Tight on time? Stick with the 3 Key Takeaways and The Basics. These will help your athletes understand that competing clean is the only way to earn a true victory.

Have more time? Share the TrueSport Talk and discuss how Olympic athletes can relate to this lesson.

Extra time? Take a look at the Tips & Applications for more information on teaching your team the importance of competing clean.

Looking for more? Explore the Downloads & Additional Resources, which offer additional conversation starters and fun activities to support each lesson.
Many athletes are not satisfied with the results they get from their training, eating, and sleeping routines, or aren’t willing to put in the effort to get the maximum benefits from each (such as consistently going to bed early in order to get a full eight hours every night).

Instead of trying to improve in these three areas, many athletes choose to instead take supplements, drink energy drinks, or take performance enhancing drugs (PEDs) to make up where they are lacking or to give themselves a perceived ‘edge.’ However, each of these substances come with negative side effects and consequences that youth athletes as well as their parents and coaches should be aware of.

It’s nice to think that a powder, pill, or beverage can make up for having to actually put in the time it takes to establish a proper diet, training routine, and sleep cycle. But, in the end, athletes are only successful in the long-term if they are disciplined in these three areas first.

The elite-level athletes that do take supplements use them as they are intended: to supplement a proper wellness routine, and only after doing research to find a supplement that is low-risk and unlikely to harm the body.

In the end, results that come from competing clean are the only ones that matter. Anything else, win or lose, robs the athlete, their teammates, opponents, and coaches of a true victory and spoils the sport for everyone involved.
AMBASSADOR STORY QUESTIONS

1. What was the main point you took away from the ambassador story?

2. Thinking about Richard Torrez Jr.’s story, do you think that consuming an energy drink before a competition is an example of competing clean? Why or why not?

3. Should there be more serious consequences, other than forfeiting a medal, for athletes who use performance-enhancing drugs and rob others of an authentic victory?
The Red Flags of Dietary Supplements

Although millions of Americans use vitamins, minerals, and other dietary supplements, they may not know that supplements are NOT reviewed, approved, or tested by the FDA before they are sold.

While mainstream vitamins, minerals, fish oil, and amino acid/protein products are usually okay, most people do not realize that muscle building, weight-loss, energy supplements, or other dietary supplements promising performance enhancement can pose a huge health risk.

There are many examples of such products with active pharmaceuticals or novel, ‘designer’ ingredients, and some supplements containing ingredients like these have been responsible for deaths.

Just because a product claims to be natural does not make it safe to use. Some dietary supplement companies make claims about their products that are unproven or false, and many products may contain ingredients that are not listed on the label. Other red flags to look out for include:

- **Products that advertise to be anabolic (muscle building).** These might list ingredients that end in -ol, -idiol, or -stene, or have numbers in their name
- **Products that promise to quickly provide large amounts of energy**
- **Products that list proprietary blends, as the ingredients and/or quantities may be unclear or left off altogether**
- **Claims to treat diseases (cancer, arthritis) or prevent the common cold and enhance the immune system**
- **Claims to be safe simply because they have been used for thousands of years or are considered to be ‘traditional medicines’**

Side Effects of Energy Drinks

Despite what energy drinks promise about increasing mental and physical performance, their high concentration of stimulants (and sometimes novel ingredients) come with a slew of side effects, including:

- Anxiety
- Nervousness
- Tremors
- Insomnia
- Nausea
- Seizures
- Aggressiveness
- Stroke
- Cardiac Arrhythmia
- Heart Attack
- Sudden Death

And an increased risk of:
Side Effects of Performance Enhancing Drugs (PEDs)

Athletes often have misconceptions that the benefits of using PEDs will outweigh the negative effects and are also often misinformed about the actual ingredients and their sources. PEDs can also appear in the form of diuretics, (such as weight loss pills), marijuana, stimulants (like some cold medicines), ADD or ADHD medicine, or asthma inhalers.

In addition to often being illegal (both in the eyes of sport and the law), PED use can result in many harmful side effects:

- Stunted growth due to decreased bone development
- Permanent deepening of the voice in girls
- Impotence and infertility
- Increased risk of heart disease
- Increased aggression (“roid rage”)
- Liver dysfunction
- Worsened concussion symptoms
- Change in physical appearance, such as premature balding and acne
- Unwanted body hair growth in females
- Increased strains and tears of ligaments and tendons
- Breast tissue development in males
- Reduced production of natural testosterone
- Premature balding and acne
- Unwanted body hair growth in females
- Increased strains and tears of ligaments and tendons
- Breast tissue development in males
- Reduced production of natural testosterone
- Worsened concussion symptoms

Additional Resources

Be sure to check out these additional resources available for download:

Chalk Talk (PDF)
Three, 10-15-minute activities: Get your athletes thinking and talking about what clean sport means with these guided discussions.

Review Handout (PDF)
10-minute quiz: Test your athletes’ knowledge of the risks associated with using dietary supplements (answers included).

TrueSport Certificate (PDF)
Handout: Celebrate your groups’ completion of the clean sport lesson with this special certificate.
To reinforce the lesson and put TrueSport into action, lead your athletes in the following Chalk Talk.

Instructions

Mention some of the issues with and side effects of drinking energy drinks (see Tips & Applications section in the Clean Sport lesson) to your group, then lead a discussion around these questions:

1. Can you name some examples of energy drinks that you see in stores? (In the U.S., some top-selling brands are Red Bull, Rockstar, Monster, NOS, and Amp)

2. What are some of the negative side effects that come with drinking these types of beverages?

3. Can you think of some situations when you might be tempted to drink an energy drink? What are some better solutions?
To reinforce the lesson and put TrueSport into action, lead your athletes in the following Chalk Talk.

Instructions

Ask your group to name some examples of dietary supplements, then review the red flags of dietary supplements (see Tips & Applications section in the Clean Sport lesson) with them. Use the questions below to lead a discussion about the realities of the supplement industry and how athletes can make better choices when it comes to supplement use.

1. What are some examples of supplements that you may take?  
   (Examples: iron, vitamin D, vitamin C, fish oil, calcium, whey protein, creatine)

2. What are some food sources for these same ingredients?  
   (Iron: red meat, beans, fortified oatmeal; Vitamin D: low-fat milk, fortified cereals, cheese; Vitamin C: tomatoes, strawberries, citrus fruits; Fish oil/Omega 3: salmon and tuna, walnuts, pumpkin seeds; Calcium: milk, yogurt, fortified soymilk; Whey: goat milk and cheese, yogurt; Creatine: red meat, fish)

3. As an athlete, what steps should you and/or your parents take if a doctor prescribes a supplement to compensate for a deficiency, such as with vitamin D or iron?  
   (Before purchasing the supplement, have your parents research the manufacturer of the supplement online. Parents can check for label verification at ConsumerLab.com, or see if the product is certified by U.S. Pharmacopeia or NSF International. They can also check the FDA website to see if the manufacturer or product name has any recent enforcement actions against them. Finally, parents should consider if the supplement falls into a high risk/performance enhancement category, such as one that claims to be muscle building, energy boosting, or to cause weight loss. If it does, then reject its use).
To reinforce the lesson and put TrueSport into action, lead your athletes in the following Chalk Talk.

Instructions

With your group, review the list of possible side effects from PED use (see Tips & Applications section in the Clean Sport lesson) and the misconceptions and risks involved with taking steroids as an athlete.

Talk through this scenario with your group, then discuss how to apply the below decision-making model to it:

Scenario: You are training in the off-season for lacrosse and have been told by your coaches that you have a chance for an athletic scholarship. However, they add that you need to continue to get stronger and put on some muscle for the next level of competition. Your extra work in the weight room seems to be making you “feel” stronger, but you don’t seem to be gaining muscle mass. An older collegiate player approaches you one day while working out, offering to provide a phone number of someone who distributes steroids.

Example walkthrough of the decision-making model:

1. **Identify the problem:** Taking steroids is not safe, but it could add the needed “mass.”

2. **List the possible choices:** Refuse the information and say, “no thanks”; divert the conversation to how they are benefiting from the steroids; take the phone number and have a discussion with your parents or coach; call the distributor.

3. **List the consequences** and consider how each choice could affect others in your life: Could cause side effects due to the health risks involved; could cause disqualification for you or your team if word gets out; could damage reputation; could forfeit chance at athletic scholarship.

4. **Consider your values:** Was your decision responsible? Was it respectful or fair to your teammates? Was it being a good role model?

5. **Make a decision and take action:** Do not take the PED due to the large number of risks or take the PED even after considering the risks involved.

6. **Imagine the consequences for making either choice:** What did you learn from the decision? Would you make the same decision next time?
There have been numerous professional, collegiate, and even amateur athletes who have either admitted to doping or have been caught through anti-doping tests. A list of Olympic-level athletes that have tested positive for performance-enhancing drugs and sanctioned by the U.S. Anti-Doping Agency can be found at usada.org/testing/results/sanctions.

After admitting to their actions, many of these sanctioned athletes insist they felt pressured to take these substances in order to compete at their sport’s highest level.

To your group, present these real-world scenarios involving two different athletes who admitted to steroid use. Then, use the follow-up questions to lead a discussion.

Three-time Olympic gold medal winner and former “Fastest Woman on Earth,” Marion Jones pleaded guilty to perjury charges connected to steroid use after persistently denying that she ever used performance-enhancing drugs. She spent six months in a federal prison in Texas in 2008.

According to a story in the Washington Post, Jones acknowledged using steroids before the 2000 Olympic Games in Sydney in a letter to her family and friends.
In his statement, pitcher Andy Pettitte of the New York Yankees took issue with accusations of his having used steroids to help recover from an elbow injury in 2002.

“This is it—two days out of my life, out of my entire career when I was injured and on the disabled list,” Pettitte said. “I have the utmost respect for baseball and have always tried to live my life in a way that would be honorable. I wasn’t looking for an edge; I was looking to heal. I felt an obligation to get back to my team as soon as possible.”

Suggested Follow-Up Questions:

1. Why do you think these athletes decided to use performance-enhancing drugs?

2. Do you respect them more now that they have admitted guilt? Why or why not?

3. Do their stories affect your decision to take or not take performance-enhancing drugs? Why or why not?

4. Do you feel like you are now better informed to say “No” to performance-enhancing drugs? Why or why not?

5. What does “I don’t have to cheat you to beat you” mean to you?
Review Handout
Middle & High School

Make copies of the Dietary Supplement Questions on the next page for your group, or go through the questions aloud together. The original question is stated in parentheses next to each answer.

Answer Key

1. Advertises to cause easy weight loss, to give a boost of energy, to build big muscles really fast, to cure a cold or even cancer. (Name a few things that would make you think a product might not be a legitimate supplement.)

2. True. (The U.S. government’s Food and Drug Administration (FDA) does not review, approve, or test dietary supplements before they are sold to consumers.)

3. False. (A supplement label always guarantees that what is listed as ingredients matches what is inside the bottle.)

4. True. (Clinical studies conducted by the supplement companies themselves are more likely to find positive results than studies conducted by independent organizations.)

5. True. (Even though it can no longer legally be sold in the U.S. after causing heart attacks, stroke, and death, the herb ephedra can still be found in dietary supplements.)

6. False. (All dietary supplements are considered “unsafe” for you to use.)

7. False. (Buying a supplement in a supermarket or health food store guarantees that they are safe to use.)

8. True. (Many supplements (such as energy drinks, sports performance supplements, and weight management products), are heavily marketed toward teens as safe dietary supplements, but in fact may be illegal and unsafe.)

9. False. (When a famous and successful athlete endorses a supplement, it affirms that it must be effective and safe to use.)

10. False. (When a product claims to be “natural,” it means it is safe to use.)
Review Quiz:

Read and complete the following true or false questions about dietary supplements.

**Question 1**

Name a few things that would make you think a product might not be a legitimate supplement.

**Question 2**

The U.S. government’s Food and Drug Administration (FDA) does not review, approve, or test dietary supplements before they are sold to consumers.

TRUE  FALSE

**Question 3**

A supplement label always guarantees that what is listed as ingredients matches what is inside the bottle.

TRUE  FALSE

**Question 4**

Clinical studies conducted by the supplement companies themselves are more likely to find positive results than studies conducted by independent organizations.

TRUE  FALSE

**Question 5**

Even though it can no longer legally be sold in the U.S. after causing heart attacks, stroke, and death, the herb ephedra can still be found in dietary supplements.

TRUE  FALSE
TrueSport Clean Sport: Quiz

Question 6

All dietary supplements are considered “unsafe” for you to use.

TRUE    FALSE

Question 7

Buying a supplement in a supermarket or health food store guarantees that they are safe to use.

TRUE    FALSE

Question 8

Many supplements (such as energy drinks, sports performance supplements, and weight management products), are heavily marketed toward teens as safe dietary supplements, but in fact may be illegal and unsafe.

TRUE    FALSE

Question 9

When a famous and successful athlete endorses a supplement, it affirms that it must be effective and safe to use.

TRUE    FALSE

Question 10

When a product claims to be “natural,” it means that it is safe to use.

TRUE    FALSE
Congratulations! You have demonstrated that you know how to be a TrueSport Champion!

TrueSport, powered by the U.S. Anti-Doping Agency (USADA), is a movement that seeks to ensure a positive youth sport experience for athletes like you. In learning how to practice clean sport, you have gained skills to be a leader both on and off the field.