



3 Key Takeaways

— 1 —

Athletes who cheat often rob themselves and others of an authentic victory.



— 2 —

Food first is the best approach. If you choose to use a supplement, do your research first.



— 3 —

Energy drinks and sports drinks are not the same.



The Basics

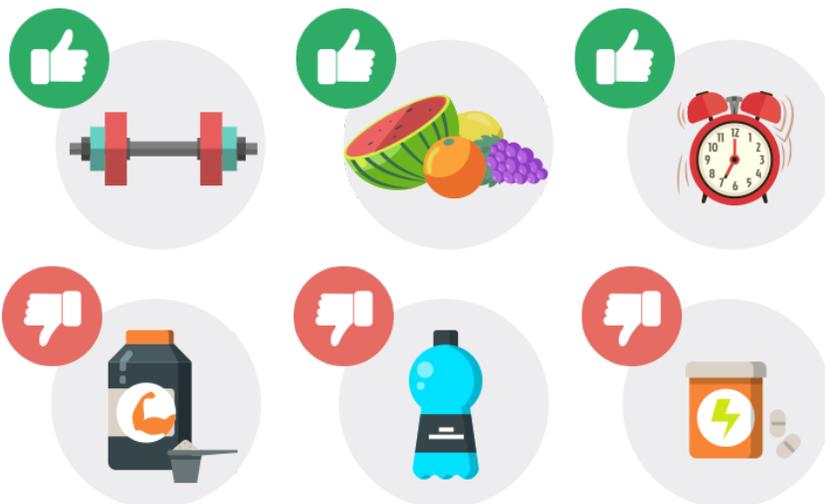
Many athletes are not satisfied with the results they get from their training, eating, and sleeping routines, or aren't willing to put in the effort to get the maximum benefits from each (such as consistently going to bed early in order to get a full eight hours every night).

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.



Clean Sport: Ambassador Story



Team USA boxer Richard Torrez Jr. understands the importance of clean competition, which means that he's extremely thoughtful about the substances he consumes. When supplement companies approach Richard with requests to endorse their various products, he and his nutritionist immediately research the supplement company and the product to weigh the risks and benefits. Although endorsement deals are tempting, Richard is committed to competing clean by avoiding all performance-enhancing drugs (PEDs), and he knows that supplements and energy drinks sometimes contain harmful or performance-enhancing substances.

To maintain his energy and health, he instead focuses on nutrition and applies a food-first approach. As an athlete subject to drug testing, Richard is responsible for what he chooses to put in his body, and he seriously embraces this responsibility. In the end, he believes that the results from competing clean are the only ones that matter. Richard knows that competing any other way robs not only the athlete of a pure victory, but also teammates, opponents, countries, and coaches of irreplaceable moments. TrueSport athletes understand the importance of clean competition and are committed to winning through hard work and talent alone.

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?*