

TRUE SPORT

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



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Contents

Genai Kerr Interview	1-2
Your Health	2
Quick Hitters...	3
• Athlete Location Form	
• Athlete's Advantage Online	
• Drug Reference Online (DRO)	
• Gold Medal Game	
Clean Sport Gear	4
Athlete Advisory	4
Crossword Answers	4



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Genai Kerr - Dedicated to the Core

A member of the U.S. national team since 2001, Genai Kerr has been an integral part of USA Water Polo. Kerr was a member of the 2004 U.S. Olympic water polo team after earning a gold medal at the 2003 Pan American Games. He earned all-America accolades at UC Irvine and was named Big West Conference Male Scholar-Athlete of the Year (1999). He has competed on the international scene for several years, including World Championship and World League matches. Kerr is the director of student services at a private school in Southern California.



How did you get into Water Polo?

I grew up as a land athlete playing basketball and soccer and running track. It wasn't until I followed the sounds of whistles at a local high school that I first saw the sport of water polo. I thought I might be good because I had learned to swim at a young age when my father taught me how to swim when he was a spear fisherman in Jamaica.

What has been your greatest accomplishment?

It was amazing having my family present in Santo Domingo, Dominican Republic when we won the gold medal at the Pan American Games in 2003. That result helped us to qualify for the Olympic Games in Athens.

What has been your biggest disappointment?

Losing to Russia and being knocked out of the medal round at the 2004 Olympic Games.

How have you managed to balance teaching and competing at the Olympic level?

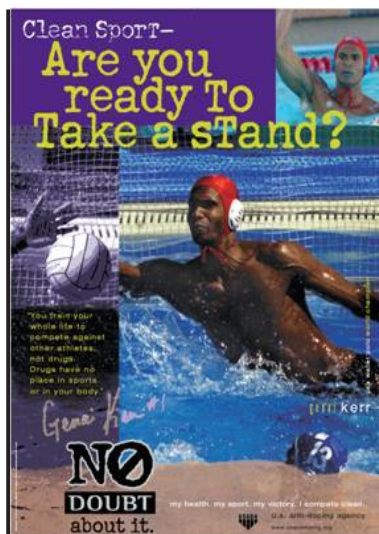
Aside from being very dedicated to my dreams and sacrificing free time and sleep, I have had amazing support from my family, friends and everyone at Sage Hill School. I have had to prioritize everything in my life and focus first on what is most important to me.

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

As an athlete, you have the responsibility to yourself, family, friends and fans to compete clean. Aside from risking your own health, you jeopardize the purity of sport and it's important to set an example for younger athletes.

More with Genai on page 2.

Genai Kerr continued



Join Kerr in the fight against doping in sport! Sign up for the Athlete's Advantage ToolKit. For those athletes in the OOC testing program, it's an all-in-one resource with all the valuable materials and contact information. You'll also receive a cool t-shirt! See the back page for details.

What do you tell young athletes about successfully competing at the Olympic level without doping?

Once you make it to the Olympic level, your competition becomes even more meaningful because you are surrounded by the best athletes in the world and you are one of them. You realize that you have a very strong bond and respect for each other because you know you have dedicated your life to get to a certain point. *Knowing that you have trained and competed as a clean athlete gives you the highest sense of pride.*

How do you feel about the future of clean sport in the U.S.?

With good role models and organizations like USADA educating young athletes, I see a bright future for clean sport in the U.S.

Outside of playing water polo and educating the youth of today, what do you like to do for fun or relaxation?

I sell my paintings and photographs and I love to cook.

As a strong supporter of USADA's clean sport campaign, how would you help USADA get the message out about the values of competing clean?

So much can be accomplished through sport, from health and fitness to building confidence. *Drugs take away from everything that is accomplished.* I would love to help educate the athletes of today, by visiting schools or sports competitions and sharing my own stories with them.

Good luck and thank you for being a champion of clean sport!

Your Health

Periodically we will have an article related to the WADA Prohibited List introducing a substance by providing an overview and discussing the associated side effects.

What is phentermine?

Phentermine is an oral appetite suppressant that stimulates the hypothalamus gland. Recognized as the most commonly prescribed appetite suppressant in the U.S., *phentermine is used for the short-term medical treatment of obesity.* Phentermine is classified as a prohibited substance in-competition and cannot be used **unless** you have a prescription from your physician **and** have an approved Therapeutic Use Exemption in advance of the competition. See page 3 for details about completing the TUE process.

Why would an athlete take phentermine?

Consumption of phentermine is primarily for weight loss.

Potential side effects associated with phentermine:

Irritability Blurred Vision
Nervousness Diarrhea
Insomnia Weakness
Increased heart rate

Remember Fen-Phen?

Fen-Phen referred to the combination, or cocktail, of Fenfluramine (the "Fen") and Phentermine (the "Phen").



In 1992, a study cited Fen-Phen as a more effective method than dieting or exercise in reducing the weight of the chronically obese.

The Fen-Phen cocktail gained popularity quickly. In 1996, there were 6.6 million prescriptions for Fen-Phen in the U.S.

However, the FDA never approved the Fen-Phen combination because it was never tested for safety.

In 1997, the Mayo Clinic reported 24 cases of heart valve disease and several deaths that were all associated with the Fen-Phen cocktail.

"I would never take a banned/prohibited substance because my health is more important to me than winning in athletics and I also believe in playing by the rules."

-Tara (Nott) Cunningham, a 2000 Olympic gold medalist in Weightlifting, on why she doesn't take banned/prohibited substances.

Quick Hitters...

Drug Reference Online (DRO)



www.usantidoping.org/dro

The DRO is a searchable database that provides easily accessible and accurate information on whether specific U.S. pharmaceutical products are permitted or prohibited. The DRO also identifies medications that require an abbreviated Therapeutic Use Exemption.

Several over-the-counter medicinal products are included in the database.

However, dietary supplements are NOT included in the database.

Gold Medal Game



Want some anti-doping fun? The Gold Medal Game is now online! To test your knowledge and compete against other sports and athletes, visit the Athlete Tools section of USADA's Web site. Here's a sneak peek:

True or False

An Olympic marathoner in 1904 reportedly used strychnine injections and shots of brandy as forms of doping. **See back page for answer.**

Due Date Reminder

Hardcopy Athlete Location form due dates:

December 1 (for 1st quarter)

March 1 (for 2nd quarter)

June 1 (for 3rd quarter)

September 1 (for 4th quarter)

Online forms are typically due the Monday after the hardcopy deadline!

Submitting your ALF:

Athletes with an e-mail address on file with USADA can submit quarterly ALFs using the online system. For help logging into the system and for login/password questions, contact Kitt Lee at:

formsadmin@usantidoping.org, or
(866) 601-2632 ext. 2006 (toll free)
(719) 785-2006 (outside the U.S.)

Hardcopy forms can be FAXED to:
(719) 785-2099 or (719) 785-2001
or mailed to:

U.S. Anti-Doping Agency
Out-of-Competition Testing Program
2550 Tenderfoot Hill St., Suite 200
Colorado Springs, CO 80906

Athlete's Advantage Online

Athlete's Advantage Online is now accessible via USADA's Web site. This is an interactive resource for athletes in USADA's Out-of-Competition (OOC) testing program. The activities will help athletes access information specific to the OOC testing program requirements and doping control in general. Get the advantage at:

www.usantidoping.org/advantage



Therapeutic Use Exemption

If you need to take a medication that contains a prohibited substance, you must complete the Therapeutic Use Exemption (TUE) process **at least 30 days before** a doping control test.

TUE forms and instructions can be found in the **Athlete Express** section of USADA's Web site.



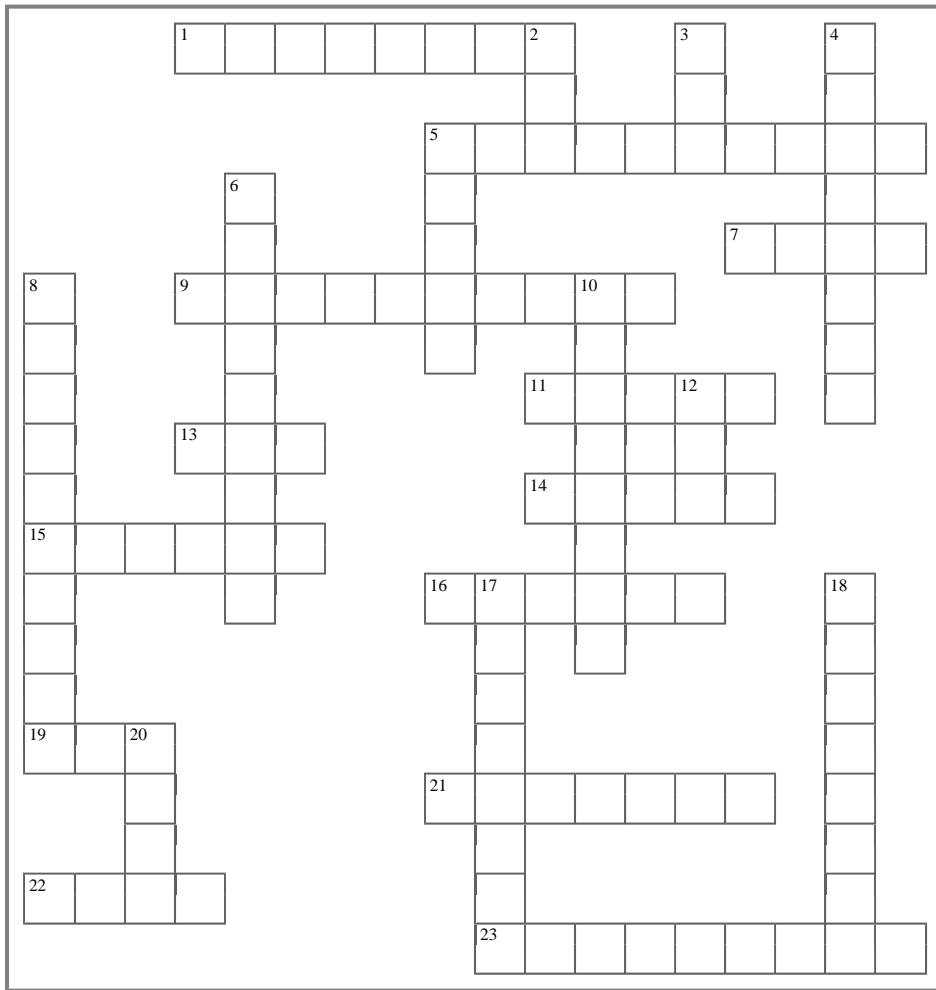
Some sports have International Federation (IF) specific forms and requirements that must be submitted in order to be considered for an exemption. It is the responsibility of the athlete to check with his/her IF for the most up-to-date information.

In the case of a medical emergency where a prohibited substance or method is required, an emergency TUE may be granted. Medical support documentation is required to be submitted along with the TUE. For further information, please contact the Drug Reference Line (800) 233-0393.

For questions in general regarding the TUE process, call (719) 785-2045.

USADA thanks all athletes in the OOC testing program! In the 2nd quarter, more than 92% of athletes submitted their whereabouts information. Thank you for taking a stand for clean sport!!!

True Sport



Across

1. A traveling tool in the Athlete's Advantage ToolKit
5. A winter Paralympic sport played on ice
7. Funding for many Olympic athletes comes from this organization
9. A pocket size resource for permitted and prohibited substances
11. The U.S. independent testing agency
13. Provides accurate information on whether specific U.S. pharmaceutical products are allowed for use by athletes
14. Passed between two sprinters
15. A form of cheating
16. Governed by FIFA
19. A designer steroid that put steroids in the spotlight in 2004
21. A prohibited stimulant banned from sale in the U.S. in 2004
22. Document that harmonizes anti-doping regulations
23. A speedy substance

Down

2. Abbreviation for process for prohibited medication approval and use
3. A form of blood doping
4. Illegal, unhealthy and can make one bigger and stronger
5. The number of minutes athletes have to report to the doping control station
6. A person designated to escort an athlete to the doping control station
8. Possible result if an OOC athlete is unavailable or did not complete whereabouts information
10. USADA spends roughly \$2 million dollars annually toward this
12. Person who conducts the testing
17. Happens every four years
18. An imposed ban
20. The top medal



Protect Your Sport
U.S. Anti-Doping Agency

Take a Stand Against Doping

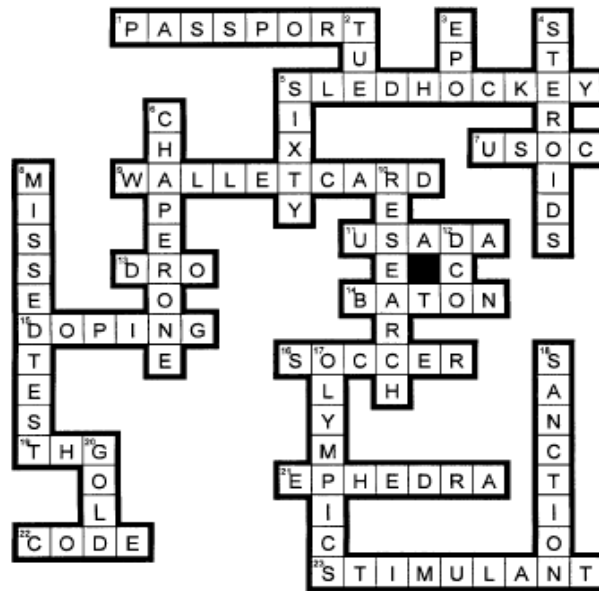
Contact USADA at
(877) 752-9253 if you suspect
the integrity of your sport is
compromised by doping.

Gold Medal Game Answer

*TRUE: It was the first near
death in modern Olympics.*

True Sport

Created by USADA with EclipseCrossword — www.eclipsecrossword.com



Athlete Advisory

Contrary to published reports, USADA does not endorse the use of any patches, creams or other products. As a reminder, it is your personal responsibility to ensure that you do not allow any prohibited substance to enter your systems, or use any prohibited method. If you choose to take dietary supplements or use other products that deliver substances through the skin, you do so at your own risk of committing a doping violation. Many products are poorly regulated and may contain prohibited substances not listed on the product label.

Corrections from True Sport, April-June 2005

Under Notes from Doping Control, declaration of blood transfusions should have read "received in the past three (3) months" NOT three (3) days.

my health. my sport. my victory. | compete clean!

CLEAN SPORT.

are you
ready
to TAKE a stand
?

**NO
DOUBT**
about it.

As you gear up for a big 2005, the
U.S. Anti-Doping Agency invites
you to take a stand for clean sport.

Why should I care?

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

What can I do about it?

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

How do I sign up?

Contact USADA at (866) 601-2632 ext. 2044 or e-mail us at educationnews@usantidoping.org

Cool Shirt! How can I get one?

You'll automatically receive a free t-shirt when you sign up for the Athlete's Advantage ToolKit. Just send your color preference (Gray or Black) and size. If you are already registered for the ToolKit, contact USADA to receive your free **No Doubt About It** t-shirt.