.wada-ama.org/rtecontent/document/IST_1.0.pdf
- USADA is collecting feedback from U.S. constituents and will incorporate all input into our response to WADA. Please send your feedback electronically, preferably in a Word document, to communications@usantidoping.org. Put "WADA Code Feedback" in the subject to help ensure your communication gets to the right place. If the deadline of July 31, 2007 has passed, there will be one final document circulated for review in October 2007.

WHAT'S NEXT:

- Based on current feedback collected, a **Third Revised Draft - 2007** of the Code will be developed and circulated in October 2007.
- Acceptance of the revised World Anti-Doping Code is scheduled to occur at the WADA Foundation Board Meeting during the [World Conference on Doping in Sport](#), to be hosted in Madrid, Spain, November 15-17, 2007.

OUT-OF-COMPETITION NEWS

Did I Miss a Test?

It has happened to many of you – your coach, parent or roommate frantically calls you to say that a USADA Doping Control Officer (DCO) is looking for you for an Out-of-Competition (OOC) test. Unfortunately, you are out of town and will not be available for testing. What happens next?

Well, this is considered an “unavailable attempt” and the USADA DCO will complete paperwork indicating the dates, locations and times related to his or her attempt to locate you. This paperwork is forwarded to USADA for review by the CEO who makes a decision as to whether or not the unavailable attempt will be initially declared a missed test. If a missed test is declared, you will be notified via letter, and you have an opportunity to submit a written response which may include any information you would like to provide related to why you were unavailable or prevented from submitting an update to your schedule. The CEO will review the information you provide and make a final decision as to whether the unavailable attempt will be declared a missed test. You can expect to be notified again via letter as to the final decision.

It is important to remember that missed tests are avoidable – just ensure you:

- Submit your quarterly ALF by the deadline
- Remember to submit updates to USADA any time your whereabouts information changes from that which you previously provided.

If you ever need assistance in updating your whereabouts, please call Kit Lee at 719-785-2006 or toll-free at 1-800-601-2632.

ATTENTION ALL ATHLETES

USADA will begin additional Blood Testing in 2007...

Leveling the playing field is critical to protecting the integrity of sport. In addition to urine collections, USADA will roll out more blood testing in the fall. You will hear more about this testing over the next few months. In the meantime, feel free to direct any questions regarding USADA's blood testing program to usada@usantidoping.org.

Paralympics Inspired

Joe Walsh

Joe Walsh, Managing Director for U.S. Paralympics and retired Paralympian, took time out of his busy schedule to share his thoughts on how his passion and motivation are essential for success in the sporting world, what his work through Paralympic sport means to him and what he hopes to accomplish through it.

How, when and why did you become involved in Paralympic sport?

I began competing in Paralympic cross country skiing after college. I just happened upon a news story in a local paper and followed the lead until I found the people who could tell me how to get involved. I had skied in college, and although I hadn't been particularly competitive among college racers, I was able to train over a number of years to become competitive in the international Paralympic arena. It was tremendously motivating to find this arena and discover that with hard work I could put myself into a position to win races.

What does working with Paralympic athletes mean to you?

The opportunity to work for the U.S. Olympic Committee is truly a privilege. Working with Paralympic athletes in this capacity, especially at this point in history, is both exhilarating and exhausting. Our collective pursuits to build awareness of Paralympic sport, participation in Paralympic sport and support for U.S. Paralympics national team athletes are high-speed, high-intensity and constant. Seeing the work the top U.S. Paralympic athletes put into their training and preparation every day motivates me and the rest of the Paralympics division staff to keep our efforts always turned on and always in high gear.

Describe how you approach your work, and what you hope to accomplish through it.

I approach my work as a collection of small and immediate tasks that need to be accomplished in pursuit of more substantive long-term objectives. I approach my work just like I approach my training as an athlete. Each day's work needs to be done on time and to the highest quality if the end objectives are to be realized. What I hope to accomplish – along with the many, many other people working to develop Paralympic sport – is to establish awareness

and opportunity throughout the country so that every adult and child with a physical disability knows that he or she can participate in sports and knows how to access that opportunity. Equally high on the list, the entire USOC and the many National Governing Bodies involved with Paralympic sport are committed to building the resources available to provide the best possible support to the top U.S. Paralympic athletes. This support includes human resources (coaches and program management), performance services (technical, training, recovery, testing), and financial resources to support team activities and to provide directly to athletes in support of their everyday training. The third big objective is to help shape and strengthen the Paralympic Movement worldwide so that the same opportunities exist for individuals who have disabilities around the world and so that the Paralympic Games and other top competition among nations is highly competitive and truly exceptional.

How would you describe the passion that you see displayed by athletes in the Paralympic Movement? What fuels their intensity and momentum? In what way/s do you believe this passion fuels athletes' commitment to compete clean?

Ah, the clean question. This is good. The passion that Paralympic athletes bring to training and competition may come from their pursuit of perfection, their enjoyment of the competition, or their desire to overcome adversity – in whatever form that has come to them. Their passion to compete clean mirrors the passion of the great majority of Olympic athletes to compete clean. Sport is about testing oneself against others and against the clock, gravity or each athlete's own limitations. To cheat by doping is to make that test less true and to undermine the reasons for competing in the first place.

There are really as many motivations for competing in Paralympic sport as there are in Olympic sport. Motivation is fundamentally a psychological or personality trait, and the physical disabilities that make Paralympic athletes distinct do not fundamentally change these psychological and personality traits. There are nice athletes and mean athletes; loud athletes and quiet athletes; pensive athletes and those who have a tough time remembering to bring their goggles to the swim meet. Perhaps Paralympic athletes have additional motivation to compete clean because at least many of them have been through a real struggle, whether that was growing up "different" or sustaining a life-changing event. Maybe Paralympic athletes have the advantage of having chosen to survive, having chosen to overcome the disability or just having had to work just that much harder to be successful. Maybe they recognize that the perceived short-term benefits of doping aren't necessary to be successful and will make life more difficult down the road.



WHO SAID IT?

"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill – none have wrestled without pride."

(Answer on back page)

TECHNICALLY SPEAKING:

Does "Energy Drink" In = Energy Out?

What Kind of Consumer are you?

You find them everywhere. So-called energy drinks with names like Red Bull, Piranha, Monster and Rock Star are on the shelves of your local grocery store, in vending machines at the gym and at the convenience store in the gas station down the street. Frequently displayed next to the Gatorade and fruit juices, energy drinks are heavily marketed to young adults and athletes.

You have probably read claims like these:

- **SoBe Beverages** – "Energize the body, uplift the spirit, and enlighten the mind."
- **Piranha** – "Bite back with high-intensity" and the 16 oz. can will give you a maximum energy burst.
- **KMX** – "Be Bold. Stay Focused. Don't miss a beat. Be ready for what's out there."
- **Monster** – "Unleash the Beast within."
- **Rock Star** – The 24 oz. can will allow you to "Party Like a Rock Star."
- **Red Bull** – "Gives you wings and Improves

performance, increases concentration and reaction speed, increases endurance and stimulates metabolism."

But, have you ever asked yourself what so-called energy drinks really do? Should you accept the advertising claims at face value? Can energy drinks give you more energy, uplift your spirit and increase your concentration and reaction speed? And, even if these drinks could really deliver on the promises made about them, is there a hidden price to pay for drinking them?

As consumers, and particularly as athletes, we must remember that we are a target audience for the manufacturers of these drinks as they aim to sell more and make more money. Advertisements, images and slogans are created for a purpose – to convince us to buy the advertiser's product. Ads are carefully created and test-marketed to send specific messages to a target audience. Generally, ads are designed to

appeal to our emotions, fears and desires rather than to logic. Be cautious. Be a smart consumer and generally avoid products that promise to give you "Quick Energy" or "Quick Recovery." Such claims should be viewed as red flags and spur us to further investigation.

Each drink is different, but most energy drinks contain a cocktail of fancy, high-tech-sounding ingredients which are not regulated, have little or no nutritional value, and can be potentially harmful given that many of them can enhance the potency of stimulants in the drinks. Many energy drinks contain:

- **Taurine** – a non-essential amino acid some claim boosts the effectiveness of caffeine,
- **Guarana** – a Brazilian berry with a fruity taste and one of the richest sources of caffeine, and/or
- **Ginseng** – an herb which can enhance the potency of stimulants.

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The Training Room

Passionate Leadership

A word from Mike Candrea, USA Softball Women's National Team Coach

Mike Candrea has won seven national softball championships, 10 Pac-10 titles and 10 Pac-10 Coach of the Year awards at Arizona. He coached the U.S. Women's National Team to a gold medal in Athens and was recently named USA Softball's 2007 Women's National Team Head Coach. Official word on whether or not he will coach the 2008 Olympic squad will likely come in September, but it is largely expected that he will continue in that capacity for the Beijing 2008 Olympic Games.

Coach Candrea shared some wisdom on instilling the passion to play in his athletes.

What has contributed to such a high winning percentage under your leadership?

It comes down to having great players and preparing them to execute in performance situations.

To what do you attribute your teams' successes – offensively, defensively and pitching?

You try to recruit people with the same high standards and goals as you have and try to develop a consistent process. We play a game of repetition. It is very monotonous, but it instills consistency. That consistency is what you need out of your athletes in a game situation.

Where do your athletes get and keep the momentum to play for you, for each other, for themselves, for the organization, for the country.....?

It comes down to getting people to buy into the system and balancing the consistency that you build into your program with knowing what buttons to push – knowing when someone needs to get their butt kicked or needs to be lifted up.

How do you instill the intensity to play and passion for the sport in your athletes?

You have to lead by example and set the tone. It starts with passion and all the things you try to instill in yourself. You try to get the players to understand that it is a process-oriented journey that is not so different from living life. The important thing is to be passionate, which I believe is a key to life. If you are passionate about your work it becomes fun, you become better at it, and ultimately are more successful and hopefully happier.

Does "Energy Drink" In = Energy Out?

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Additionally, manufacturers of energy drinks can mix ingredients without scientifically verifying their safety. Recently, scientists have started to prove that some herbal energizers can be dangerous to your health, and although most of these beverages don't have enough of any one herb to do you harm, mixing these herbs with certain medications could even be lethal, as you may not be aware of how the herbs may react with your prescription medications. The amount of caffeine and other stimulants or stimulant-like herbs in energy drinks can also be a cause for alarm as the side effects from the repeated or misused consumption of these drinks could potentially be a health threat. Stimulant abuse has a range of possible side effects including:

- Addiction and withdrawal symptoms;
- Dehydration – For instance, the diuretic quality of caffeine can have a dehydrating effect, potentially leading to other side effects, including less blood being pumped with each heart beat, cramping and, ultimately, exhaustion;
- Anxiety;
- Tremors;
- Increased heart rate and blood pressure;
- Possible cardiac arrhythmia (an abnormality of the rhythm or rate of the heart); and
- Insomnia.

Thus, in many cases, energy drinks may actually bring on fatigue and interfere with optimal athletic performance. Any stimulant effect may be short lived or non-existent. Many people know their personal limits when it comes to ingesting caffeine. The knowledge that consumers often lack, however, consists of effects caused by other stimulants. Not only can high amounts of stimulants be harmful to your body, but there is no documented health benefit in consuming "stimulant" drinks.



Why do we, as a society, consume energy drinks in ever increasing numbers? They're easy to drink, some of them taste good and many people like the apparent "energy rush" they get from drinking them. The perception that the drink is working and is giving you energy is known as a rush – the feeling of floating on air, a tingling sensation in your body, and a rush of lively and active feelings. However, this short-term rush is deceptive. You feel good for a short period, but once your body starts to use up the substantial quantities of sugar in these drinks, the effects of the caffeine and other stimulants wear off causing you to "crash" – and leaving you with a tired and drained feeling.

When energy drinks are consumed and a short-term rush or feeling of stimulation is experienced many people think that they are getting energy. This is not true. What they are frequently getting is a large dose of caffeine with some carbohydrates thrown in as a side order. It is a recipe for short-term stimulation and long-term fatigue.

The best piece of advice to remember is that the energy needed to sustain difficult and long training schedules and other daily activities and responsibilities is not going to be found in a can or a bottle. The only reliable way to maximize peak performance is to evaluate and modify your dietary intake to ensure that you are meeting the nutritional requirements for your body and level of energy output. When it comes to optimizing your diet, the sensible and scientific approach is to consult a dietician or other health care professional rather than rely upon the grandiose claims of an advertising firm.

Remember, as an athlete, anything that you put in your body should be of utmost importance to you. It is up to you to be sure that the food and drink you consume will satisfy your body's needs and not strip you of the valuable energy you need to be at the top of your game. Do the research. Don't just give in to an advertiser's self-serving claims – because simply guzzling energy drinks in does not mean peak performance will come out.

For further information, please refer to the USADA nutritional module:
Optimal Dietary Intake...The Basics, which can be found at
www.usada.org/go/nutrition.

Answer to "Who Said It?"...

Dan Gable

Dan Gable is a legend in the world of wrestling first as a competitor and then as a coach. Go to www.dangable.com to fully appreciate the depth and breadth of his accomplishments.

TAKE A STAND AGAINST DOPING!

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



SPIRIT Sport and **Playing FIELD**

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