

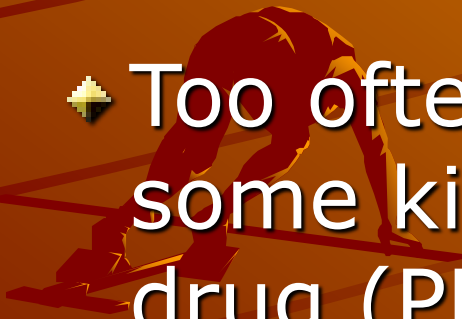
# Ethical Considerations in training and competition



IHSA Sport Medicine Special Topics  
Fall 2006

# The Problem

- ◆ At all levels of sport, more and more athletes are turning to 'alternatives' to aid performance
- ◆ Too often, these 'alternatives' are some kind of performance-enhancing drug (PED's) or harmful supplements



# The Problem

- ◆ According to a 2003 survey on anabolic steroid use by the U.S. Dept. of Health: (nat'l averages)

Category	8th	10th	12th
Ever Used	2.5%	3.0%	3.5%
Used Past Year	1.4%	1.7%	2.1%
Used Past Month	0.7%	0.8%	1.3%

# The Problem

◆ Using those numbers, how does that potentially translate to Illinois students?

◆ 2005-06: 321,273 7-8 graders

◆ 2005-06: 750,000 (approx.) 9-12 graders

# The Problem

Category	8th	10th	12th
Ever Used Illinois estimate	2.5% <b>8,032</b>	3.0% <b>22,500</b>	3.5% <b>26,250</b>
Used Past Year Illinois estimate	1.4% <b>4,498</b>	1.7% <b>12,750</b>	2.1% <b>15,750</b>
Used Past Month Illinois estimate	0.7% <b>2,249</b>	0.8% <b>6,000</b>	1.3% <b>9,750</b>

# The Problem

- ◆ The previous numbers examine the issue from a total student population perspective.
- ◆ How do they look when applied to just students who participate in interscholastic programs?





# The Problem

◆ In 2004-05 at IHSA member schools:

Male Participants	188,855
Female Participants	121,025
Total	309,880

◆ Based on the national average of 3.1% of high school students using anabolic steroids:



# The Problem

- ◆ Estimated number of Illinois student-athletes using steroids: **9,606**
- ◆ This translates to **12.7** student-athletes/IHSA member school using steroids.





# Recent Trends

- ◆ The problem of steroid use isn't isolated.
- ◆ It's occurring at all levels, from preps to pros.
- ◆ Unfortunately, the stories of former users are deterring steroid use by athletes.



# Recent Trends

- ◆ Education efforts by governing bodies will hopefully begin to turn the tide.
- ◆ In addition to those efforts, schools, conferences, and other governing bodies are looking to testing programs as another means to stop steroid use.

# Recent Trends

- ◆ At the high school level, New Jersey will begin steroid testing for student-athletes this year at their state finals.
- ◆ The IHSA is exploring a testing program of its own although no final timeline for its implementation has been set.



# Recent Trends

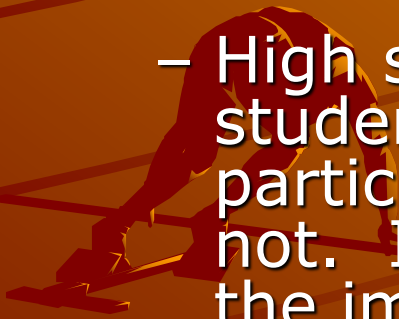
◆ While it remains to be seen how effective these approaches will be, it does raise some questions athletes, coaches, and parents need to consider.

◆ The next series of slides raise just a few.



# Items for Reflection

- ◆ What is the role of high school activities in a student's over-all development?
  - The IHSA believes interscholastic programs should “enrich the educational experience” for students.
  - High school interscholastic programs make students better citizens...whether or not a particular team wins the state tournament or not. It's this improved citizenry we view as the important link.
  - Maintaining that perspective is sometimes misplaced.





# Items for Reflection

- ◆ What is your personal mission? What role do high school sports play in your life?
- ◆ What are the tangible goals, if any, that you hope to accomplish through your athletic career?
- ◆ What are the intangible ones?
- ◆ Which ones will benefit you the most later in life?

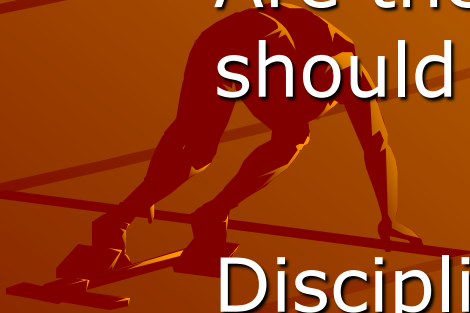




# Items for Reflection - educators

◆ What role should teachers and coaches play in the development of student-athletes?

– Are these attributes ones coaches should have or emulate:



Disciplinarian

Tyrant

Friend

Supporter

Encourager

Enemy

# Items for Reflection - parents

◆ What role should parents play in their student's development?

– Are these attributes parents should possess:



Tyrant

Enabler

Friend

Supporter

Encourager

Realist

# Items for Reflection - athletes

- ◆ What role should students themselves play in their own development?
- ◆ Is the use of steroids or other illegal substances an acceptable training method to realize personal and team goals?



# Items for Reflection - athletes

- ◆ Is it cheating if you don't get caught?
- ◆ Is victory still as special if it is earned through illegal means?
- ◆ At what point does the risk finally outweigh the potential reward?



# Items for Reflection - teammates

- ◆ What separates a good teammate from a bad one?
- ◆ What responsibilities do teammates have to one another?
- ◆ How would a player explain his/her actions to his/her teammates if their actions led to a team penalty/sanction?





# Final Thoughts

- ◆ It is through participation in interscholastic programs that students become better citizens.
  - ◆ Maintaining perspective on an individual, school, and community level is crucial in that development.
  - ◆ Using illegal means – like taking steroids – destroys the credibility of the interscholastic process and your personal development.
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