



TRAINING
HEALTH
NUTRITION AND
CHOICES

THE JOY OF SPORT



A publication of the
U.S. Anti-Doping Agency

WHAT IS USADA?



Created in 2000 as an independent, nonprofit, non-governmental agency, USADA is charged with developing programs involving education, research, testing, and results management on behalf

of the nation's Olympic, Paralympic, and Pan American Games athletes. USADA is dedicated to preserving the well-being of Olympic sport, the integrity of competition, and ensuring the health of athletes. To learn more about USADA, visit www.usantidoping.org.



What is **DOPING**?

Drug use in sports is called "doping." The rules governing Olympic sport include prohibited classes of substances, such as steroids, stimulants, masking agents, narcotics, and many more. Doping is prohibited because:

Doping is harmful to the athlete.

- Many prohibited substances have dangerous side effects.

Doping is contrary to the spirit of sport.

- An athlete who dopes is a cheater. They are disrespecting their sport. A victory obtained through doping is counterfeit and hollow.

The bottom line is that doping is cheating and it undermines the fundamental spirit of sport by destroying its integrity, image, and value.

EVERY ATHLETE at every level deserves the opportunity to compete on a level playing field without feeling like they have to cheat and without having to risk their health, in order to be successful.

The **JOY** of Sport.

Why do you play sports? Do you play:

- for fun?
- for the physical skills?
- to hang out with friends?
- to win?

You play sports for many reasons. Have you ever stopped to think about all the things you get from playing sports? Sports can teach you about honor, discipline, self-esteem, humility, and many other life-lessons that will help you succeed, in and out of sports, for the rest of your life.

Unfortunately, there can be another side of sports. Sports can teach you about cheating, distorted body images, inflated egos, and unhealthy choices. Ethical decision making can bridge the gap between the amazing benefits sports can provide and the horrible damage it can inflict.



decision MAKING

You make hundreds of decisions every day. You make most of these decisions with little or no thought. When you're faced with a tough decision, how can you be sure to make the best choice?

The basic process to use when making a decision involves six steps:

1. Identify the problem.
2. List the possible solutions/choices.
3. List the consequences/weigh the possible outcomes.
4. Consider your values.
5. Make a decision and take action.
6. Evaluate the effectiveness of your decision.

Here are some tips to help you with step #4 – Consider your values.

Ask yourself three questions:

- How will my decision affect other people?
- What would my role model do?
- What would the people I care about think of my choice?

Next, see if your choice follows each of the *Six Pillars of CharacterSM*, from *Pursuing Victory with HonorSM*. Ask yourself:

- Is it trustworthy?
- Is it respectful?
- Is it responsible?
- Is it fair?
- Is it caring?
- Does it show good citizenship?

For more information about decision making, check out:

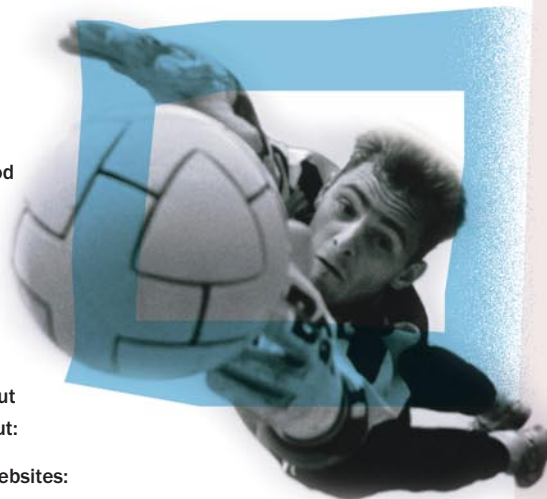
USADA's Youth in Sport Websites:

www.usadakids.org

www.thatsdope.org/iheartports

USADA's publication, *The Journey*, includes detailed information about ethics and decision making in sports:

www.usada.org/go/Journey



performance-ENHANCING substances ?

Sometimes athletes forget why they started playing sports in the first place. Instead of playing for fun or because they love their sport, they play only for the fame and fortune that comes with winning. If athletes use a narrow win-at-all-costs perspective, they are more likely to take shortcuts to get an unfair advantage over their competition. When athletes use performance-enhancing substances, not only are they cheating and disrespecting their sport; they are also risking dangerous health side effects.

anabolic steroids

There is no question that steroids work to increase lean muscle mass. But at what cost? What potential problems await those who take anabolic steroids?

Psychological changes in males and females:

- Increased aggression or "roid rage"
- Addiction
- Depression, and in some cases, suicide

Physical changes in males and females:

- Pustular acne
- Liver damage
- Increased risk of cardiovascular disease
- Shutdown of the body's normal testosterone
- Baldness

Physical changes in males:

- Testicular shrinkage
- Permanent breast tissue development

Physical changes in females:

- Deepening of the voice
- Breast development stops
- Hair growth on stomach and upper back
- Abnormal menstrual cycle

Physical changes in children:

- Disrupted or prematurely initiated puberty
- Stunted growth

stimulants

Stimulants are a problem in and out of sports. Everywhere you turn, someone is offering a new drink, pill, or potion that promises endless energy, increased metabolism, and less fatigue. Beware of anything that sounds too good to be true.



There are no miracles in a bottle or a can. The companies that sell these products are motivated by their profits, not your health. Today, more than ever, companies are targeting youth with their advertising. Make sure you research any substance before you put it in your body. Making yourself a knowledgeable consumer can save you from devastating health consequences.

Side effects of stimulants may include:

- Anxiety
- Insomnia
- Increased heart rate and blood pressure
- Addiction
- Increased risk of stroke, heart attack, cardiac arrhythmia, and sudden death

For more information about steroids, stimulants, and other prohibited substances, check out www.thatsdope.org/whatsdoping.

dietary supplements

Dietary supplement are non-food forms of nutrients, such as vitamins, minerals, herbs, amino acids, and more.

- Some dietary supplements, such as multi-vitamins, are usually safe to use with your doctor's permission.
- There are other supplements, like stimulants, muscle-building products, and creatine, which can be dangerous for you to take.
- Supplement ads often make claims they can't prove and may be misleading.
- Athletes who are drug tested are advised not to take supplements since they could be contaminated.

A 2002 study that looked at more than 200 supplements from the United States found that more than 19% were contaminated with an unlabeled steroid. So, what is printed on a dietary supplement label provides no guarantee of what is in the bottle.

A good resource for more information about dietary supplements is www.thatsdope.org/overcounter.

athletic PERFORMANCE

Many athletes concentrate only on improving their strength. There are many other factors that combine to make a successful athletic performance. There are mental components, such as:

- Focus
- Attitude
- Decision making
- Preparation



There are other physical skills, like:

- Agility
- Speed
- Endurance
- Quickness
- Flexibility



How can you continue to improve your athletic performance?

The three keys are:

- Training – a challenging and balanced exercise program.
- Rest – your body produces the most growth hormone while you are sleeping, so getting eight hours of sleep is one of the most important things you can do to help your body grow.
- Nutrition – if you eat a balanced diet, your body will have 100% of the nutrients it needs to grow stronger and healthier.

For more information on improving your athletic performance, check out www.thatsdope.org/edge.

Let's take a closer look at nutrition.

nutrition

Your body is an amazing machine that must be continuously supplied with energy to perform its many complex functions. As your training increases, your body's energy demands also increase. The fuel you give your body is a huge part of performing at your best. Today, there is a lot of misleading information available about an athlete's diet. How can you know what type of fuel, and in what quantities, your body needs? Check out USADA's Optimal Dietary Intake guide at: www.thatsdope.org/fuel.

In the Optimal Dietary Intake module, you will find information about:

- Macronutrients and micronutrients
- Carbohydrates/Proteins/Fats
- Vitamins
- Dietary Supplements
- Real-life examples of how to apply the guidelines
- When should you eat?
- What types of food should you eat?
- How much should you eat?
- Hydration
- How much should you drink?
- When should you drink during competition?
- What types of fluids?

By making informed food choices, you will have an advantage over those who choose to ignore the role that food plays in human performance.



CHALLENGE YOURSELF !!

**to compete with integrity – find out how great
you can become on your own. You will never
regret the decision to compete clean.**

– John Godina, USA Track & Field World Champion



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