

Attention Sochi Athletes

USADA strives to keep things as simple as possible for athletes in the USADA Registered Testing Pool (RTP).

With the Sochi 2014 Winter Olympic and Paralympic Games on the horizon, there are a few things athletes who intend to compete in the Games need to know.

To help Sochi-hopefuls understand the International Olympic Committee (IOC) and International Paralympic Committee (IPC) anti-doping rules, USADA's Olympic Education Team has created a simple way for athletes to remember their rights and responsibilities. Just remember Team U.S.A...

- ★ **U** – Use your resources
- ★ **S** – Stick with the whereabouts routine
- ★ **A** – Achieve your goals

Use your resources: The USADA Sochi 2014 Emergency Phone Line (719-290-8043), available to athletes only during the Olympics and Paralympics, and usada.org/sochi2014 are a few of the resources available to Sochi-bound athletes, coaches, and athlete support staff.

The website highlights the IOC and IPC rules for the Games, the dates of the official period of the Olympic and Paralympic Games, and offers a brief recorded presentation which shows the testing equipment that will be used during the Games. The status of medications can still be checked on www.GlobalDRO.com.

Stick with the whereabouts routine: Leading up to and during the Games, athletes should continue to file and update whereabouts as they normally would—including their training schedule and address, competition, room location in the Olympic or Paralympic Village, and other regularly-scheduled activities.

Achieve your goals: What an accomplishment it is for athletes to make it to the Olympics or Paralympics! The time and effort put in to reach that goal has not gone unnoticed at USADA so we say congratulations! We are proud to support the clean athletes representing the United States and wish them the best of luck on their true sport journey.

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:

Profile: Sochi

A portrait of the Winter Olympics and Paralympics host city...

[Read more page Page 2](#)

A Public Service Announcement

USADA recently produced two new PSAs to remind athletes about filing whereabouts...

[Read more on Page 3](#)

Summary of Major Modifications

A briefing on the major changes to the 2014 WADA Prohibited List...

[Read more on Page 4](#)

Paralympic Place

Meet the first American woman to win gold at both the Summer and Winter Paralympics...

[Read more on Page 5](#)

Mythbusting

Debunking common misconceptions about USADA and anti-doping...

[Read more on Page 5](#)

Supplement Shutdown

The creators of a controversial supplement were recently shut down by the government...

[Read more on Page 6](#)

TrueSport Coaching Education Program

Read which distinguished accreditation the program recently received...

[Read more on Page 7](#)

Crossword

Test your anti-doping knowledge in this challenging puzzle...

[Read more on Page 8](#)

WE WOULD LIKE TO HEAR FROM YOU!

Tell us what you think about the Spirit of Sport Newsletter — click [HERE](#) to give us your feedback.



USADA UNITED STATES ANTI-DOPING AGENCY

Sochi 2014 Anti-Doping Information

Olympic Games January 30 - February 23, 2014 Paralympic Games March 1-16, 2014

LEARN MORE

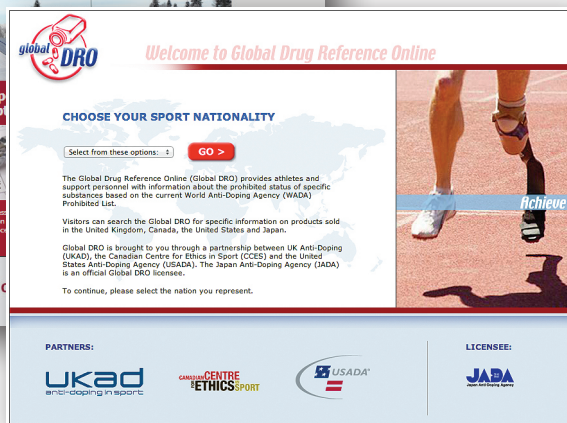
Testing and Sample Collection

Whereabouts Responsibilities

Therapeutic Exemptions

Access the Global Drug Reference Online Database

Check the Status of Your Medication



Welcome to Global Drug Reference Online

CHOOSE YOUR SPORT NATIONALITY

Select from these options: GO >

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific substances based on the current World Anti-Doping Agency (WADA) Prohibited List.

Visitors can search the Global DRO for specific information on products sold in the United Kingdom, Canada, the United States and Japan.

Global DRO is brought to you through a partnership between UK Anti-Doping (UKAD), the Canadian Centre for Ethics in Sport (CCES) and the United States Anti-Doping Agency (USADA). The Japan Anti-Doping Agency (JADA) is an official Global DRO licensee.

To continue, please select the nation you represent.

PARTNERS: UKAD, CCES, ETHICS SPORT, USADA, JADA

LICENSEE: JADA

Profile: Sochi

As Russia's largest resort city and the self-proclaimed longest city in Europe, the city of Sochi stretches 90 miles between the Caucasus Mountains and the Black Sea.

A fashionable vacation destination, the city will be the warmest to ever host a Winter Olympics and Paralympics. Average winter temperatures range from 52 °F during the day to 39 °F at night from December to March, and organizers have been creating and stockpiling snow at the tops of mountains in case of a shortage when the Games begin in February.

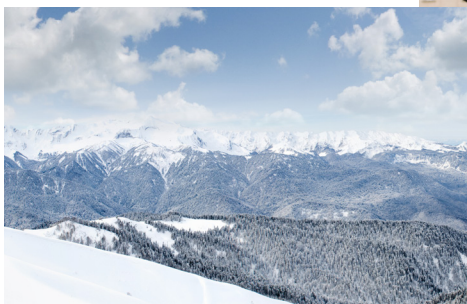
To prepare for the influx of visitors, the city has been constructing a new light rail metro system as well as building or modernizing four thermal power plants and four hydroelectric plants.

In addition to being the warmest setting for a Winter Games, Sochi will also lay claim to being the most-tested Winter Olympics, as well.

About 2,500 doping tests are planned for the Winter Olympics, up immensely from the 2,149 tests conducted in Vancouver 2010. Overseeing those tests will be a staff of 570 (Vancouver had

500), working at 13 different doping control stations at the competition facilities and Olympic Villages.

Even before winning the bid for the XXII Olympic Winter Games in 2007, Sochi has boasted a proud sporting history. Two multi-Grand Slam winning and former world no. 1 ranked tennis players, Maria Sharapova and Yevgeny Kafelnikov, began their careers at a local tennis academy.



The area's future will continue to be prosperous even after the Games—the Olympic Stadium will also be used as a host stadium for the 2018 World Cup, and a deal was recently reached for

Formula 1's Russian Grand Prix to take place there in 2014.

The city of 350,000 also has plenty of attractions outside of sporting venues. On the Western edge of the city sits the Friendship Tree, a citrus tree grown



from buds planted by representatives from all around the world as an experiment to try and grow a new type of fruit. The tree is contained within the Friendship Tree Garden Museum, which is home to plants, fruit, and flowers from over 80 different botanical families.

Know Your DCO: Arnold Thomas

One of USADA's Regional Team Lead (RTL) Doping Control Officers (DCO), Arnold Thomas graduated from New Mexico State University in 1980, where he served as a student athletic trainer. After serving as head trainer at Cy-Fair High School in northwest Houston for thirty years, he retired to become a full-time DCO with USADA.

Thomas has been involved with drug testing for the past 17 years, working with the USOC before joining USADA's team.

"I have been fortunate enough to represent the United States as either an athletic trainer or a Doping Control Officer in three Olympic Games," said Thomas. "My first experience came as a trainer at the 1992 Summer Olympics in Barcelona as part of the medical team. I was also extremely honored to represent USADA as a DCO at the 2010 Winter Olympics in Vancouver, where I served as station manager at the Whistler Sliding Centre. I was also a DCO for the 2012 Summer Olympics in London at Greenwich Park for equestrian and modern pentathlon."

Thomas says that after being an athlete himself and then working around them as a trainer, he became interested in somehow combining the two as part-time work.

"I never expected it to lead to a full-time job. But I always believed in USADA's vision, mission, and goals, and always strive to uphold those values as a DCO."

Just as Thomas was unable to predict his career trajectory after college, he continues to encounter many unpredictable moments out in the field.

"Many years ago I attempted an out-of-competition test where the athlete answered the door, let me in, and as we were going through introductions and starting to fill out paperwork, I heard a noise and turned around to see his identical twin brother coming down the stairs! Fortunately for me, the athlete that I had notified pulled out his wallet and provided me with his driver's license. To this day I still wonder what I would have done if neither of them had been carrying identification."



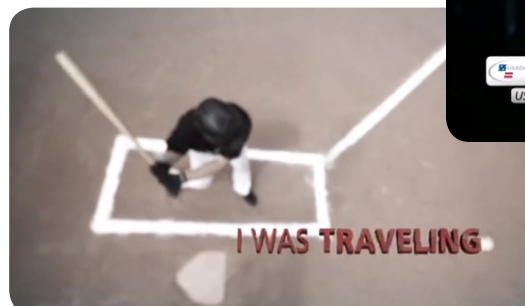
Thomas is married to his wife of 39 years, Kathy, who serves as his female witnessing chaperone and station marshal. Together they live in Cypress, Texas, a suburb of Houston. Besides sports, his interests include music trivia, fantasy football, and travel.

A Public Service Announcement

USADA's Olympic Education department has recently produced two public service announcements stressing the importance of Registered Testing Pool (RTP) athletes filing their whereabouts in a timely manner.

One of the videos features USA Boxing National Team member Cam F. Awesome. Formerly known as Lenroy Thompson, Awesome was suspended by USADA prior to the London Olympics in 2012 for failing to submit accurate whereabouts so that he could be located for out-of-competition drug testing. In the video, Cam shares his comeback story and emphasizes the importance and ease of submitting whereabouts.

The videos will be shown during educational presentations to athletes around the country, and are also available online in the athlete area of USADA's website.



Ask The Scientists!



Amy Eichner, Ph.D.
Special Advisor on
Drugs and Supplements

Q: Since hemp comes from the marijuana plant, does it have THC in it? Is it prohibited?

A: Tetrahydrocannabinol (THC) is the active component in marijuana (e.g., hashish, pot, weed, etc.) which comes from the marijuana plant (*Cannabis sativa*) and produces the "high." THC is prohibited in-competition by the World Anti-Doping Agency (WADA). When an athlete is tested in-competition, their urine is screened for the presence of THC.

There are many nutritional products on the market that advertise to contain hemp, hemp seed oil, or other parts of the marijuana plant. Since it is plant-based, hemp protein is marketed as a good source of protein for vegans. It is also appearing in more mainstream food products such as some brands of yogurt.

Under ideal circumstances, the parts of the plant used for hemp (the stem and seeds) do not contain THC. Most growers of hemp purposely grow plants low in THC concentration so that they can harvest the stems, oil, and seeds without worrying about legal issues around THC content. However, some stems and seeds that are harvested for the hemp protein do contain detectable amounts of THC. Furthermore, some hemp suppliers are not always careful about the part of the plant that they harvest, or even which plant they harvest. Hemp suppliers do not always test their products for THC content so they may not realize they are selling hemp with detectable levels.

Athletes need to be aware that while some papers show that the likelihood of testing positive from a hemp product (at least in workplace testing) is very low¹, there are at least two peer-reviewed articles that show it is possible to sometimes detect THC in the urine of people who have consumed hemp products^{2,3}. Athletes who choose to consume hemp products may be at risk for a positive anti-doping test, even though many of these products claim not to contain THC. Thus, the risk of testing positive from hemp is low, but nonetheless it may be possible. Because athletes are strictly liable for what is in their systems, irrespective of how it got there, it is very important to be aware of this possibility.

There are many factors that influence whether THC is detectable in a urine sample which may lead to a positive test, such as the time of the test in relation to consumption of the substance, concentration of THC in the hemp product, and the weight and metabolic rate of the individual. Just because one athlete uses a hemp product, is tested, and receives a negative result does not mean that another athlete could not test positive using the exact same product. The consumption of products containing hemp is at the athlete's own risk.

For those athletes also enlisted in the military, some services have strict rules about consuming hemp. They will need to contact a representative at their service branch for more information.

References

1. Leson, G., Pless, P., Grotenhermen, F., Kalant, H. and ElSohly, M. A. Evaluating the impact of hemp food consumption on workplace drug tests. (2001). *J Anal Toxicol*, 25:691-8. <http://www.ncbi.nlm.nih.gov/pubmed/11765026>
2. Yonamine, M., Garcia, P. R. and de Moraes Moreau, R. L. Non-intentional doping in sports. (2004). *Sports Med*, 34:697-704. <http://www.ncbi.nlm.nih.gov/pubmed/15456345>
3. Struempier, R. E., Nelson, G. and Urry, F. M. A positive cannabinoids workplace drug test following the ingestion of commercially available hemp seed oil. (1997). *J Anal Toxicol*, 21:283-5. <http://www.ncbi.nlm.nih.gov/pubmed/9248945>

Supplement Facts

Serving Size: 4 level tablespoons (30 g)

Serving Per Container 15

	Amount Per Serving	% Daily Value*
Protein +Detox Proprietary Blend	30 grams	†
Organic Hemp, Organic Bilberry, Organic Lucuma Fruit, Organic Maca Root, Organic Stevia, Organic Milk Thistle, Organic Slippery Elm, Organic Lemon Peel, Organic Ginger		

Summary of Major Modifications to the 2014 Prohibited List

Every October, the World Anti-Doping Agency (WADA) releases updates and changes to the Prohibited List for the following calendar year.

Below is a summary of the major changes to the List for 2014. The entire list of Prohibited Substances and Methods can be found at <http://www.usada.org/prohibited-list/>.

PROHIBITED SUBSTANCES

Use of International Non-proprietary Names (INN)

With the assistance of the World Health Organization, the nomenclature of some substances on the List has been updated to International Non-proprietary Names (INN). For ease of the reviewer, the previous name has been included and no substance has been deleted:

S1. Anabolic Agents

Changes were made to the definitions of “exogenous” and “endogenous” for purposes of clarification and accuracy.

S2. Peptide Hormones, Growth Factors and Related Substances

Releasing factors are prohibited and that is made clear in points S2.2, S2.3 and S2.4. In addition other prohibited growth factors are listed separately.

S5. Diuretics and other Masking Agents

Vasopressin V2 antagonists (vaptans) were added as an example of a diuretic subclass.

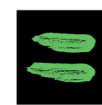
M1. Manipulation of Blood and Blood Components

For the purpose of scientific accuracy, the term allogenic was introduced.

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

S6. Stimulants:

Some drugs that metabolize to amphetamine or methamphetamine have been reclassified because improved analytical techniques permit the identification of the administered drug and corresponding metabolites; MDMA and MDA are reclassified because they are now recognized as



**WORLD
ANTI-DOPING
AGENCY**
play true

less likely to be used as doping agents; cathinone and its analogues (e.g. mephedrone, methedrone, pyrrolidinovalerophenone) and trimetazidine have been added as examples to reflect emerging patterns of drug use.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1. Alcohol

Changes were made to the wording describing the blood alcohol threshold, in the interest of accuracy.

MONITORING PROGRAM

In order to detect potential patterns of abuse, mitragynine has been added to the Narcotics class of the Monitoring Program.

Heed the hCG

Human chorionic gonadotrophin (hCG) is a hormone produced by the human placenta, and it is a substance prohibited (for males) in sport at all times. For decades, it has been illegally marketed and sold as a weight loss product on the Internet and, according to a Federal Trade Commission (FTC) press release, through mainstream retailers. Recently, six companies marketing hCG as a safe

and natural weight loss product received warning letters from the FDA ^[1] because the products are actually illegal drugs. One company is being sued by the FTC in federal court ^[2].

Athletes need to be aware of the risks involved in using products marketed as dietary supplements, or in this case, as homeopathic remedies. There are many unexpected ways athletes might encounter

substances prohibited in sport. Please be vigilant of fraudulent, illegal products. Dietary supplements can contain prohibited substances which increase the risk of an anti-doping rule violation, or can be potentially harmful to your health.

Ingredient	Route of Administration	In-Competition	Out-of-Competition
Human chorionic gonadotrophin	Route Independent*	⚠ Conditional	⚠ Conditional
WADA Classification(s):	Peptide Hormones, Growth factors and related substances (S2)		
Additional Information:	⚠ Prohibited in males only.		

Who Said it...

“Striving for maximum results in an attempt to find the best in you is rare. In regular, everyday life, only sports and a true focus on maximizing results can provide the type of introspective self-assessment needed to really know who you are as a person. Through sports, I found myself – who I am, what I like, and how I learn.” (Answer on Page 6)



Image Source: [2]

1. Press Release: FDA, FTC act to remove “homeopathic” HCG weight loss products from the market., 2013. <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm282334.htm>.
2. Press Release: FTC Charges HCG Marketer with Deceptive Advertising, 2013. <http://www.ftc.gov/opa/2013/10/hcg.shtm>.

Becoming the first American woman to win gold medals at both the Summer and Winter Paralympic Games is an amazing achievement. Doing it after a setback like Alana Nichols's is almost implausible.

A product of Farmington, New Mexico, Nichols was a star volleyball and softball athlete in high school on her way to a full-ride athletics scholarship.

However, her dreams of collegiate sports stardom were abruptly altered on November 19, 2000.

Nichols and a group of friends were snowboarding in the Colorado backcountry, practicing backflips on makeshift jumps. She had executed the stunt numerous times on land and trampolines, but this particular attempt she over-rotated her body, landing on a slab of rock that was hidden beneath the snow.

Alana's body 'tacoed' over the boulder, the impact injuring her T11 vertebrae and breaking the T10 and T12 in half. She then had to endure a two-hour wait in the snow for rescuers and first responders to arrive.

"It's hard to find words for what it meant to be paralyzed," said Nichols. "It wasn't so much the pain, but trying to process it all. It took a while to wrap my head around it—I went through two years of mourning my loss."

After years of physical therapy, her life began to feel whole again when she discovered the sport of wheelchair basketball.



Photo: Sean Boggs

Although she was unfamiliar with adaptive sports, Nichols was immediately hooked after watching a five-on-five game on campus at the University of Arizona. After first sitting in a chair for the sport, her natural sporting instincts came rushing back and she quickly became the best player on the team.

Nichols was ready to live again through sport, and her drive would lead her and the rest of Team USA to gold at the 2008 Summer Olympics in Beijing.

Soon after, she was ready to return to the mountain and turned her attention to alpine skiing. At the 2010 Winter Olympics in Vancouver she medaled in four different disciplines, winning gold in downhill sitting and giant slalom sitting. This feat allows her to lay claim to being the first American woman to win gold at both a Summer and Winter Paralympic Games.

But her biggest takeaways from her Paralympic successes have nothing to do with medals, records, or prizes.

"I'm so glad to have gained a respect for other cultures and a broader perspective of people around the world," said Nichols. "I feel fortunate to live in the United States where people with disabilities and adaptive sports are not only respected, but celebrated."

She says she would like to spread that goodwill to communities of children in underprivileged nations someday.

"I've always wanted the chance to give back to the sport that meant so much to me, and to work with others as part of a non-profit group to share my love for sport with others."

Before that, however, she has at least one more athletic endeavor she would like to pursue: surfing.

"It's not a Paralympic sport yet, but it could be someday. I love the ocean and always find a place for it in my life."

In preparation for competing in all five alpine skiing disciplines (downhill, slalom, giant slalom, Super G, and combined) at Sochi, Alana has been living and training at the Colorado Springs Olympic Training Center. Follow her path to Paralympic glory on Twitter at @alananichols21.

Mythbusting: Common Misconceptions about Anti-Doping

Myth: USADA has a complete list of which supplements are approved for use in sport

Since supplements are not well-regulated by the Food and Drug Administration (read more on page six), USADA often does not have any more information than athletes do in regards to specific supplements. USADA does have a published list of supplements that contain prohibited substances on www.Supplement411.org, however, those results only come after extensive lab research and testing.

The High Risk List results only come through small-batch testing, meaning that two separate batches of an identical supplement could yield completely different test results.

Essentially, the current regulatory structure doesn't stop supplement companies from putting in whatever they want. Because of this, taking dietary supplements carries a significant risk as an athlete.

Myth: American professional sports leagues and the NCAA are under USADA's jurisdiction

USADA conducts the anti-doping programs for all Olympic, Paralympic, Pan-American and Parapan American sport in the United States. USADA does not have jurisdiction over the testing programs for MLB, NFL, NBA, NHL or the NCAA. All of those organizations conduct their own drug-testing programs. There may be overlap if an athlete is competing for Team USA in addition to their

normal activity (for example, when an NBA player is playing for USA Basketball in the Olympic Games).

Myth: USADA is affiliated with the federal government

USADA is not part of the federal government, and operates as an independent non-profit entity. They are, however, recognized by the United States Congress as the country's official anti-doping agency. Additionally, the United States government has ratified the UNESCO Anti-Doping Convention which signifies the country's commitment to clean competition and global harmonization of anti-doping initiatives, a commitment that is upheld in a significant way by USADA.

Supplement *Shutdown*

The makers of a popular and controversial supplement were recently forced by government order to cease operations.

Alabama law enforcement officials raided the headquarters of S.W.A.T.S (Sports with Alternative to Steroids) Fitness and Performance in September 2013, based on claims that the company made about a number of products that were unsupported by scientific research. Some of these products were marketed as “dietary supplements.”

One in particular, the “Ultimate Spray,” was advertised as a liposomal preparation of deer antler velvet intended for absorption under the tongue (sublingual). Liposomes are similar to fat droplets that more effectively carry a drug through, in this case, the tissues under the tongue. Deer antler velvet is ground-up material obtained from antlers that is harvested before they harden. S.W.A.T.S further claimed that the active ingredient in the “Ultimate Spray” was insulin-like growth factor-1 (IGF-1), a substance banned both in- and out-of-competition on the WADA Prohibited List.

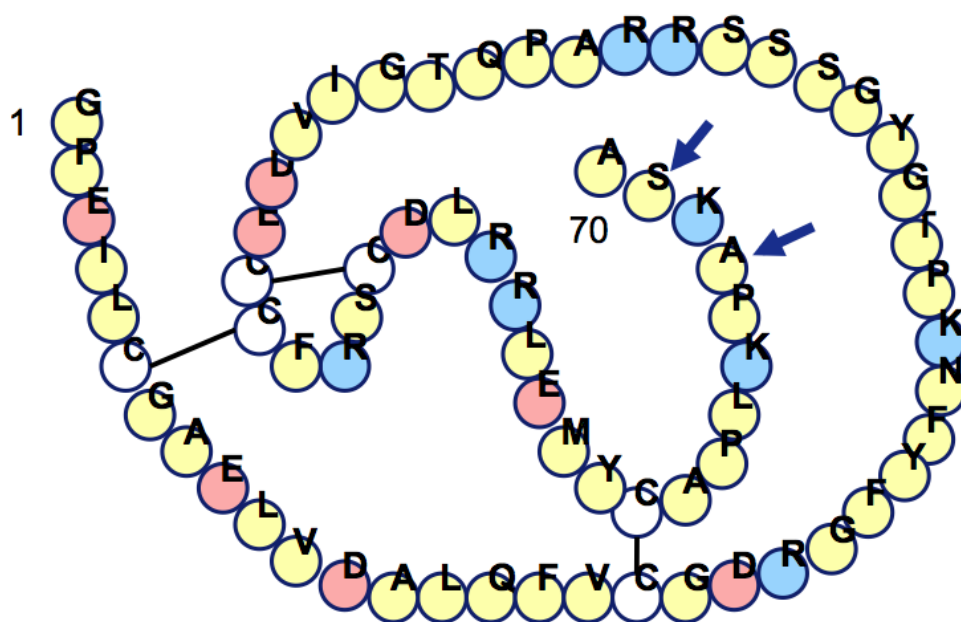
S.W.A.T.S first came into the public eye thanks to a January 2013 *Sports Illustrated* story. In the article, the directors of S.W.A.T.S claimed that various high-profile professional and collegiate athletes were using their products, which included “negatively-charged” water, “concussion caps,” and “holographic performance chips.”

To stay up on the latest science, USADA has an internal research program and is also a partner in the Partnership for Clean Competition (PCC). The PCC was founded in 2008 by USADA along with the United States Olympic Committee, the National Football League, and Major League Baseball.

A working group consisting of five international laboratories developed a liquid chromatography-tandem mass spectrometric assay for IGF-1. IGF-1 is comprised of a chain of 70 amino acids in a specific sequence which, using mass spectrometry, can be determined.

The Sports Medicine Research and Testing Laboratory (SMRTL) in Salt Lake City, which was part of the USADA/PCC IGF-1 Working Group, tested the Ultimate Spray and found IGF-1 to have an amino acid sequence consistent of human or cow origin, but could not detect any IGF-1 with the sequence of amino acids from deer. The reason it is not possible to distinguish human IGF-1 from cow IGF-1 is that the sequence of amino acids is

Human Insulin-like Growth Factor 1



identical. Interestingly, no IGF-1 was detected in a Chinese traditional medicine preparation of deer antler velvet, either.

Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), dietary supplements are defined as vitamins, minerals, amino acids, herbs, botanicals, and their extracts and concentrates. The United States Food and Drug Administration (FDA) has taken the position that dietary supplements are also intended to be ingested via the intestinal tract – thus placing sublingual sprays, crèmes, and other drug delivery systems in the category of “new drugs.”

Since deer antlers do not fall within the above definition and a sublingual spray qualifies the product as a “new drug,” S.W.A.T.S was presumably in violation of multiple FDA regulations, although the FDA never sent S.W.A.T.S a warning letter regarding their products. One of the frequently-discussed issues with DSHEA is the lack of funding for

enforcement, particularly because companies are not required to register their products with the FDA in advance of their manufacturing.

Due to this inconsistent enforcement, USADA frequently tests supplements for prohibited substances. Ones that have been found to contain prohibited substances, even in trace amounts, are listed on the “USADA High Risk List” on the Supplement411.org website. The site also offers information pertaining to the industry and advice on making wise consumer decisions regarding dietary supplements. USADA also provides the FDA and the Drug Enforcement Agency (DEA) with information regarding its supplement testing results and research.

Answer to “Who Said It?”

(from page 4)

– John Godina, 1996 and 2000 Olympic medalist in shot put and TrueSport Athlete Ambassador

TrueSport Coaching Education Program Receives National Accreditation

TrueSport Coaching Program recognized by the National Council for Accreditation of Coaching Education (NCACE) for being a leader in ensuring positive, healthy, and enjoyable sport experiences for all athletes.

USADA's TrueSport Coaching Education program has reached the gold standard of excellence by being awarded accreditation from the National Council for Accreditation of Coaching Education (NCACE) at Level 3 Domain 1 – Philosophy and Ethics. To date, the TrueSport Coaching Education Program is one of just over 20 programs nationally, including youth sport, high school, and institutions of higher education, to have been accredited by NCACE.

NCACE grants accreditation to educational programs that meet or exceed requirements based on the National Standards for Sport Coaches developed by the National Association for Sport and Physical Education (NASPE). The National Standards for Sport Coaches provide the fundamental competencies that athletic coaches from beginning coach to master coach should possess to ensure the safety and quality of athletic programs.

"This external accreditation is important in demonstrating USADA's and TrueSport's commitment to the importance of prepared and qualified coaches in the U.S. With research showing that coaches are one of the most significant influences in young athletes' lives, quality and effective training and education programs are essential in equipping coaches to maximize their impact on and off the playing field," says Anais Spitzer, Ph.D., TrueSport Managing Strategist. "We are gratified to have

met the stringent requirements and to have been honored with this important accreditation to validate and advance our efforts in coaching education."

The TrueSport Coaching Education Program is a web-based, self-guided learning platform tailored to adult learners that utilizes engaging, interactive and practical instructional tools. Through three courses, coaches receive instruction on:

- developing a coaching philosophy and ethics
- effective communication and problem-solving techniques with athletes and parents
- drug-free sport (performance-enhancing substance prevention)
- responsibility for sound nutrition and healthy training habits
- supplement and energy drink awareness

The program complements and dovetails with other coaching education programs by promoting the principles of TrueSport, and renewing the true spirit of athletic competition. Upon completion of the three courses, coaches receive TrueSport Certified Coach status.

Learn more about the TrueSport Coaching Education Program at [TrueSport.org/coaching-education-program](https://www.truesport.org/coaching-education-program).



ABOUT NCACE

The [National Council for Accreditation of Coaching Education \(NCACE\)](#) is a non-profit organization founded in 2000 by American sport and coaching education leaders across the country to give leadership and guidance to coaching education providers, sport administrators, and the public regarding the knowledge, values, and skills of effective coaches. NCACE works to provide quality sport coaching through the review and professional accreditation of coaching education programs, and by encouraging continuous improvement of coaching education in the United States. NCACE endorses comprehensive standards for sport practitioners, including: volunteer, interscholastic, collegiate, and elite coaches.

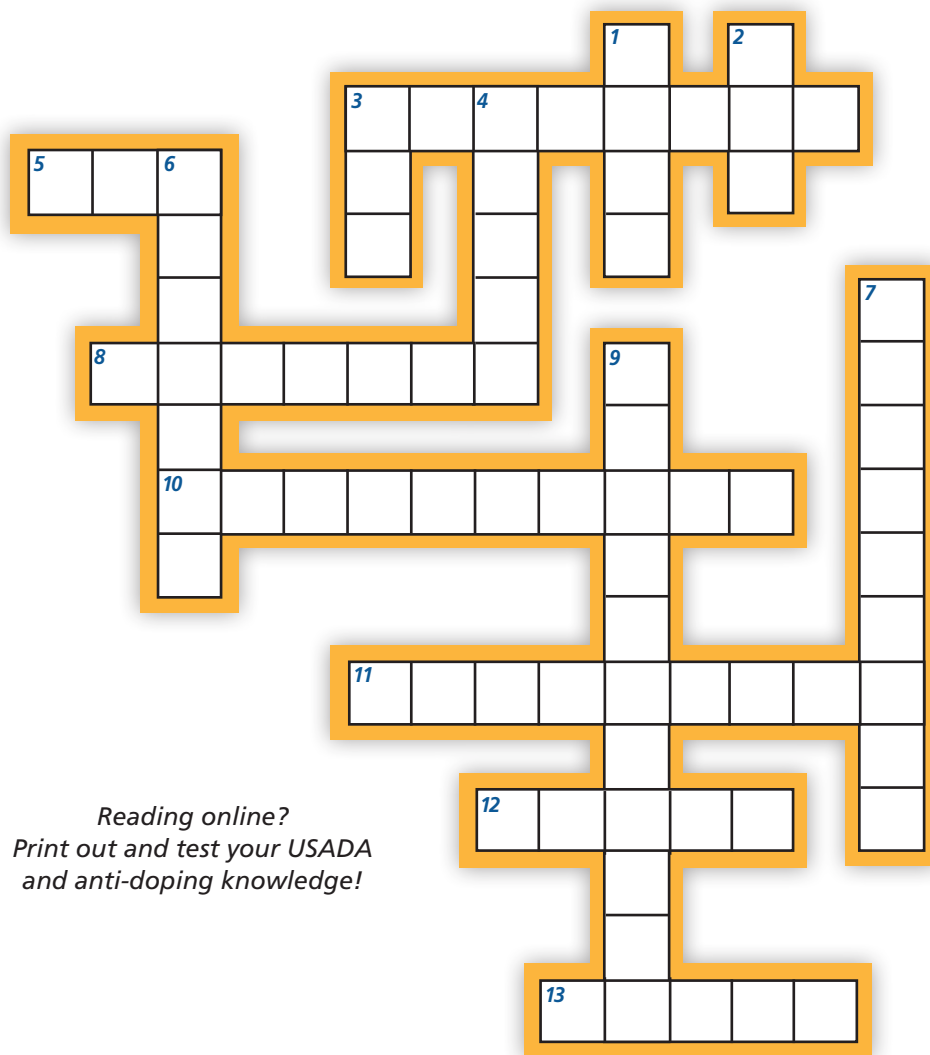


TrueSport
Compete Strong. Play Fair. Achieve More.

Powered by the U.S. Anti-Doping Agency



Anti-Doping Crossword



Reading online?
Print out and test your USADA
and anti-doping knowledge!

Across

3. Athletes can consent to this after providing a urine or blood sample
5. If athletes are prescribed a substance on the Prohibited List by a doctor, they need to file for one of these as soon as possible (abbreviation)
8. For a urine sample, the specific _____ of this measurement cannot be below .0035
10. _____411.org is online resource for making wise decisions regarding dietary _____s
11. This online resource provides athletes and coaches with information about the prohibited status of medications
12. Before giving a sample of this, athletes must be seated first for 20 minutes
13. The non-profit, non-governmental, and national anti-doping organization for the United States.

Down

1. Agency responsible for establishing and updating The Prohibited List and to coordinate and monitor the fight against drugs in sport
2. Individual responsible for the collection of samples from athletes (abbreviation)
3. Athletes in this are subject to out-of-competition testing (abbreviation)
4. Athletes in the International Testing Pool (ITP) must submit a _____-minute time slot
6. This free service called Athlete _____ provides helpful information over the phone and email for RTP Athletes
7. This person can both notify an athlete for testing at an event and witness the providing of a sample in place of a DCO
9. Registered Testing Pool athletes must submit these four times a year, and update them whenever they change

Across: 3. Research, 5. TUE, 8. Gravity, 10. Supplement, 11. GlobalDRO, 12. Blood, 13. USADA
Down: 1. WADA, 2. DCO, 3. RTP, 4. Sixty, 6. Express, 7. Chaparone, 9. Whereabouts



[U.S. Anti-Doping Agency]

In its mission to preserve the integrity of competition, inspire true sport, and protect the rights of athletes, USADA is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from performance-enhancing drugs. USADA has established a number of ways to anonymously report doping in sport in an effort to protect athletes and promote clean competition:

Be a Voice for the Right Choice!

Call 1-877-752-9253, email

playclean@usada.org, or submit a tip

online at usada.org/playclean.



SPIRIT Sport®

Contributors:

Gabe Baida
Brittany Bender
Larry Bowers, Ph.D.
Jennifer Dodd
Betsy Douglass
Amy Eichner, Ph.D.
Nick Esares
Matt Fedoruk, Ph.D.
Erin Hannan
Donna Harris
Mellissa Lewis
LaDonna Reed
Annie Skinner
Michael Thompson
Molly Tomlonovic
Christina Zarndt

Special thanks to:

Alana Nichols

Editor:

Andrew Elsass

Design:

Apex Communications

U.S. Anti-Doping Agency
Phone: (719) 785-2000
Toll-Free: (866) 601-2632
Fax: (719) 785-2001



719-785-2000 or
Toll-Free at 866-601-2632
athleteexpress@usada.org

© 2013 USADA, the USADA logo, the Athlete Express logo, TrueSport, the TrueSport logo, Athlete Express, Athlete's Advantage, the Athlete's Advantage logo, Coach's Advantage, the Coach's Advantage logo, Drug Reference Line, Spirit of Sport, Supplement 411, and the Supplement 411 logo are all pending or registered trademarks of the U.S. Anti-Doping Agency. All rights reserved.