

DRUG FREE SPORT® MISSION

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 organizations worldwide through innovation, technology, quality, and exceptional staff.

UPCOMING EVENTS

If we will be in your area, please contact us to schedule an educational session or visit!

ACSM Annual Meeting

Boston, MA
May 31 – June 4

NATA Clinical Symposia & EXPO

Baltimore, MD
June 22 – 25
Please visit us at EXPO Booth #2035!

Sport Exchange Summit 2016

Kansas City, MO
July 12 – 13

DRUG FREE SPORT SPEAKERS BUREAU

Now is an excellent time to start planning for education sessions in the fall! Our speakers are prepared to tailor programs to your unique needs.

Trending topics include:

- * Marijuana: Trends in Use & Legalization
- * Prescription Drugs of Abuse in Sport
- * Supplement Safety & Resources
- * How to Read a Supplement Label
- * Sports Nutrition for Performance (e.g., Pre/Post-workout Meals & Snacks; Meal Timing for Energy and Recovery; Hydration)
- * Whole Foods vs. Supplements
- * Drug-Testing Program and Policy Best Practices

To request a speaker, please contact Anna Filardo at afilardo@drugfreesport.com.

The National Center for Drug Free Sport, Inc®

For INSIGHT questions, comments, or to be added to our mailing list, please contact: Lara Gray at lgray@drugfreesport.com. 816.474.8655 • www.drugfreesport.com

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Drug Free Sport® News

Check out our blog: *Drug Free Sport® PERSPECTIVES*
drugfreesport.blogspot.com

Every week, we share current events, trends, and resources related to sport drug testing and athlete health by tapping into our in-house experts, as well as the many professionals we collaborate with in the industry.

Recent blog topics include: Why you need a sports dietitian, Social media in sports culture, Supplement certification programs, International drug testing, and Meldonium as a prohibited substance.

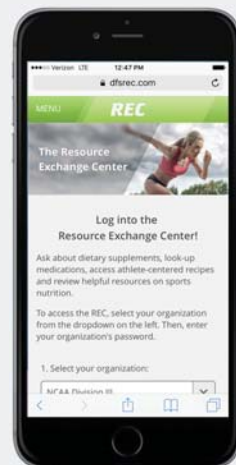
Share the Resource Exchange Center to ensure supplement safety this summer!

Mobile-friendly access: dfsrec.com

Passwords vary by organization. Forgot password?
Email rec@drugfreesport.com or call 816-285-1429.

Supplement use may increase over the summer for many reasons, including:

- » Minimal supervision or guidance from athletic staff
- » Parents may purchase supplements for their athlete
- » More screen time and social media use may increase their exposure to misleading marketing
- » Interactions with staff at local gyms who may be distributing or recommending products
- » Body image concerns associated with social activities and summer attire (shorts, swim suits, etc)
- » Looking to make gains (or losses) in body composition before the new season
- » Less perceived risk associated with drug-testing over the summer months



Collector Spotlight

Rodney Dyess, CEO
Collection Company: DCS & Associates, LLC



Rodney Dyess is the CEO of DCS & Associates, located in Carriere, Mississippi. Rodney has been an independent contractor with Drug Free Sport for 13 years. In 2008, Rodney established DCS & Associates to help cover Drug Free Sport's expansion in geographical areas and in clients. Today, DCS & Associates has 15 certified collectors and 25 crew members covering drug-testing events in Oklahoma, Texas, Louisiana, Arkansas, Mississippi, Alabama, Georgia, and western Tennessee.

A nationally registered paramedic for 16 years, Rodney enjoys fishing in the Gulf of Mexico and hunting and camping with his family. Rodney and his wife, Candace, have been married for 17 years. They have three children involved in various activities that take up a lot of Rodney's free time. Rodney's favorite quote is "It's not whether you get knocked down; it's whether you get up," from Vince Lombardi. Rodney enjoys contracting with Drug Free Sport because "the staff is great to work with, and they are truly dedicated to keeping sport clean."

Will Shields to Present Keynote Address at Sport Exchange Summit This Summer

Will Shields (Pro Football Hall of Fame, 2015) is an athlete who has advanced through every level of sports competition. Throughout his impressive career, Shields effectively navigated the care, coordination, and expertise of several "teams behind the team." His unique perspective on how sports medicine professionals enriched his progression from high school athletics, to the pros, to life after sports as a successful business owner and philanthropist will be shared during his keynote address on July 12, 2016. For more information on the event, the full agenda, speakers, and session descriptions, please visit sportexchangesummit.com.



KANSAS CITY
JULY 12-13, 2016



Special Keynote Address by Will Shields:

"14-223-12: The Iron Behind the Will"

Join Will Shields at the Sport Exchange Summit as he reflects on his journey from Lawton High School in Lawton, Oklahoma to being inducted into the Professional Football Hall of Fame in 2015.

Sport Exchange Summit, Powered by Drug Free Sport®

Advancing the 'team behind the team'

Early Registration Ends May 31!

sportexchangesummit.com

July 12-13, 2016 | Kansas City, MO

Intercontinental Kansas City at the Plaza

Special discount (30% off registration) code available to INSIGHT readers: **DFSES16**

PED-Positive Drug Tests: "Why?"

Mark Bockelman, Vice President of NCAA Drug Testing

As Drug Free Sport staff engages in education sessions throughout the year, there are core questions that typically surface from athletes, coaches and administrators. "Which supplements are 'approved'?" or "How long does it take for performance-enhancing drugs (PED) to clear the system?" The "what, when, and how" questions always get asked. But, one type of question that doesn't get nearly enough attention is the "why."

"Why are athletes testing positive?"

This is the question educators, administrators, and coaches need to ask in order to identify the athlete's core motivation—particularly for supplement use (the leading source of PED-positive drug tests). There are many reasons athletes assume the risks and consume supplements or any performance-enhancing substance. These decisions are also highly individual and not team-based. While Drug Free Sport can't identify every motivation through social science research, we can share the following themes that arise from athletes during appeals of their PED-positive drug tests.

- » "I thought the supplement was OK, because there were no banned substances on the label!"
- » "I read the label and checked it against the list of banned drugs, and didn't find any matches." (The athlete did not take the supplement to an institutional advisor for assistance or secondary review.)
- » "I trusted a friend who knew my situation (my motivation) and recommended or shared a supplement."
- » "I trusted the recommendation from the sales person at the retail store, especially because they knew I was a student-athlete and could be drug tested."
- » "I only took it one time. My friend gave it to me to help me study for a test. I have serious test anxiety."
- » "I wasn't cheating; because I was trying to recover from an injury. There was no competitive advantage gained for competition."
- » "The supplement website said it was 'NCAA/Collegiate approved.'"
- » "My coach/teammate/friend/family told me (or implied) that if I added some muscle mass over the summer, I would be in a better position to compete for playing time next season."

There are an unlimited number of responses to each individual's "why supplement?". Athletic programs are encouraged to individually investigate, "Why are you interested in this particular supplement/substance?" and educate from there.

insight

Drug Free Sport

Current Topics in Sport Drug Testing & Athlete Health

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Drug Free Sport and IDTM Reach Formal Agreement for Innovation and Growth

The National Center for Drug Free Sport (Drug Free Sport) has long performed work outside of the United States, with client projects in the Dominican Republic, Venezuela, Canada, England, Mexico, Brazil and other countries. Drug Free Sport is now expanding their work even further through a formal agreement with the company's Swedish counterpart, International Doping Tests & Management (IDTM), signed on April 19, 2016. Chris Guinty, Chief Operating Officer of Drug Free Sport, and Erik Johansson, Managing Director of IDTM, were the architects of the affiliation agreement between the companies.

"Both companies are world leading within anti-doping and it makes perfect sense to share experiences, work, and the future."

"Drug Free Sport and IDTM have been working with each other for years by providing reciprocal services and consultation, but this formal agreement will allow both parties to fully capitalize on the strengths of each organization," shares Guinty.

Johansson affirms, "Entering into and establishing an agreement with Drug Free Sport is a natural step for us at IDTM. Both companies are world leading

within anti-doping and it makes perfect sense to share experiences, work, and the future."

IDTM has been a pillar in the international anti-doping community for decades with a strong client portfolio and has unmatched experience working with World Anti-Doping Agency (WADA) compliant clients. Drug Free Sport has focused its drug testing and education expertise on customized professional sport, collegiate, and amateur programs within the Americas.

"As more and more organizations stage events internationally, and athletes cross oceans to live and compete, this agreement will enable both entities to expand their reach and keep costs down for budget conscious clients that want the gold standard in anti-doping education and administration," Guinty continued.

For clients seeking WADA-compliant testing, the arrangement will allow Drug Free Sport to expand its WADA-compliant collection business at costs that are more tolerable in the anti-doping community. One of Drug Free Sport's strengths is the ability to be flexible and customize programs for all types of clients committed to fair and clean competition.

"The agreement has quickly allowed Drug Free Sport to respond to clients looking to capitalize on the benefits a true third-party administrator can offer, such as competitive rates, flexibility, technical innovation, independence, international coverage, and customization, while still fulfilling all WADA lab and compliance mandates," Guinty said.

Although thousands of miles and some language differences separate their headquarters, IDTM and Drug Free Sport share synergistic business cultures. Each company values and invests significant resources in highly-educated staff, competent collectors and doping control officers, training and evaluation, and technological innovation. In sum, both provide the gold standard in sport drug testing administration and education services.

"We are confident that not only sharing work, but also knowledge and know-how, will make our companies stronger and better prepared in dealing with future challenges and opportunities," closes Johansson.

Indeed, the caliber of innovation and quality of services between the two companies will propel Drug Free Sport and IDTM to new heights for years to come. For more information on the agreement, please contact Chris Guinty at cguinty@drugfreesport.com.



Chris Guinty, Drug Free Sport COO, (left) and Erik Johansson, Managing Director of IDTM, at the Drug Free Sport office in Kansas City, MO.

Should You Continue to Test for Marijuana?



Kathy J. Turpin, Ph.D., Vice President of Sport Drug Testing

The changing landscape and developments in the legalization of marijuana leave many questioning: "Should my institution continue to test and sanction for these substances?" We believe the answer is a resounding, yes.

Institutions should evaluate why any substance is included in their drug-testing program. Is the purpose of the testing program only to detect substance use in the event of a championship? Or, is the goal to protect the health and safety of student-athletes, and positively impact their well-being for the rest of their lives?

Reasons may vary, but it is important to prioritize the philosophy and purpose of your institutional drug-testing program. In fact, most institutional drug-testing programs test and sanction for substances of abuse beyond those included on their association's banned drug list (e.g., marijuana, opiates, benzodiazepines). They may do so because these substances: (1) are associated with significant health and safety risks for the student-athlete, (2) lead to other drug use or associated negative behaviors, or (3) are detrimental to academic and/or athletic performance.

Institutions are well positioned to identify, counsel and address issues with drugs of abuse through increased testing and intervention. As a best practice, an annual review of your drug-testing program and policies is highly recommended. Please contact Erika Kuhr, Director for Sport Drug Testing, at ekuhr@drugfreesport.com for more information on the review process.