

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!

National Athletic Directors Show (NFHS/NAIAA)

Nashville, TN
December 11-12

NCAA CSMAS Meetings

Los Angeles, CA
December 12-14

2017 APPLE Training Institute

Charlottesville, VA
January 13-15

NCAA Convention

Nashville, TN
January 18-21

2017 APPLE Training Institute

Nashville, TN
January 20-22

Joint Commission on Sports Medicine and Science

Columbus, OH
February 16-19

DRUG FREE SPORT SPEAKERS BUREAU

Our speakers are prepared to tailor programs to your unique needs. 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

The 2nd Biennial Sport Exchange Summit, Powered by Drug Free Sport: June 11-12, 2018 in Kansas City, Missouri
Continuing Education for "The Team Behind the Team"

2018 Call for Speakers

Have expertise in any of the topic areas below?
Do you know someone focused on any of the following topic areas?

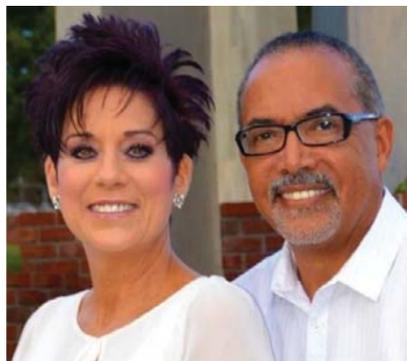
Session Topics:

- Sleep Science
- Race and Diversity in Sport
- Psychology of Coaches and Working Together
- Marijuana and Sport: Performance-Enhancing or Not?
- LGBTQIA Athletes in Sport: Embracing Diversity and Inclusion
- Considerations for Working with International Athletes
- Prescription Drug Abuse in Sport: Stimulants and Opioids
- Concussions: Perspectives for Interdisciplinary Action
- Using Technology and Data for High Performance
- State-of-the-Art Sport Facilities: More Money, More Problems?
- New Trends in Substance Use, Abuse, and Detection
- Multidisciplinary Approaches to Athletes with Disordered Eating
- Female Sport Professionals Working Within Male-Dominated Sports
- Addressing Stress Management, Depression, and Performance Anxiety in Athletes
- Understanding Generational Differences Between Athletes and the Multidisciplinary Team



Please email Lara Gray, Director of Education (lgray@drugfreesport.com), with specific speaker contact information, a current bio, desired honorarium, and 3-5 bullets detailing how you/your recommended speaker offer expertise in the proposed topic area. Submissions will be received until April 30, 2017. Honorariums apply only to accepted applications.

Collector Spotlight



Ty Womack and his wife, Beverly.

Derek (Ty) Womack, Sr.
Collection Company: Better You Better Life, LLC

Derek (Ty) Womack Sr., is CEO of Tampa-based Better You Better Life, LLC. Ty has been performing collections as an independent contractor for Drug Free Sport since 2008, but recently launched his company in 2014 to serve the Central and Northern Florida regions. Ty is also one of Drug Free Sport's Field Trainers. In this role, he works with newly-identified collectors and trains them to perform urine and blood collections according to client-specific protocols.

Prior to his time as a certified collector, Ty worked for Delta Airlines for 28 years. He retired as the Florida Regional Manager for Delta's Sky Club, supervising Delta's rewards clubs in Tampa, Jacksonville, Orlando, Miami, Ft. Lauderdale and Palm Beach. Ty is also the author of the book, "Yes I Can, No I Can't, Yes I Can" ([Overcoming the mind game of getting in shape](#)). Happily married to his wife, Beverly, Ty enjoys traveling the world and has been to China, Japan, Australia, and throughout Europe (Switzerland has been his favorite destination). He also enjoys visiting and spending time with his five children, his wonderful mother, two brothers, and three sisters.

The diversity of people that he meets every day is a large reason why he performs collection services for Drug Free Sport. Ty's passion is to impact people's lives, aiming to help others live healthier lives—both mentally and physically. His favorite quote, "Consider how hard it is to change ourselves, you'll understand what little chance you have of changing others."

Sport Drug Testing: Reflections on 2016

Frank Uryasz, President and CEO

All of us at Drug Free Sport were sad to learn of the death of Dr. Peter Ambrose, PharmD, this past July. Peter was a long-time, pharmacology consultant to the Resource Exchange Center (now Drug Free Sport AXIS™, dfsaxis.com), and served as a drug-testing crew chief for the NCAA starting in 1987. Peter was one of the first to recognize the important educational role for the pharmacist in the field of anti-doping and he educated hundreds of pharmacists as a faculty member of the University of California—San Francisco, School of Pharmacy. Drug Free Sport clients in southern California and at other locales where Peter traveled will remember him as a knowledgeable professional who could put athletes at ease with his wonderful sense of humor. He will be missed.



Happy Holidays from Drug Free Sport!

With the departure of David Black, PhD., former CEO of Aegis Sciences Corporation, in November 2016, the sports drug-testing field lost an expert in the drug-use-deterrence arena. I remember meeting David in the late 1980s when he was at Vanderbilt University and have admired how he founded and grew Aegis after he left Vanderbilt. We wish him well.

Nine states had ballot measures in November modifying state laws pertaining to medical or recreational marijuana. While the passage of these measures appears to indicate a continued shift in voters' opinions about marijuana use, a ban on the use of marijuana/cannabinoids by most sports organizations requires that we continue to educate athletes about the detrimental effects of marijuana use on athletic performance and academic performance. Regardless of individual state laws, there is currently no medical exception or therapeutic use exemption for medical marijuana in sport. For additional educational resources about marijuana, go to: <http://drugfreesport.blogspot.com/2016/07/todays-marijuana-isnt-smoked-in-joints.html> or contact us by email at info@drugfreesport.com.

We at Drug Free Sport are thankful for the opportunity to work with hundreds of sports organizations – schools, colleges, associations, sports leagues – to ensure fair game. We remain committed to providing you and your athletes with the highest level of drug-deterrence programs available. Have a wonderful holiday season.

2016 Drug Free Sport Continuing Education Award Recipients

Michaela Stemmons, Senior Program Manager for Sport Drug Testing

Drug Free Sport has celebrated the work of high school and collegiate certified athletic trainers annually since 2013, awarding more than \$23,000 in continuing education funding to qualified applicants. Each award honoree is dedicated to preventing drug abuse, and ensuring fair and safe sport. We are excited to contribute to and share the passion of the 2016 Drug Free Sport Continuing Education Award winners.



Lauren Ey

Lauren Ey, Head Athletic Trainer at The Catholic High School of Baltimore, used her award for an exciting week full of educational and networking opportunities at the 67th NATA Clinical Symposia & AT Expo. "I am incredibly thankful for the Drug Free Sport Continuing Education Award," Lauren said. "This grant afforded me the ability to pursue continuing education opportunities that would not have been possible; and in turn, molded me into a more complete athletic trainer. I owe my personal development and advancement in my career to this grant."



Heath Duncan

Charlie Miller, Head Athletic Trainer/Director of Sports Medicine at William Jewell College, used his award to explore innovative topics that impact all levels and professional disciplines within the sports industry at the 2016 Sport Exchange Summit. Charlie noted, "It's a great opportunity to team up with Drug Free Sport to increase my knowledge and to have the opportunity to help student-athletes. This opportunity would not be possible without the Drug Free Sport Continuing Education Award. I look forward to attending the next Sport Exchange Summit."



Charlie Miller

Heath Duncan, Head Athletic Trainer at Alderson Broaddus University, also participated in the 2016 Sport Exchange Summit, Powered by Drug Free Sport. Heath said, "The Drug Free Sport Continuing Education Award has helped our university become more diverse in how we educate our student-athletes, and how we close the gap on preventing drug use in collegiate athletics. Drug testing is just one small piece of the puzzle. But, the educational tools that Drug Free Sport provides our university stand above the rest and have gone a long way in how we educate and prevent drug use in our student-athletes. We are proud to partner with Drug Free Sport and are proud of the work of their entire team to help impact our student-athletes."

Congratulations to Lauren, Charlie, and Heath, and thank you for your dedication to student-athlete success! To apply for our 2017 awards, visit drugfreesport.com in January.

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- *2016 Continuing Education Award Recipients*

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insight

Drug Free Sport™

Current Topics in Sport Drug Testing & Athlete Health

Fourth Quarter, 2016

The National Center for Drug Free Sport, Inc.®

c/o Lara Gray, MS, RD, CSSD

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Prescription Stimulants: Low Perception of Harm, High Potential for Misuse in Sport

Lara Gray, MS, RDN, CSSD, Director of Education

The nonmedical use and/or abuse of prescription stimulants specifically among athlete populations (including high school, collegiate, and elite levels) is largely unknown and difficult to quantify, due to the prevalence of medical exceptions or therapeutic use exemptions (TUEs). Intended to allow otherwise prohibited substances necessary for medical conditions, medical exceptions/TUEs have the potential to be falsified and misused by athletes. In October 2016, an article appearing in The New York Times documented a former competitive athlete's account of taking advantage of TUE procedures in order to use these substances for performance enhancement. The athlete wrote that at the time, he was not the only one abusing these protocols for "legal" doping.

The most commonly used prescription stimulants include Adderall (amphetamine) and Ritalin (methylphenidate)—both are prohibited substances in sport. These medications affect dopamine levels and receptor activity in the brain as well as epinephrine/norepinephrine pathways that increase feelings of pleasure/euphoria, increase alertness and concentration, and decrease feelings of fatigue. Because these pharmaceutical medications are routinely prescribed by medical doctors, there persists a perception that they are safe for anyone to take. However, prescription stimulants are classified by the Drug Enforcement Administration (DEA) as Schedule II drugs, due to the increased potential for abuse and long-term dependency and addiction.



Almost 62% of college students diagnosed with ADHD report sharing, selling, or trading their pills. One in three (31%) college-aged students reports having used prescription stimulants nonmedically in the past year.

Nonmedical use of prescription drugs includes either not having a valid prescription for the medication, or consuming higher doses, different forms, or within timeframes other than prescribed (i.e. taking more than one pill, snorting or injecting, or taking a dose every two hours instead of every six as prescribed). Current estimates indicate that one in three (31%) college-aged students have used prescription stimulants nonmedically in the past year. This age-group is of most concern and has the highest potential for nonmedical use, with perceived benefits including both academic and athletic improvement. Alarming, almost 62% of college students diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) report sharing, selling, or trading their medications. College populations with the highest risk for misuse of prescription stimulants include males, students in the Greek fraternity/sorority system, upperclassmen (Juniors/Seniors), students with lower GPAs, and/or those most likely to use alcohol and other drugs.

While current data has focused on student populations (with special interest in collegiate academic environments), there should still be considerable concern for the potential of misuse and abuse of these substances among athlete populations at all levels. In 2013, one study examined the relationship between adolescents who participate in competitive sports and nonmedical use of Adderall. High-contact sports, such as lacrosse and wrestling, showed a greater influence on nonmedical use.

The considerably low perception of harm associated with nonmedical use of prescription drugs creates a unique challenge for changing behavior. Consistent, effective education about how prescription drugs work in the body, and the potential health risks that accompany nonmedical use, are a start. Specifically, athletes seem less knowledgeable about what parts of the brain are affected by prescription drugs, how both short and long-term use can change the brain's structure and function, and the daunting reality that prescription drugs shared or sold at social gatherings may be laced with other pharmaceutical or illicit substances (i.e. heroin, fentanyl, and methamphetamine).

Unfortunately, we are at an educational precipice where the message "don't do drugs" is interpreted as "don't have fun" or "don't make your own decisions" which does not necessitate a positive effect on human behavior. Instead, our message should be "here's what we know"—presenting a balanced approach that incorporates both structure/function effects on the body, and also evidence-based discussion regarding current trends that increase risk (i.e. black market pills, mixing with alcohol or other drugs, even oral contraceptives).

If you feel that the nonmedical use of prescription stimulants or the sharing, trading, or selling of stimulant medications is an issue within your sports culture, Drug Free Sport is here to help. Contact the author, Lara Gray, with questions at lgray@drugfreesport.com.

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