

What's Trending Now: Enhanced Efficiency and Mobile-Friendly Upgrades for the Resource Exchange Center (REC)

Lara Gray, Director of Education

Supplement and medication inquiries just got easier for Drug Free Sport's REC clients. This Fall, the REC upgraded systems to allow users the ability to access the site from any mobile device. After logging in per sport organization, users will register their device (computer, smart phone, tablet) with an email address for streamlined access to inquiry forms and other available resources.

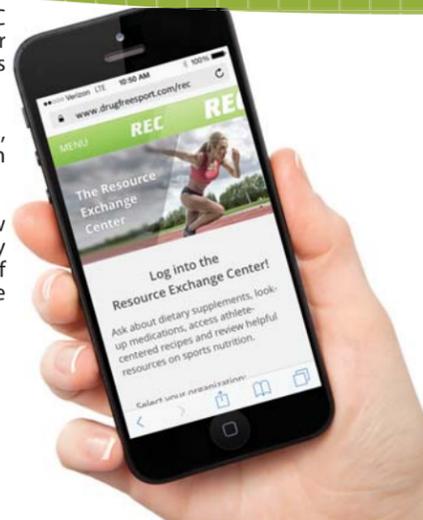
Each user will have a personal dashboard to create new supplement inquiries, send inquiries for evaluation, and review completed responses. Users will be updated via email to confirm when inquiries have been submitted as well as when a response is ready.

The REC experts review individual products every 24 hours to check for product formulation changes, review current or new research on ingredients, and update any changes or concerns associated with the company or product in question. Should product formulations change or new research be released on ingredients of concern, REC clients can rest assured that our experts will report these new findings immediately. Athlete health, safety, and eligibility is a top priority in our efforts to ensure fair and safe sport.

New features include:

- » Mobile-friendly website
- » Personal email registration per organization
- » Auto-generated supplement options
- » Unlimited products per inquiry
- » Email confirmations for submissions and responses
- » Ability to share responses via email, text, or print
- » Label inquiries for quick reference (i.e. jersey #, product category, team, etc)

For help or questions with the new REC website, please email lgray@drugfreesport.com.



Drug Free Sport News

DFS Announces Partnership with the National Association of Intercollegiate Athletics (NAIA)

Josh Roehr, Director of Sales & Marketing



At the April 2015 National Convention in Charlotte, NC, the NAIA membership voted and passed its Council of Presidents (COP) recommendation to provide all NAIA student-athletes consistent substance abuse education to promote student-athlete welfare and understanding of NAIA policies. The education initiatives, provided by Drug Free Sport, will educate all student-athletes about the newly adopted association-wide drug-testing policy to prepare them for drug-testing at NAIA championship events beginning in 2017-2018.

The partnership between the NAIA and Drug Free Sport includes association-wide drug-education through myPlaybook, an online tutorial program designed to introduce the substances banned by the NAIA, the health impacts of those substances and to prepare student-athletes for drug-testing in 2017-2018. During the year, student-athletes will be able to access myPlaybook and complete all of the required courses at their own pace through myPlaybook's state-of-the-art instructional design. Course topics include: NAIA Rules and PED Awareness, Dietary Supplements and Sports Nutrition, Life Skills, and The Transition from College Athlete to Healthy Adult Lifestyle.

In the first lesson of myPlaybook, student-athletes will also be introduced to the Resource Exchange Center (REC), the NAIA's authoritative resource for information about NAIA banned substances, medications and supplements. The NAIA and Drug Free Sport do not recommend the use of any dietary supplement. However, the REC is an educational tool that screens supplement labels for banned substances and helps student-athletes make informed decisions prior to consuming products that may cause an issue on a drug test or other health and safety concerns. Drug Free Sport's experts research each product that is submitted and send back a response based on the REC's Risk Level Rating System.

"Drug Free Sport is a great addition to the NAIA team and will provide unbiased and customized drug education," said NAIA President and CEO, Jim Carr. "myPlaybook and the Resource Exchange Center are accessible 24/7 to our community. Their commitment to our core values, expertise in drug prevention, and help to ensure fair and safe sport for NAIA members are key ingredients to character-driven athletics."

"Drug Free Sport is honored to serve as the chief advisor and administrator for the NAIA Drug Education and Testing Program," affirms Kathy Turpin, Vice President of Sport Drug Testing at Drug Free Sport. "Because of our dedication to ensure fair and safe competition in sport, we value the NAIA's commitment to provide a quality association-wide drug education program to its membership prior to, and then in continuance with, the implementation of association-wide drug testing. We look forward to our partnership with the NAIA to promote student-athlete health, safety, and success in and out of sport."

NAIA student-athletes have full access to myPlaybook and the Resource Exchange Center as of July 2015. To access the REC or for more information about myPlaybook, contact Lara Gray at 816-285-1417 or lgray@drugfreesport.com.

Sport Drug Testing hosts SCAN®3 Introductory Breakfast at NATA 2015



At the 66th Clinical Symposium for the National Athletic Trainers' Association (NATA), Drug Free Sport hosted a breakfast presentation to showcase the Program Management System of SCAN®3, the company's proprietary iPad-based drug-testing technology. The presentation highlighted many benefits of the system including a search function for past testing events, and the ability to add customized notes to specific drug tests, athletes, or into the overall drug-program record. The secure system is designed specifically for easy access to necessary drug-testing information. The Program Management System not only delivers testing results to clients, but also provides pre-test administration information that includes the roster and notification forms. The breakfast was a big success and a wonderful opportunity for the Sport Drug Testing Department staff to engage with the more than 75 attendees from sports medicine and athletic training facilities nationwide. For more information on the SCAN®3 program management system, contact kuhr@drugfreesport.com.

DRUG FREE SPORT™ MISSION

Ensuring Fair and Safe Sport

The National Center for Drug Free Sport is a team of accessible, world-class experts in partnership with leading sport organizations around the world providing unbiased and customized drug-testing programs and other drug prevention initiatives to ensure fair and safe sport.

DRUG FREE SPORT™ VISION

To be the premier provider of customized drug testing and prevention programs for athletes and sport organization worldwide through innovation, technology, quality, and exceptional staff.

ON THE ROAD AGAIN

Will we be in your area?

Contact us to schedule an educational session!



NAIA Champions of Character Foundation Awards Luncheon
Kansas City, MO
November 9

NACWAA Convention
Tampa, FL
October 11-13

46th NFHS National Athletic Directors Show
Orlando, FL
December 13-14

Save the Date!
July 12-13, 2016

Drug Free Sport Education Conference
Intercontinental Hotel
Kansas City, MO
A unique learning opportunity intended for athletic trainers, sports dietitians, coaches, and athletic administrators. More details to follow.

The National Center for Drug Free Sport®

For INSIGHT questions, comments, or to be added to our mailing list, please contact:
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Beyond Drug-testing, Collector Jody Murray Makes a World of Difference

Jody Murray, Certified Collector for Drug Free Sport & CEO of Fair Play Northeast



In December of 2012, my quintessential New England town (Newtown, CT) was rocked by the unthinkable mass murder of 20 children and six adults. In the months and years that followed, I found myself on a journey of self-reflection that would eventually lead me to a medical mission in KodaiKANal, India. In this small hill town, whose name literally translates to mean, "The gift of the forest," I would give the gift of my time and efforts, but I would leave with far, far more.

I spent two weeks hosted by an organization called the Foundation for International Medical Relief of Children (FIMRC). The typical volunteers are pre-med students who go to observe medical systems and lend whatever support they can. At 53, and a private practitioner, I was certainly atypical. As an Athletic Trainer and Acupuncturist, I was a first!

I spent my two weeks working in a physiotherapy clinic at the Pasam Trust Hospital. Pasam means love in the native language of Tamil. This hospital is famous for its annual plastic surgery/ burn camp, where a select number, from the hundreds who make the pilgrimage, are given life altering surgeries for free. The other 51 weeks a year, it services the poor among the community.

For two weeks I used acupuncture and all my manual skills as an athletic trainer to treat young and old. I worked with individuals diagnosed with stroke, cerebral palsy, migraines, back pain, neck pain, osteoarthritis, frozen shoulder, ganglion cysts, mental illness and sciatica. These patients enthusiastically consented to a treatment they had never seen and their positive results spread throughout the community. Every day, I was greeted by more Indian faces than the day before and when the head doctor personally brought his own sister in law to see me... I knew I was doing okay!

I wasn't expecting the amount of teaching that I would do. The resident physical therapist was so relentless in documenting every acupuncture point I used, that I gave him a crash course in acupuncture treatments. The pre-med students, none of whom had ever seen acupuncture, were anxious to observe and assist in any way they could. I'm hopeful, that I left them all with a favorable impression of the power of acupuncture.

The two weeks went too fast. I left the clinic for the final time with a bit of a heavy heart that comes from those kinds of goodbyes. This experience reminded me that ALL people want to be heard, even if you don't speak the same language. I saw firsthand, how 15 minutes of undivided attention, can absolutely change someone's life. I received blessings from patients every single day and even from one elephant and am reminded even now, to always count mine. I know now, without any uncertainty, that one person can indeed make a difference. Don't ever doubt that that one person can be you!



Top: Raja observes Jody treating a headache patient. Bottom left: Jody and Raja work with a young boy. Bottom right: Jody receives an elephant blessing. To read more about Jody's trip to India visit: www.acupxtherapy.blogspot.com

"Be the change you wish to see in the world." -Gandhi

IN THIS EDITION:

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What's Trending Now

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Drug Free Sport News

DFS Partners with the NATA for Drug-testing SCAN® 3 Breakfast at NATA a Success

Frankly Speaking: Drug-Deterrence Success Built on a Platform of Evidence & Champions



Frank Uryasz
President of The National Center for Drug Free Sport, Inc.

At the end of May, Texas lawmakers voted to discontinue funding for the state's anabolic-steroid testing program for students participating in high-school athletics. Previously, in May 2007, legislation was passed in Texas authorizing the anabolic, androgenic steroids (AAS) testing program in an effort to prevent the use of AAS by Texas high-school athletes. The testing program began in early 2008 and was independently administered by The National Center for Drug Free Sport, Inc. until it ended in May 2015.

High school testing programs have their critics. Most of the criticism centers around the mistaken view that the value of a testing program can be measured by the number of positive drug tests it yields. Even though the objective of testing programs is to prevent drug use, detractors continued to define these programs' success by the number of students that are "caught." This makes no sense.

I have been involved in sports drug testing since 1986. Nearly thirty years in this prevention field have taught me that critics of sports drug testing fall into two categories.

1. Individuals or organizations that are opposed to any and all drug-testing programs, and
2. Individuals or organization that are opposed to drug-testing programs that they can't or don't administer.

Opponents of sports drug testing argue that 1. There is no evidence that drug testing deters/prevents use and 2. Education is the better avenue to prevention. I acknowledge that the deterrence effect of drug testing is difficult to measure. Unfortunately, we don't have any data detailing how many high school athletes avoid the use of performance enhancing drugs because of the threat of testing. However, we do have data from other levels of sport. For example, the most recent NCAA drug-use survey reported that 58% of the NCAA student-athletes stated that NCAA drug testing has deterred college athletes from using drugs. In the same study, of the NCAA student-athletes who at the time of the study did not use marijuana, 16.1% reported that the main reason that they don't use marijuana is the "fear of getting drug tested." While these data come from surveys of college athletes, not high school athletes, I believe they support my position that testing is indeed a deterrent.

There is also the practical, observational evidence of the value of drug testing in sport. Anyone who was paying attention to what was happening in college football, and in other college sports, with anabolic steroid use in the 1970s and 1980s will tell you that the NCAA's year-round testing program, which started in 1990, made a significant difference in leveling the playing field. We've also seen the differences that testing has made in drug use by Olympic and professional athletes over the years.

As for the argument for the value of drug education over drug testing, I don't know any organization, including Drug Free Sport, that advocates testing as the first line of defense against drug use. Education is the key and there is ample evidence that properly executed education by parents, coaches, teachers, public-safety officials and others will prevent many young people from using drugs. However, despite educational efforts, we know some students will choose to use steroids and other drugs because they believe that the benefits outweigh the risks. For these students, drug-testing programs tip the balance in favor of a non-use decision.

At Drug Free Sport, we've put our support behind a drug-education program for high school students called myPlaybook. Unlike a lot of one-and-done programs, myPlaybook has undergone and continues to undergo evaluation to measure its effectiveness in changing perceptions, intentions and use. For more information about the effectiveness of myPlaybook, go to <http://myplaybook.drugfreesport.com/high-school-program/why-myplaybook/>.

Do you think legislators, athletics administrators and other leaders who oppose testing will instead channel meaningful funding toward myPlaybook or to another proven educational tool?

Finally, be leery of the person or organization that finds fault in every drug-testing or drug-education program except their own. Often times, media seek out the same people time after time, drug-testing story after drug-testing story, to offer critique on programs about which they know very little (or nothing at all). There are many logical and practical reasons why drug-testing programs in sport are not all alike.

What should athletics entities contemplating the implementation of a drug-testing program have in place to counter the naysayers? Two things immediately come to mind: evidence and champions.

Evidence. A drug-deterrence program cannot be evaluated based solely on the number of people who fail. Before any testing program is started, organizations need to ensure that there are measurement tools and processes put into place to answer the question – how do you know that the program is changing beliefs, attitudes and behavior?

Champions. The sports drug-testing programs that endure and improve over time are the ones that have champions. By champions, I don't mean winners -- I mean supporters/defenders. This can't be legislators or administrators acting alone. It must include parents who demand a safe and healthy environment for their children, coaches who demand a level playing field for their athletes, athletes who speak out against drug use and educational leaders who are willing to make difficult decisions and take risks in the name of athlete safety and wellbeing. Without evidence and without champions, the naysayers will win every time.

Resources mentioned in this article:

NCAA Substance Abuse Survey: http://www.ncaa.org/sites/default/files/Substance%20Use%20Final%20Report_FINAL.pdf

myPlaybook Evidence-based Online Drug Education Tutorial Program: <http://myplaybook.drugfreesport.com/high-school-program/>