

SPEAKING NOTES

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SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP

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THE LIGUANEA CLUB, KINGSTON, JAMAICA

LADIES AND GENTLEMEN, GOOD MORNING,

WE ARE IN AN AGE WHERE ATHLETES ARE CONSTANTLY UNDER THE MICROSCOPE AS THE PUBLIC BECOMES MORE KNOWLEGABLE ABOUT ANTI-DOPING, THERFORE COMMITTING AN ANTI-DOPING RULE VIOLATION WHETHER THERE WAS INTENT OR NOT, HAS SERIOUS REPERCUSSIONS FOR AN ATHLETE’S CAREER.

ADDITIONALLY THE USE OF BANNED SUBSTANCES AND METHODS HAS SERIOUS HEALTH CONSEQUENCES. IT IS THEREFORE CRITICAL THAT YOU ARE ARMED WITH THE NECESSARY TOOLS TO MAKE INFORMED DECISIONS, THUS PROTECTING YOUR HEALTH, CAREER AND REPUTATION.

AS ATHLETES, YOU HAVE WORKED VERY HARD TO GET TO THE POINT WHERE YOU ARE NOW AND I ENCOURAGE YOU TO CONTINUE TO WORK HARD AND DEVELOP YOUR TALENT **NATURALLY**. NO ONE WILL BE ABLE

TO QUESTION YOUR PERFORMANCE AND EVEN IF THEY DO, THE RESULTS WILL BE THERE TO PROVE IT WHEN YOU ARE TESTED.

PART OF YOUR SUCCESS AS ATHLETES INCLUDES SURROUNDING YOURSELF WITH A COMPETENT SUPPORT SYSTEM. YOUR FAMILY, FRIENDS, COACHES, DOCTORS, NUTRITIONISTS, MANAGERS, COUNSELLORS AND OTHERS SHOULD ALSO BE MORE THAN FAMILIAR WITH THE RULES THAT GOVERN YOUR SPORT SO THEY CAN HELP YOU TO STAY ON THE CORRECT PATH. I IMPLORE ALL THE ATHLETE REPRESENTATIVES HERE TO BE VIGILANT AND ENSURE THAT THE AHLETES ENTRUSTED IN YOUR CARE, **PLAY TRUE** AT ALL TIMES.

HERE AT JADCO, WE CONTINUE TO KEEP THE LINES OF COMMUNICATION OPEN SO WE CAN ALSO BE A VALUABLE PART OF YOUR SUPPORT TEAM. IT IS CRITICAL FOR ALL OF YOU TO UNDERSTAND THE TOPICS EXPLORED TODAY AND WE WILL CONTINUE THE DIALOGUE WITH YOU THROUGHOUT YOUR SPORTING CAREER TO KEEP YOU INFORMED AND UPDATED.

THANK YOU FOR YOUR ATTENDANCE TODAY. I WISH FOR YOU ALL AN INFORMATIVE AND INTERESTING DAY AND I ENCOURAGE YOU TO LEAVE WITH A RENEWED COMMITMENT TO EXCELLENCE AND TO EMBRACING THE ETHICAL PRINCIPLES OF SPORT.