



TrueSport[™]



True Sport[™] Compete Strong. Play Fair.

Part of being an elite athlete, or an athlete at any level, is performing well in your given sport(s). It's a given. It's what is at the heart of competition – the reward that can come with seeking out the limits of personal achievement.

And isn't it also about possibility? About the amazement of recognizing your potential and striving to attain it.

The sport journey in and of itself can be a huge reward, not to mention the tangible benefits of awards, medals, prize money and recognition. And along with the passion and thrill of reaching potential, and the glory of realizing sport success, can come the inevitable challenges: pressure, insecurity, temptation, and even fear. This can be a very real aspect of the sports experience, and a very authentic part of the journey. It is how you navigate all of these aspects that define what kind of athlete you will be.

Too often, we witness issues in sport in America, such as rule violations, egregious ethics breaches by authority figures, abhorrent and sometimes dangerous fan behavior, and of course use of performance-enhancing drugs. These behaviors trickle down to the youth level with concerns like early specialization, overtraining, overuse injuries, competitive and scholarship pressure, overzealous parents, intolerant and/or under-qualified coaches, and even performance-enhancing tactics at earlier ages. The proliferation and combination of these types of issues lead to the win-at-all costs culture we experience in sport today, creating a singular focus on winning and losing sight of what it actually means to achieve.

“Since at least 50 million young people are involved in sport, we have at least 50 million reasons to support and protect the inherently positive life lessons

Every year, more than 200 million American adults and youth participate on some level in sport. Estimates put the combined dollar value of the American and European sport sectors alone at more than \$900 billion U.S. dollars. As a global institution, sport is a powerful force, and there is nothing quite like it to bring people together, impart invaluable life skills and tools, and provide unique and profound experiences and adventures. It is undeniably one of our most beloved pastimes and endeavors - a key pillar of our U.S. culture and responsible for countless benefits to the vast majority of Americans - in fact, so much so that the rewards and pressures of success in sport can lead some participants to embrace priorities that are seemingly at odds with its potential value, including doping.

We hear from people all the time that the anti-doping work USADA does is critically important, and in order to eradicate such behavior, we must address its antecedents, recognize and preserve the good values sport brings, and begin education and prevention efforts among youth at key, influential, intervention stages. Ultimately, sport impacts our society at every level: from little-leaguers to Olympians, from weekend warriors to professional competitors – and our youth deserve to have teachers, parents and coaches equipped with resources to understand that participatory sport is a powerful driver of health and social connectedness, as well as a vehicle for building character and promoting positive values. (Continued on page 7)

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.

Remembering Alan Fenner

A man who truly appreciated and embraced every opportunity that was given to him passed away on January 11, 2012. Alan Fenner began his work with USADA in 2008 as the primary Phlebotomist/Blood Collection Officer (BCO). During his initial work with USADA, Alan immediately demonstrated that he was a highly talented phlebotomist. While his ability to draw blood in such a smooth and effortless fashion was what initially caught USADA's eye, it was Alan's character that made everyone realize how special he really was. Alan's remarkably calm and composed demeanor created a comfortable environment that placed athletes at ease during the blood collection process. His talent made him a favorite amongst athletes, Doping Control Officers (DCOs), and National Governing Bodies (NGBs).

Alan was truly committed to USADA and everything it stands for. He exemplified USADA's core values: integrity, respect, teamwork, responsibility, and courage. This was evident through the glowing feedback and remarks Alan received from athletes, coaches, DCOs, and NGBs. His ability and willingness to go above and beyond to accommodate the needs of everyone he worked with speaks volumes to the type of person he was. Alan's contributions and impact on USADA were invaluable and will be everlasting.

Alan is survived by his children, Jared and Marisa, and his wife Cheri.



Speaking with several of Alan's former co-workers, they described him and his contributions to clean sport:

"Alan Fenner's contribution to sports drug testing cannot be overstated. The professionalism and courteous demeanor with which he approached his important role in collecting blood for the Olympic Movement and other professional athletes is reflected by the many requests from high profile athletes that he personally draw their blood. I remember recently witnessing one professional athlete's astonishment at how quickly and painlessly Alan drew his blood, and this reaction was common when Alan was on the job. Not only was Alan one of the best in the sports drug testing business, he was a family man of the utmost integrity and dependability who took pride in his work with USADA and his contribution to clean sport. He will be missed by all."

– **Stephen Starks**, USADA Legal Affairs Director: March 2008-October 2011

"Alan lived life to the fullest and was an inspiration to many. He always had a warm, calm, and friendly demeanor that made him, in all respects, perfect in his role as a phlebotomist. He was well liked and very well respected amongst our country's athletes. Without question he was the best in the business. He will be deeply missed."

– **Kris Forberg**, USADA Doping Control Officer, Regional Team Lead West Region

What's New with Dietary Supplements?

[Supplement 411.org](#) is the latest tool in the collection of resources USADA provides to help athletes, coaches and athlete support personnel understand the risks associated with the use of dietary supplements and provide the necessary information to help athletes make a healthy, informed decision.

"The current marketplace has created a dilemma in which all athletes must balance their beliefs that these products provide a nutritional benefit, with the very real threat of the potential for dangerous health side-effects," said USADA CEO Travis T. Tygart.

The website [Supplement411.org](#) is a comprehensive online educational portal that addresses the important issues surrounding the use of dietary supplements including: challenging the commonly held perceptions that dietary supplements are

safe and effective; raising awareness of the risks in the dietary supplement marketplace; and providing guidance, resources and steps that can be taken to reduce risk as much as possible if an individual decides to use dietary supplements.

Some additional key features on [Supplement 411.org](#) include:

- A supplement bottle video that gives an in-depth look at problems with packaging and labeling;
- The High Risk list, which names specific supplements that are known to contain prohibited substances;
- And also, a third party testing guide which helps evaluate independent supplement testing companies;



"Education is key when making a choice whether or not to use a supplement. After checking out the new Supplement411 website I got peace of mind from the 'Advanced Nutrition' section," said Lauryn Williams Olympic medalist and World Champion sprinter, "Using reputable resources such as the Supplement411 website can help you make the decision that is best for you."

USADA hopes that Supplement 411 empowers all athletes to make the best informed decision concerning supplement use.

Meet the USADA Sportfolio Team

The USADA Sportfolio team is a multifaceted group tasked with handling several aspects of the USADA drug testing program. Sportfolio works closely with several outside groups including: National Governing Bodies (NGBs), International Federations (IFs), the World Anti-Doping Agency (WADA), National Anti-Doping Organizations (NADOs), and Registered Testing Pool (RTP) athletes. The team maintains the RTP (group of elite-level athletes who meet NGB criteria to be added to the RTP), provides quarterly whereabouts reminders, handles intelligence testing, international testing, event testing, athlete testing plans, and manages the Clearinghouse (online resource for NGBs) and Simon (USADA's database system).

Molly Tomlonovic, Doping Control Manager, leads and oversees the Sportfolio team. Molly has many responsibilities that include developing and managing the Test Distribution Plan (TDP), overseeing the completion of the United States Olympic Committee (USOC) requirements, and creating and maintaining relationships with WADA, NADOs and IFs. Molly recently spent a month in Switzerland where she worked with the Swiss Anti-Doping Commission and helped with the WADA conference. She also worked in Dublin, Ireland to provide technical support on Simon, USADA's anti-doping database.

Clark Kelley, Sportfolio Program Lead, manages all international testing and non-Olympic and other contract clients. He is also responsible for managing incoming and outgoing requests from international anti-doping agencies and other contract clients.

Kitten Lee, Simon Project Lead, maintains both the Clearinghouse and Simon. Kitten provides technical support for the Simon database in



*From left to right: Back Row: Bradley Guye, Molly Tomlonovic, Lindsey Roebken, Clark Kelley
Front Row: Lani Hawes, Brittney Bender, Christina Zarndt, Kitten Lee*

addition to the athlete section of the USADA website where athletes log in to file their quarterly whereabouts.

Brad Guye, Test Planning and Administration Specialist, focuses on efficient intelligence testing. Brad works with the Sportfolio coordinators to ensure strategic testing plans are successfully carried out. He also works closely with the USADA Science Department to research potential testing plans.

The Sportfolio Coordinators, **Lani Hawes**, **Lindsey Roebken** and **Christina Zarndt** are each responsible for a group of Olympic, Paralympic, Pan American, and Parapan American sports. Each coordinator is a point of contact for NGBs as well as athletes. The coordinators work on maintaining RTPs, work with regional Doping Control Officers (DCOs) to ensure completion of athlete test plans and provide customer service via Athlete Express.

Molly is not the only team member who is working internationally. Lindsey was selected to represent USADA in order to help UK Anti-Doping (UKAD) during the Olympics. She will be in London for ten weeks helping UKAD maintain their testing plans while the rest of the London-based office shifts their focus to the upcoming Olympic Games.

Rounding out the team is **Brittany Bender**, Operations Administrator. Brittany carries out the day-to-day functions of the team including data entry, athlete notifications, updates, shipping and receiving as well as a host of other support responsibilities.

The Sportfolio team handles many of the operational functions of USADA. Working together, the team strives for excellence one notification at a time.

ASK *The Scientists!*

Q: Why do athletes need to provide 90mL of urine?

A: The labs test for nearly 200 Prohibited Substances of many different types - from steroids to EPO. Some tests only require one teaspoon of urine whereas others may require two tablespoons. The approximately quarter of a cup (60 ml) of urine that goes into the "A" bottle are tested initially for all 200 Prohibited Substances. If a suspicious result is detected in the initial testing, the laboratory performs another test to confirm the presence of the Prohibited Substance. There has to be sufficient volume in the "A" bottle to allow all of these tests to be performed. And the "B" bottle must have sufficient urine volume to allow a confirmation test to be performed if needed. With increases in the number of compounds on the Prohibited List over the past decade, the labs are very efficient at increasing their testing capabilities without increasing the need for more than 90 ml of urine.

Q: Will athletes be required to provide 90mL when they are tested in London during the Olympic/Paralympic Games?

A: Yes. The same 90mL collection requirement will apply during the period of the London Games.



Dr. Larry Bowers,
USADA Chief
Science Officer



Dr. Matt Fedoruk,
USADA Science
Director

USADA TUE Policy *for London-Bound Athletes*

USADA's mission of preserving the integrity of competition and protecting the health of athletes continues in full force as USADA focuses its efforts on athletes preparing for the London 2012 Olympic and Paralympic Games.



The importance of the International Olympic Committee (IOC) and/or International Paralympic Committee (IPC) anti-doping rules and regulations is likely not the first thing that comes to an athlete's mind when preparing for the Games; however, a potential doping scandal could be one of the greatest harms to an athlete's career and reputation as well as those of fellow American athletes competing at the London Games.

The entire period of the London Games from July 16 - August 12, 2012 and the Paralympic Games August 22 - September 9, 2012 is designated as "in-competition." Therefore, athletes should be aware that they are subject to testing in accordance with the in-and out-of-competition WADA Prohibited List during the entire course of the Games, either before or after competing. It's beneficial for all athletes and support staff preparing

for the London Games to have a good understanding of the 2012 WADA Prohibited List and what medications are prohibited and not-prohibited. Athletes taking a medication and support staff should:

- Use the searchable database called Global Drug Reference Online ([Global DRO](#)) to check the status of medications or individual ingredients of particular medications. Global DRO will verify if the substance is prohibited or not prohibited in sport. This process takes little time and medications purchased in both the USA and UK can be easily searched by brand and ingredient name.
- Apply for a Therapeutic Use Exemption (TUE) if athletes are taking medications which are on the Prohibited List.

The medically-justified need for the use of a prohibited substance or prohibited method can be granted through the Therapeutic Use Exemption process. It can be summarized in three quick steps:

1. The first step is very simple-an athlete intending to compete in the London Games should confirm the status of his or her medications. If any of the medications/methods being taken/used by the athlete are prohibited, in-or out-of-competition, the athlete should download a TUE Application and supporting information which can be found on the USADA website: www.usada.org/tue.
2. The second step of the TUE process involves the athlete completing the TUE application with his or her physician and providing the appropriate medical documentation to support the use of the prohibited substance in sport.

Once the TUE application is complete, the TUE application and medical documentation should be submitted to the USADA Drug Reference Department (tue@usada.org) which will then be forwarded to the proper governing authority for review and a decision. Depending on the athlete's competition and Registered Testing Pool (RTP) status, the governing authority may either send to the USADA TUE Committee or it may be forwarded to the respective International Sport Federation (IF). Either way, a TUE Committee, which is made up of medical experts in specific medical specialties, will undertake a comprehensive review of the TUE application and determine if it should be approved or denied. At all times, the TUE application and accompanying medical documentation are kept strictly confidential.

As the Games approach, all London-bound athletes are encouraged to promptly research any medications/methods which are being taken/used, and if a medication/method is on the Prohibited List, in- or out-of-competition, athletes should submit a TUE application with the applicable medical documentation immediately. Athletes are also encouraged to engage their coaches and team medical staff to ensure everyone is aware of the athlete's medications and the potential need for a TUE well in advance of the Games.

All athletes are expected to comply with the IOC and/or IPC anti-doping rules. If you have any questions or concerns, please contact USADA directly. USADA looks forward to assisting all athletes with the TUE process. Contact USADA with questions by calling Athlete Express at (719) 785-2000 or (866) 601-2632 or email tue@usada.org.

London 2012 *Bits of Information*



The London 2012 Olympic and Paralympic Games will have more drug tests than previous Games. Approximately 5,000 tests will be conducted at the Olympic Games and 1,200 tests at the Paralympic Games.



The Drug Testing Center in London is equivalent in size to seven tennis courts and will handle an estimated 6,250 samples.



The facility will be operated by leading anti-doping experts from King's College London.



Over 50 percent of the thousands of athletes set to participate will be tested during the Games in addition to every athlete who wins a medal.

True or False

If my doctor prescribes a medication for me for therapeutic use it is not prohibited. (Answer on Page 7)

USADA Abroad: Molly Tomlonovic, Doping Control Manager

Hello, Dia duit, Bonjour, Guten tag, Ciao!

These are all greetings I heard while on my recent travels abroad as a representative of USADA.

My day-to-day job as USADA's Doping Control Manager includes overseeing several key aspects of the organization, including the USADA test distribution plan, Registered Testing Pool program, athlete whereabouts, and international testing and relationships. For the month of March I said goodbye, beannacht, au revoir, lebewohl, addio to my desk in Colorado Springs, Colo. and headed to work with our Irish and Swiss colleagues.

Given USADA's strong reputation in the international community, many of USADA's staff members are frequently asked to present at global conferences and symposiums and share our insights and knowledge about our work in anti-doping. Whether it is at a symposium or a face-to-face visit, our interactions with the global community provide a great opportunity to listen to the issues and hurdles other organizations are facing, share resources and expertise, and learn from what other organizations are doing.

The first leg of my trip brought me to Dublin, Ireland to spend a couple of days with the Irish Sports Council (ISC). The Irish are one of three other countries in addition to USADA who use Simon, USADA's anti-doping management system and database. Athletes from all four of these countries file their quarterly whereabouts filings through similar systems which are connected to Simon. During my two days with the ISC, I shared with them many of the exciting projects



USADA is developing, particularly on the education front.

From Ireland I travelled to Bern, Switzerland where I worked out of Anti-doping Switzerland's office for a few weeks. During my stay in Switzerland, I was able to meet with many of USADA's international colleagues and counterparts. My primary goals were to share with the organizations the various ways USADA is enhancing our testing coordination, sample collection, and education programs as well as to learn about the ongoing projects and initiatives at these various organizations. Additionally, I wanted to continue to build and improve the relationships USADA has with the many International Federations (IFs). Many U.S. athletes fall in both the USADA

and the IF Registered Testing Pool for their sport.

My time in Switzerland provided an opportunity to meet with contacts and discuss ways to better communicate and coordinate on whereabouts, testing, and other anti-doping responsibilities.

The final week of my trip included the annual WADA symposium. The conference brought together anti-doping contacts from around the globe, including National Anti-Doping Organizations (NADOs), IFs, major sport organizations, and other various anti-doping organizations. This year's conference centered on building better relationships between NADOs and IFs in addition to sharing resources and information on ways to continue to improve the global fight against doping. Given USADA's stature in the anti-doping movement, USADA's Science Director, Matt Fedoruk, Ph.D was invited to present to the large group. His presentation was one of the conference's most well-received, highlighting the importance of a "smart" test distribution plan. Matt provided an overview of how USADA runs an effective testing plan and provided tips on ways other NADOs could do the same.

While USADA is viewed as the gold standard in anti-doping around the world, regular communication with international colleagues helps us to identify and understand some of the key differences in various NADOs' operational structures as well as to continue to learn from each other as we all work toward the same anti-doping goals of creating a fair and level playing field for all athletes.

USADA DCOs headed to London Olympic Games

USADA is proud to send six Doping Control Officers (DCOs) to help with doping control at the 2012 London Olympic Games. Selection was made following the Vancouver 2012 Winter Games. This opportunity will be the first Olympic Games for a few of the below DCOs. Congratulations!

- **Debbie Hausmaninger**, USADA Doping Control Officer, West Region
– 1st Olympics
- **Dennis Perkey**, USADA Doping Control Officer, South Region
– 1st Olympics
- **Arnold Thomas**, USADA Doping Control Officer Regional Team Lead, South Region
– 2nd Olympics (Vancouver, London)
- **Joanna Myers**, USADA Doping Control Officer Regional Team Lead, East Region
– 1st Olympics
- **Janet Bailey**, USADA Doping Control Officer, East Region
– 1st Olympics
- **Ken Wright**, USADA Doping Control Officer, South Region
– 3rd Olympics (Salt Lake City, Vancouver, London)

Who Said it...

"...I've always wanted to wear the red, white and blue and be able to call myself a part of the U.S. Team. I really don't think there are any shortcuts. I think the only way to do it right is to get out there and work hard and give it everything."

(Answer on Page 7)

USADA Education Countdown to London

In the countdown to the 2012 Olympic and Paralympic Games, the Olympic Education Team has worked strategically to educate London-bound athletes. While USADA staff will not have a direct role in the London Games, it is the Olympic Education team's responsibility to prepare athletes prior to arriving to the Games. The team plays an integral role in ensuring the appropriate education message is delivered.

The thorough London education message is complete with: information about the date range for the games testing program, reminder to file whereabouts and submit updates accordingly, and the step-by-step process to file a Therapeutic Use Exemption (TUE). Many U.S. athletes, coaches, team leaders, and athlete support personnel received education in many ways to include face-to-face presentations, webinars, publications, and the USADA website. Athletes can rest assured the education tools and resources they receive will equip them with the appropriate anti-doping knowledge specific to the London 2012 Games.

So what are the things athletes need to know? Below are a few highlights from the International Olympic Committee (IOC) and International Paralympic Committee (IPC) Anti-Doping Rules for the Games.

1. Testing

The period of the Games (POG) is July 16 (the date the village opens) up until and including the day of closing ceremonies on August 12, 2012 for the Olympic Games and August 22-September 9, 2012 for the Paralympic Games. The entire POG will be treated as in-competition, meaning all samples will be tested for ALL prohibited substances and methods on the WADA 2012 Prohibited List.

2. Athlete Rights and Responsibilities

Athlete rights and responsibilities remain the same



during the Games, including the right to:

- Have a representative and if available, an interpreter. In addition to the athlete, the sample collection personnel, and the athlete representative, and an interpreter, an IOC representative and an International Federation representative may be present during a Sample Collection Session. Only the DCO or chaperone, the athlete rep, and third party (if a minor) should be present in the toilet area during the provision of the sample.
- The choice of the sample collection vessel and kit. During the POG, the security kit used during the Games is a cardboard box covered in clear plastic wrap as opposed to the Styrofoam box with the purple tamper evident tape; the sample collection vessel lids are white and adhere to the cup once attached; and the kits have stickers of the sample code numbers which are used for the Doping Control Form, the collection vessel and vacutainers (for blood collection) and the security vessels.
- Ask for additional information about the Sample Collection Process.
- Request a delay in reporting to the Doping Control Station for valid reasons.
- Request modifications for Athletes with disabilities.

Athletes are required to:

- Remain within direct observation of the DCO/Chaperone at all times.

- Produce identification – During the POG, the Games Accreditation can serve as appropriate identification.
- Comply with Sample Collection Procedures.
- Report immediately for a test, unless there are valid reasons for a delay (i.e. obtaining medical treatment, warming down etc.).

3. Therapeutic Use Exemptions (TUE)

As usual, athletes taking medications that are medically necessary but prohibited in sport must obtain a TUE. An approved TUE authorizes an athlete to use a prohibited substance or prohibited method in sport for a medical purpose. To gain approval, an athlete must submit to USADA the appropriate application form along with substantial medical justification for the use of the prohibited substance at least 21 days in advance of intended use. If the TUE application is approved, the athlete will receive a certificate indicating the substance or method approved and the time period for which the TUE is valid.

USADA provides several resources for athletes to determine if their substances and methods are prohibited or not prohibited in sport including: the Global Drug Reference Online website, www.GlobalDRO.com (accessible via smart phones); the USADA Wallet Card; and the USADA Drug Reference Line which can be reached by calling Athlete Express at (719) 785-2000 or (866) 601-2632.

With the Games only weeks away, it is important for athletes to continue to uphold their anti-doping responsibilities as they normally do. Competing clean, checking the status of medications, filing whereabouts, and submitting updates are the most important things that athletes need to remember to be successful leading up to and during the Games.

USADA Play Clean Tip Center



[U.S. Anti-Doping Agency]

While the word “random” has often been associated with drug testing, athletes should have the assurance that the drug testing program that protects their

rights to compete on a clean and level playing field is more sophisticated than simply drawing names and dates from a hat. In its effort to provide the best possible program to athletes, USADA uses a variety of information and resources to create its test distribution plan, or the determination of who, when, where and how athletes are tested. The result is a program that provides the best possible avenue to both detect and deter the use of performance enhancing drugs in sport.

The organization also relies heavily on information received on possible doping practices. Throughout USADA's history, intelligence has played a pivotal role in allowing the organization to catch cheaters and protect clean athletes. The Bay Area Laboratory Co-Operative (BALCO) is perhaps the most notable example in which cheating athletes were identified and sanctioned as a result of tips and information from those in the sport community.

USADA encourages everyone to report doping violations to USADA's Play Clean tip center.

USADA's Play Clean tip center is accessible by visiting www.usada.org/playclean. There, athletes can enter a tip into an anonymous form and

choose to provide as little or as much information as possible. The form will go directly to USADA's Result Management team to be investigated.

The Play Clean tip center also provides athletes with a phone number, email address, and physical address for those who wish to make a direct connection to USADA with tips or evidence.

To report doping in sport, contact USADA through the following options: You can remain anonymous.

PHONE: 877-752-9253
 EMAIL: playclean@usada.org
 MAIL: 5555 Tech Center Drive Suite 200
 Colorado Springs, CO 80919
 ONLINE: www.USADA.org/playclean

We know, based on our [research](#), that Americans care about sport and believe performance-enhancing drugs are the number one issue facing sport today. This is emblematic of a larger social issue, the overemphasis on winning and tolerance of shortcuts, both in sport and commerce, focused only on the scoreboard and the associated extrinsic rewards as the end game. Our country is experiencing the consequences of a culture that often prioritizes winning and taking shortcuts, in both sport and commerce, including role models who lack integrity and influential leaders who think rules don't apply to them – focused only on the scoreboard and the associated extrinsic rewards as the end game. Our next generations can benefit from ideals and behaviors that shift this attitude toward a re-defined notion of winning. Real winning – with a focus on the journey and celebrating progress as well as results – actually leads to greater “scoreboard wins.”

Since at least 50 million young people are involved in sport, we have at least 50 million reasons to support and protect the inherently positive life lessons learned through true sport. The vast majority will not go on to the elite-level, Olympic, Paralympic, collegiate, or professional careers, and will most benefit from sport experiences in other important life endeavors. USADA sees this big picture and we recognize that we are not alone in wanting to be proactive in acknowledging and questioning

how to best support sport in fulfilling its promise. The time is right for us all to be involved in doing something about it. This is where True Sport™ comes to life.

What is True Sport™?

True Sport™ is a bold initiative powered by USADA, designed to positively impact and preserve the future of sport in America. We want to see the amazing results of what happens when we redefine winning, celebrate progress as well as results, and focus on what is possible, while allowing our youth to fail, to learn, to grow, and to have fun.

True Sport™ is based on a solid platform of guiding principles focused on competing strong, playing fair, and achieving more, and ensuring healthy performance strategies in sports and in life.

High-impact programming and instructive resources

- Elementary, Middle, and High School curricula programs
- Online education programs and handbooks for coaches
- Parent toolkits on creating a positive environment for discovering the valuable life lessons that can be learned through sport
- Nutrition information on optimizing a sports competitor's dietary intake
- Codes of Conduct for athletes, coaches, and parents grounded in the True Sport™ Principles

Ambassador Program

- High Profile athletes who live by and embody the True Sport™ Principles and serve as role models and advocates for the millions of young up-and-coming athletes, as well as the parents, coaches, teachers and others in the sport they love.

Awards Programs & Events

- Recognizing champions of True Sport in sport, schools, and communities
- True Sport™ will attend national sporting events promoting the True Sport™ Principles and ideals.

Interactive Elements

- Join us on Facebook at www.facebook.com/truesport or follow us on Twitter @TrueSport.
- Public service campaigns and videos
- Mobile applications and games
- True Sport™ Pledge

Iconic Merchandise

- Water bottles
- Shirts
- Jackets
- Smart phone cases
- Messenger bags

Being a True Sport means finding your unlimited potential through hard work, respect, integrity, and the commitment to protecting sport for future generations from a win-at-all costs culture. How will you join the initiative and become a True Sport?

New Results Management feature is now available on the Athlete Portal

The athlete section of the USADA website has a new feature! Beginning the week of June 18, 2012, athletes who are tested by USADA will receive an e-mail notification when their testing results are available. The e-mail will inform the athlete that a USADA test has been completed and a letter regarding the results of the sample collection is available on the secure athlete login section of the USADA website (www.usada.org/athletes).

Athletes with a username and password will be instructed to login to www.usada.org/athletes to

view the testing results letter, which is available in the “results letters” section of the athlete website.

If our records indicate that the athlete does not have a USADA Online Account, the athlete will be required to create an account by clicking the link included within the e-mail. The secured link to create a new account will only be active for three days. After creating a new account and logging in to www.usada.org/athletes, the results letter will be available in the “results letters” section.

Contact Athlete Express toll-free at (866) 601-2632, (719) 785-2000, or athletesexpress@usada.org to receive a new secured link to create an account.

We hope you enjoy the new “results letters” feature as it will enable you to view your testing results in an online format. If you have any questions or feedback about the new “results letters” feature on the athlete website, please contact Athlete Express.

Answer to “True or False” (from page 4)

False. Even though it is prescribed by a doctor and it is for a medical condition, the substance and/or method could be prohibited in sport and may require a Therapeutic Use Exemption (TUE). Check the status of your medications prior to using the medication/method even if a doctor prescribes it by visiting www.GlobalDRO.com or by calling Athlete Express (866) 601-2632 or (719) 785-2000, or email tue@usada.org

Answer to “Who Said It?” (from page 5)

– Bryan Clay, 2008 Olympic Men's Decathlon Gold Medalist

Getting to know... April Holmes

April Holmes is without a doubt one fast amputee. Holmes is a former Division 1 college standout at Norfolk State University where she was an All American in the 400m and the 4x400m relay. Upon graduation and settling into a 9AM-5PM office job, Holmes' life would suddenly change tracks. It was during a routine trip that Holmes was last to board the train leaving Philadelphia's 30th Street Station headed for New York when she slipped, landing in the train track too late to free herself before the train pulled out.

Holmes lost her leg, but not her determination that would land her a spot on two United States Paralympic Track and Field Teams (Athens 2004 and Beijing 2008). She is currently training to solidify her spot on the London 2012 Paralympic Team that will be named in early July. Approximately 200 athletes are expected to compete who are all vying for a spot to qualify for the Games and represent Team USA in London, England this summer.

Understanding her important role in promoting clean sport, Holmes, who is a USADA Athlete Ambassador, explains why she believes it necessary for the organization to exist. "I'm a huge advocate of people not doing drugs, in sports or outside [of sports]." "It feels like something I should be an advocate for, almost like making your bed... something you should do." With a clear head on her shoulders, Holmes understands that the legacy she leaves behind is greater than winning by cheating. "It's an unfortunate and fortunate situation, you try to keep people honest, you should be honest-why would you not be? I think it [USADA] has to exist for people who cheat and getting drug tested, and making sure whereabouts are accounted for helps people justify their greatness without drugs" she adds. "I thank God for the strength he gave me so I do not venture down that road."

Her inner strength helped her found the April Holmes Foundation, which provides resources and support for individuals with learning and physical disabilities. "I realized how much college did for me, how fun it was and how much it shaped who I am today. My mom taught us to use athletics as a way to pay for education. It was always education first and athletics would come after, not the other way around, and if I can help somebody else get to college whether they have disabilities or not, it makes the world a better place to me." For her, college track and field played a huge role in defining herself, but insists she had no intentions of pursuing elite level sports after college prior to losing her left leg.

When asked about the best part about representing the U.S. at the Paralympic Games, without hesitation she says, "Number one putting on the uniform, number two knowing you are representing the most awesome country ever and



number three the support we get here and abroad." And before pausing exclaims, "plus we have the coolest uniforms!"

Certainly April Holmes has been a key figure in helping write the adaptive sports story by running the 100m world record for her classification (T44). Holmes also holds world records in the 200m and 400m dash. We look forward to watching her as she tries to defend her Gold medal in the 100m and redeem herself in the 200m, following a stumble that robbed her of the Gold.

What often sets Paralympic athletes apart is their tenacity. In speaking with numerous Paralympians, most refuse to define themselves as stories of overcoming a tragedy. Instead, they redefine what it means to be disabled. In fact, Holmes considers herself good at all sports, "I don't have a worst sport" she says. "I'm a competitor, I am going to promise myself I can beat you until the last point is scored." Obviously confident in her athletic ability Holmes is ready to represent Team USA in London the fair way. "Extreme amounts go into testing Olympic/Paralympic athletes. It's a standard. You know the standards-what you're signing up for, and you should abide by the rules. It's the rules, it's something that everybody should be required to do, to be honorable."

April Holmes owns the world record (women's T44 classification) in the 100m, 200m and 400m dashes and runs her own non-profit organization for people with physical disabilities. She is a USADA Athlete Ambassador.



[U.S. Anti-Doping Agency]

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. For other anonymous ways to report doping, see page 6.



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Special thanks to:

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Design:

Apex Communications

Correction:

In the previous issue of the *Spirit of Sport* December 2011 issue, photo credit goes to Michael Negate for his image of Jeremiah Bishop.



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