

A publication dedicated to providing timely and accurate anti-doping information for those involved and interested in the Olympic and Paralympic Movement.

## In This Issue:

### Introducing Coach's Advantage™

A new online educational tutorial for National Team Coaches coming in 2011.

[Read more on Pg 4](#)

### Blood Collection Process

A step-by-step look at the Blood Collection Process.

[Read more on Pg 5](#)

### 2011 Prohibited List

Athlete alert on changes to the Prohibited List effective January 1, 2011.

[Read more on Pg 6](#)

### 2011 USADA Registered Testing Pool (RTP)

Beginning January 1, 2011, the USADA RTP will be grouped into two pools: an International Testing Pool (ITP) and a National Testing Pool (NTP).

[Read more on Pg 7](#)

### Paralympic Place

The latest news and information about adaptive sports.

[Read more on Pg 8](#)



## WE WOULD LIKE TO HEAR FROM YOU!

Tell us what you think about the Spirit of Sport Newsletter. Go to <http://www.usada.org/survey> to provide feedback about this publication.

## A Duty of Honor



USADA 2010 Athlete Ambassadors (from left to right) convene at the Colorado Springs Olympic Training Center: Jeremiah Bishop, Nathalie Bartleson, Kristin Armstrong, April Holmes, Dee Dee Trotter, and John Godina.

USADA IS PROUD TO RECOGNIZE its group of athlete advocates for clean sport – the USADA Athlete Ambassadors. Drawing on a selection of America's positive athletic role models, this program strives to promote, impart, and inspire a commitment to the core values, ideals, and guiding principles of true sport to the next generation of athletes.

These 2010 ambassadors, who represent the ideals of integrity, health, and sportsmanship at the highest levels, have had a great impact on audiences of all ages while delivering an authentic message of clean sport.

USADA 2010 Athlete Ambassadors included:

- **Kristin Armstrong**, Road Cycling (Boise, Idaho)
- **Nathalie Bartleson**, Synchronized Swimming (Colorado Springs, Colo.)
- **Jeremiah Bishop**, Mountain Biking (Harrisonburg, Va.)
- **Caitlin Cahow**, Ice Hockey (Minneapolis, Minn.)
- **John Godina**, Track and Field (Mesa, Ariz.)
- **Erin Hamlin**, Luge (Lake Placid, N.Y.)
- **April Holmes**, Paralympic Track and Field (Chula Vista, Calif.)
- **Augusto Perez**, Paralympic Wheelchair Curling (East Syracuse, N.Y.)
- **Dee Dee Trotter**, Track and Field (Knoxville, Tenn.)
- **Kicker Vencill**, Swimming (Santa Monica, Calif.)
- **Lauryn Williams**, Track and Field (Miami, Fla.)

Athletes in this program have an opportunity to raise awareness about the dangers and consequences of performance-enhancing substances in sport through personal "clean sport" stories.

"For me, being an Athlete Ambassador is an honor," said John Godina. "However, it is also a duty. I feel obligated to try and help future generations of athletes make their ways through their careers feeling proud of their choices to participate fairly. The greatest gift I ever received in my athletic career was given to me by myself. It was the gift of self-satisfaction, free of regret or guilt."

"At the time I could not have known how much it would mean to me today, but having competed clean and without compromising my morals in the pursuit of success is the largest source of pride I have. I simply want young athletes today to know what I know - that winning at all costs is not winning at all. Being an Athlete Ambassador is the best way to teach our youth to see through our eyes... with hindsight that reveals the personal, long-term value and redemption of morality."

Specifically, Athlete Ambassadors participate in a variety of ways, including delivering live presentations, writing articles, participating in USADA education video productions, or making live appearances at school, community, and sport functions, among others. Check out a few of the places where the Athlete Ambassadors have shared their messages: (continued on page 2)



- **John Godina** and **Nathalie Bartleson** presented to the Youth Olympic Karate Program which brought 100 athletes, parents, and coaches to the Colorado Springs Olympic Training Center.
- **Kicker Vencill** and **Kristin Armstrong** joined USADA CEO, Travis Tygart, in Washington D.C., in support of efforts to ensure safe supplements for athletes and all consumers.
- **Caitlin Cahow** supported USADA at an Outreach booth at the 2010 U18 International Hockey Federation Women's World Championship in Chicago, Ill.
- **Nathalie Bartleson** attended the Go Kids Challenge Victory Lap Celebration in San Antonio, Texas, where she interacted with elementary school kids in support of healthy and active lifestyles.
- **April Holmes** gave a presentation to Team ProFAST in El Centro, Calif., a program that promotes athleticism for young females in the area. The leader of this program was a 2009/2010 USADA True Sport Awards Gold winner.
- **Lauryn Williams** gave a presentation to Seacoast Christian Academy Middle and High School students in Jacksonville, Fla. The head coach at the school was a 2009/2010 USADA True Sport Awards Gold winner.
- **Kicker Vencill** spoke to participants about his journey and use of supplements at the USA Swimming Open Water Select Camp in Long Beach, Calif.
- **Augusto Perez** supported USADA at an Outreach Education Booth at the Endeavor Games in Edmond, Okla. which provides training opportunities and competition for disabled athletes.
- **Erin Hamlin** and **April Holmes** were speakers during the True Sport Awards webinars which encouraged educators from around the country to use USADA's curricula to teach life lessons that can be learned through sport.





**Lauryn Williams and Caitlin Cahow  
in a friendly competition.**

**USADA 2010 Athlete Ambassadors convene at the Colorado Springs Olympic Training Center (from left to clockwise):  
Kicker Vencill, Lauryn Williams, Nathalie Bartleson, Caitlin Cahow and Augusto Perez**

- **Dee Dee Trotter** gave a presentation to the Anderson-Shiro School District students in Anderson, Texas. The Assistant Principal for the school district was a 2009/2010 USADA True Sport Awards Gold winner.
  - **Lauryn Williams** spoke to a group of teenagers at the Guilford Detention Center in Greensboro, N.C. about integrity, dedication, and character.
  - **Kicker Vencill** spoke to a group of athletes at the aquatics sports convention in Dallas, Texas.
  - **Augusto Perez** visited students at Mount Anthony Middle School in Vermont and inspired them about accepting challenges, making good decisions, being honorable, and acting with integrity.
- “Being an Athlete Ambassador is a great opportunity for me to give back to my sport and send a positive message,” said Jeremiah Bishop. “It is important for up-and-coming athletes and a skeptical public to know that with hard work, dedication, and a fighting spirit you CAN win clean, even at the international level.”

This program brings together athletes who can stand alongside USADA as inspirational examples of, and ambassadors for, the advancement of clean sport. We hope you will help us support them in their efforts.

*For more information on the Athlete Ambassador Program or if you are interested in having an Ambassador speak at your function, send an e-mail to [education@usada.org](mailto:education@usada.org), or make a request online at [www.USADA.org/Outreach](http://www.USADA.org/Outreach) and click “Request USADA Education Session.”*

# Coach's Advantage™ – Coming in 2011

AS ONE OF THE MOST INFLUENTIAL PEOPLE in an athlete's life, a coach is in a unique position to make memorable impressions upon athletes, and provide support in managing their anti-doping responsibilities. Coaches must recognize that their outlooks and approaches concerning doping in sport will contribute to shaping the attitudes and beliefs of athletes. They need the facts just as much as their athletes do.

Understanding the importance of coaches to athletes, USADA is arming all National Team Coaches with anti-doping knowledge. Developed with this goal, USADA created an online educational tutorial, Coach's Advantage™.

The USOC's National Anti-Doping Policies require 'every coach of a national team to complete the USOC-approved USADA online tutorial.' USADA created Coach's Advantage™ with coaches in mind. It is invaluable in preparing them to help athletes maximize their efforts to comply with doping control procedures, submit Whereabouts, file Therapeutic Use Exemptions (when needed), and understand the Prohibited List.

The content in Coach's Advantage™ is comprehensive, easily accessible, well organized, and fully automated. It does not take long to become familiar with the various elements of the anti-doping program, and gain a comfort level that will make coaches a valuable resource to their athletes on this important topic.

Look for news of the launch of Coach's Advantage™ in 2011 as it will be available, specifically to National Team Coaches.



Coach's Advantage™  
USADA

Winter 2010 Spirit of Sport

1. Default Section

1. General Information

Title/Role (i.e., athlete, coach, parent, etc.)

Sport (if applicable)

Gender

2. How do you typically obtain a copy of the newsletter?

Online via the USADA website ([www.USADA.org](http://www.USADA.org))

In the mail at work

Printed copy found in lobby, recreation area, athletic services area, etc.

First time carrying a copy

Other (please specify)

3. Did you make the newsletter available to others? (i.e., e-mailed the link, placed a printed copy in an office or lobby)

Yes

No

4. How much of the newsletter did you read?

All of it

Most of it

Some of it

None of it

5. Overall, how satisfied are you with the newsletter?

Very satisfied

Somewhat satisfied

Satisfied

Somewhat dissatisfied

Dissatisfied

6. Additional comments?

## TAKE THE SPIRIT OF SPORT® SURVEY!



**WE WOULD LIKE TO HEAR FROM YOU!**

Tell us what you think about the Spirit of Sport® Newsletter. Go to <http://www.usada.org/survey> to provide feedback about this publication.

### Who Said it...?

"Being an athlete ambassador is a great opportunity for me to give back to my sport and send a positive message."



# The Blood Collection Process— STEP-BY-STEP

USADA HAS BROADENED its blood collection program to ensure the most effective testing program for athletes. As the program expands, it is important to understand the blood collection process and procedures. USADA has created a blood collection slide show to illustrate the steps in the process. The steps in the blood collection process are very similar to urine collection; athlete selection, notification, kit selection, sample collection, securing the sample, paperwork completion, and sample shipment to the lab.

Athletes can be selected for blood testing in- and out-of-competition settings. It is important to be aware that depending on the anti-doping organization conducting the blood collection, there may be slight variations in collection equipment. Rest assured that even with slight variations in equipment, blood collection protocols must comply with the WADA International Standard for Testing in order to maintain the integrity of the sample.

To view the blood collection slide show online, visit [www.USADA.org/blood](http://www.USADA.org/blood). It is important for all athletes to view the slide show; USADA RTP athletes, masters, juniors, and those interested in gaining an understanding and appreciation for the testing methods developed to ensure a level playing field.

If you have any questions regarding the blood collection program, please contact USADA at 866.601.2632 or visit our website, [www.USADA.org/blood](http://www.USADA.org/blood).



Athlete Selection

Step 1

*You can be selected for testing at any time and at any location.*



Notification

Step 2

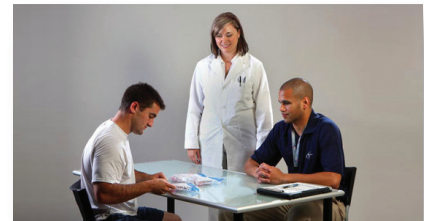
*A USADA Doping Control Officer (DCO) or Chaperone will notify you in person that you have been selected for testing.*



Reporting to Doping Control

Step 3

*You should immediately report to the Doping Control Station unless you have a valid reason for delay. (In-Competition)*



Selection of Kits

Step 4

*You are given a choice of individually sealed security and accessory kits from which to choose.*



Blood Collection

Step 5

*A number of steps, such as sitting for a period of time before the certified phlebotomist or Blood Collection Officer (BCO) draws blood, occur during the blood collection process to ensure blood sample requirements are met.*



Securing the Blood Collection

Step 6

*The security of your blood sample, as well as your health and safety, are very important and steps are taken to protect each.*



Paperwork Collection

Step 7

*After the blood sample is secured in the security bottles, the DCO will complete the remaining documentation with you.*



Blood Sample Shipment

Step 8

*After the conclusion of the blood collection session, the DCO will ship your blood sample(s) to a WADA-accredited laboratory.*



Providing Feedback

Step 9

*As an athlete, you have the right to provide feedback about your USADA blood collection session.*

# Athlete Alert on the 2011 Prohibited List

THE WORLD ANTI-DOPING AGENCY (WADA) has announced the release of the 2011 Prohibited List which takes effect on January 1, 2011. USADA has provided a simple summary of the changes below, but to view more detailed information about the 2011 Prohibited List, review the USADA Athlete Guide to the Prohibited List and the summary of major modifications from WADA at [www.USADA.org/prohibited-list](http://www.USADA.org/prohibited-list) or [www.wada-ama.org](http://www.wada-ama.org).

## 1. The Prohibited List has a new category, "S0 - Non-Approved Substances."

This is to address substances that have no current approval status by any governmental regulatory health authority for human therapeutic use, such as drugs under pre-clinical or clinical development, or drugs that have been discontinued. These substances are prohibited at all times.

## 2. WADA has dropped the requirement for Declarations of Use through ADAMs.

In accordance with WADA, USADA no longer requires website Declarations of Use. Athletes do not need to declare the use of albuterol, salmeterol, glucocorticosteroids, or Platelet Rich Plasma Therapy through USADA's website, or on ADAMs. Athletes are still advised to declare all recently used medications, dietary supplements, and blood transfusions on the doping control official record at the time of testing.

## 3. Platelet Rich Plasma (PRP) Therapy is not prohibited.

Athletes may undergo PRP treatment without making a Declaration of Use or submitting a Therapeutic Use Exemption (TUE). This includes intra-muscular PRP, which is not prohibited in 2011.

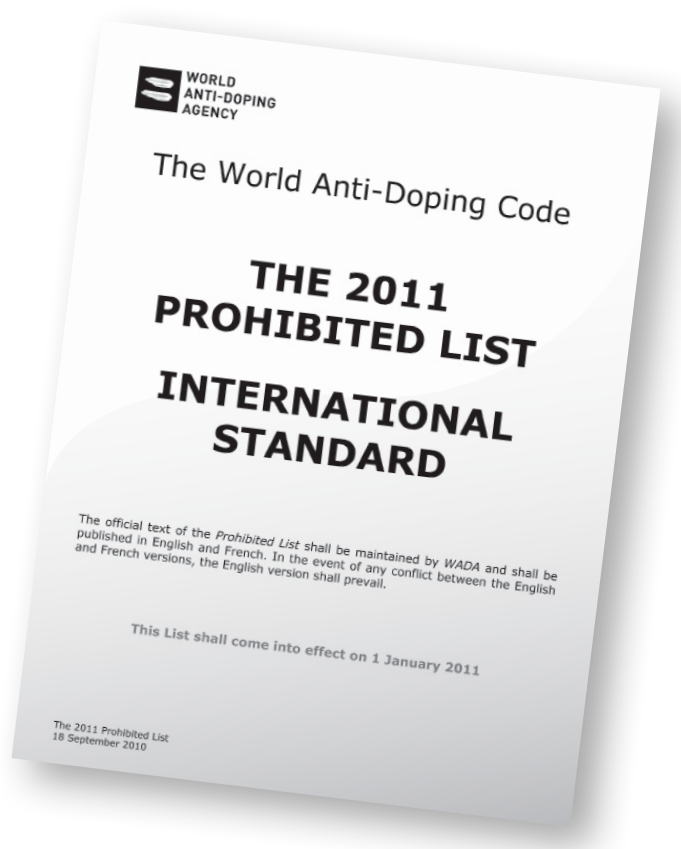
## 4. WADA has clarified that threshold substances (albuterol, cathine, ephedrine, methylephedrine, and pseudoephedrine) DO require a Therapeutic Use Exemption (TUE) when they are used concomitantly with a diuretic, EVEN IF the athlete has a TUE for the diuretic.

Athletes who have a TUE for a diuretic should take special care to also obtain a TUE if they need to use any of the threshold substances listed above.

## 5. Beta-blockers are prohibited in Darts and Skeleton. Beta-blockers are not prohibited in Gymnastics.

To check the status of medications, use the following Drug Reference Resources: GlobalDRO™ ([www.GlobalDRO.com](http://www.GlobalDRO.com)), on the USADA website, ([www.USADA.org](http://www.USADA.org)), or by calling the Drug Reference Line® at (800) 233-0393.

More information about the 2011 Prohibited List can also be found on USADA's website at [www.USADA.org/prohibited-list](http://www.USADA.org/prohibited-list).



Answer to "Who Said It?..."  
(from page 4)

- Jeremiah Bishop  
(Twelve-time member of the USA  
Cycling National Team and current  
USADA Athlete Ambassador)

# USADA 2011 Registered Testing Pool - A New Two-Pool Structure

STARTING JANUARY 1, 2011, USADA will be moving to a two-pool structure. Based on feedback following the implementation of the WADA 2009 International Standards for Testing (IST), feedback from U.S. athletes, and similar initiatives by a number of other national anti-doping organizations and International Federations, the USADA Registered Testing Pool (RTP) will be split into two pools: an International Testing Pool (ITP) and a National Testing Pool (NTP).

The *International Testing Pool* will include U.S. athletes who are in their International Federation's Registered Testing Pool, sanctioned athletes, athletes returning from retirement who were previously

in an IF RTP or ITP, U.S. athletes who are not regular members of a National Federation and are expected to compete in an Olympic or Paralympic Game within the next 12 months, and athletes whom USADA chooses to place in the ITP.

The *National Testing Pool* will include all other athletes meeting NGB, USOC, and/or USADA criteria. In either case, athletes will be notified via e-mail of their pool status.

There are three key differences between the two pools: Whereabouts Filings Requirements, Whereabouts Failures, and Notification. First, athletes in the NTP will no longer be required to submit a 60-minute time slot. No 60-minute

time slot also means there will be no Missed Test for athletes in the NTP. Secondly, all athletes may still receive Filing Failures for not filing by the required deadline and/or for an unsuccessful sample collection attempt resulting from inaccurate or incomplete information. Lastly, phone calls will be made in certain instances in each pool.

Further education will be presented in the Athlete's Advantage™ tutorial, required for all athletes to complete prior to filing their 2011 Quarter 1 Whereabouts Filing, and found below in the 2011 USADA RTP chart. You can find more information about the 2011 USADA RTP and whereabouts at [www.usada.org/whereabouts](http://www.usada.org/whereabouts).

## 2011 USADA REGISTERED TESTING POOL

### International Testing Pool (ITP)

- All International Federation Athletes
  - Sanctioned Athletes
- Athletes returning from retirement who were previously in an IF RTP or the ITP
- U.S. Athletes who are not regular members of a National Federation and are expected to compete in the Olympic or Paralympic Games (i.e., NHL athletes)
- Any athlete whom USADA chooses to place in the ITP

### National Testing Pool (NTP)

- Athletes meeting NGB, USOC, and/or USADA criteria

### Whereabouts Filing Requirements

- All whereabouts rules apply, including a 60-minute time slot

- All whereabouts rules apply, except athletes do not have to provide a 60-minute time slot

### Whereabouts Failures

- Missed Tests and Filing Failures

#### Missed Tests

Unavailable during the 60-minute time slot

#### Filing Failures

Includes the same criteria as described in the NTP

- Filing Failures

#### Filing Failures

**No form on file:** Do not file by stated deadline

**Unsuccessful:** Unsuccessful attempt due to inaccurate or incomplete information

### Notification

Phone call made to athlete in last 5 minutes of 60-minute time slot.

Call is for confirming unavailability of athlete, not to locate an athlete for testing.

Phone call made to athlete after a reasonable attempt is made.

Athlete has 1 hour from time of call to be available for testing.



# paralympicsplace



WELCOME TO **PARALYMPICS PLACE**, a source for news and information about adaptive sports.

**Paralympics Place** is a new addition to the Spirit of Sport and will feature anti-doping information as it relates to American Paralympians.

Since its introduction in 2001, the U.S. Paralympics has been a world leader in the adaptive sports movement. Unlike the Special Olympics, which exists for mentally disabled athletes, the Paralympics allows individuals with a physical disability to pursue their athletic dreams and represent their country at a competitive level.

With more than 21 million physically disabled Americans, the U.S. Paralympics stepped up to create an opportunity for American citizens to experience their athletic dreams. The U.S. Paralympics Division has

supported athletes at all levels to achieve athletic success, thus increasing their self-esteem and improving quality of life while earning coveted Paralympic medals for the United States.

Both USADA and the U.S. Paralympics understand that despite the physical handicap, it is their abilities that define them. Like all elite athletes, Paralympic athletes have been subject to drug testing since U.S. Paralympics was created in 2001. In the future, the Spirit of Sport newsletter will highlight anti-doping information pertaining to Paralympic athletes, rules, and policies. As U.S. Paralympics is committed to developing world-class athletes, USADA remains dedicated to ensuring they compete clean.



## **WE WOULD LIKE TO HEAR FROM YOU!**

Tell us what you think about the Spirit of Sport Newsletter. Go to <http://www.usada.org/survey> to provide feedback about this publication.



**Call USADA when you believe the integrity of your sport is compromised by doping.**

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



**SPIRIT** Sport®

**Design:**  
Apex Communications

**Contributors:**  
Betsy Douglass  
Amy Eichner  
Nick Esares  
Kelli Feltmann  
Erin Hannan  
Mellissa Lewis  
Molly Tomlonovic

**Editor:**  
Jennifer Dodd

U.S. Anti-Doping Agency  
Phone: (719) 785-2000  
Toll-Free: (866) 601-2632  
Fax: (719) 785-2001  
[www.USADA.org](http://www.USADA.org)

USADA, the USADA logo, Spirit of Sport, and Drug Reference Line are registered trademarks and Athlete's Advantage, Coach's Advantage, Global Drug Reference Online, and the Play Clean Line are trademarks of the U.S. Anti-Doping Agency. All Rights Reserved.

© USADA 2010-2011. All rights reserved.