

'DRUGS'

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recovery time enabling you to work out faster."

Creatine is one of the most popular performance-enhancements that is still legal by NCAA standards. Lengle admits that creatine does have positive effects on boosting one's athletic abilities.

"Creatine, at this point, is not banned by the NCAA and does have proven performance-enhancing abilities," said Lengle. "But it has to be used correctly, just like when taking steroids. If you inject steroids into your body and you don't workout, you are not going to get any bigger. If you are just drinking [creatine], it won't do anything."

To combat the illegal drugs, such as anabolic steroids, the NCAA administers drug testing at all of its championship events and also issues random drug tests throughout the year. In what the NCAA calls the "Out of Competition" (year-round) drug testing program, all member institutions are drug tested at least once a year. The institutions are not aware of when the testing will take place until the NCAA contacts it about a day or two in advance.

'Ignorance is not an excuse.'

**-Head Athletic Trainer
Tim Lengle**

"Athletes at any school are potentially subject to testing at any time during the year," said Mitten.

According to the NCAA website, the possibility of being drug tested includes before, during and/or after the athletes' respective competitive seasons. Furthermore, the NCAA states that "eight student-athletes from one sport will be selected at random for testing." Although it is a small sample of those being tested, Mitten believes that it is the best system for the NCAA.

"You need random testing to be an effective deterrent," Mitten said. "[Athletes] can go to people that can say, 'Well, you can take it up to this point, if you stop, it probably won't be in your system' [during drug testing.]"

Mitten reveals that although random testing is an effective method for the NCAA, the system is constrained because of

economics and cannot be put on the same level as the measures taken by the Olympics who use WADA (World Anti-Doping Agency) and USADA (United States Anti-Doping Agency).

"There are more than 300,000 athletes in the NCAA, so you can't have a program that is as extensive as WADA and USADA where basically any Olympic athlete would have to disclose their whereabouts 24/7 and 365 days a year," said Mitten. "That [requires] a tremendous amount of resources. The NCAA doesn't have the resources to do that extensive of a program."

WADA and USADA are both agencies known for their extremely tight policies towards drugs. If an Olympic athlete tests positive in a drug test, the consequence is an automatic two-year suspension from international competition and possible forfeiture of results and

medals earned.

In the NCAA, the appeal process is internal, while through the WADA and USADA, appeals must be done through an arbitrator.

Athletes can easily avoid drug-related sanctions from the NCAA, but Mitten claims that it is up to the member institution to make it simple for them.

"NCAA schools have a duty to provide a drug education program to all of their student athletes to let them know what is on the banned substance list," Mitten said.

"Most schools fully and effectively discharge that duty and if there is an athlete that tested positive, an appeal can be made that the school did not provide appropriate drug education. We have granted that type of appeal in the past."

Lengle says that a brunt of the responsibility goes to the athletes themselves though, especially with the resources that the sports medicine staff provides.

"If you test positive, you can't say 'Oh, I didn't know,' because that would be the excuse for everybody," Lengle said. "Ignorance is not an excuse."



Mike Caputo
'I didn't know'

The first violator of Major League Baseball's (MLB) new drug policy was... Alex Sanchez?

Sanchez, a scrappy centerfielder for the Tampa Bay Devil Rays, is the first to be sentenced the ten-day suspension instituted by MLB. The amusing fact, which may not be so amusing to Sanchez and MLB, is that he was listed by ESPN's Sportscenter as the third least-likely active player to hit a homerun in MLB based on the ratio of homeruns per at bats.

What does this all mean? Well, one can argue that Sanchez was taking steroids or other illegal performance-enhancers in hope of boosting up his power capabilities because of his inability to hit homeruns. On the other side of the pill though, Sanchez may have been unaware of illegal substance consumption. No, I am not trying to sound like Barry Bonds here, because this is a legitimate argument that can affect any athlete at any level, especially those under the bylaws of the National Collegiate Athletic Association (NCAA).

The Head Athletic Trainer in Rider's sports medicine department, Tim Lengle, says athletes can be unaware of what they are taking without proper research and investigation of the product. Sanchez claimed that he had taken only over-the-counter supplements to "boost energy." Lengle believes that labels on products can deceive athletes.

"Supplements are not regulated by the FDA," he said. "So you can be taking what you think is pure creatine and then you could find out that there is a steroid precursor in it" (creatine is still a legal performance-enhancer).

Could this have possibly happened to Sanchez? Of course, but the real problem is that Sanchez may not even be able to answer that question.

Although MLB has been recently cracking down on the drug policy since recent

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NCAA banned-drug classes for 2004-2005 season

(a) Stimulants

amiphenazole, amphetamine, bemigrade, benzphetamine, bromantan, **caffeine** (guarana), chlorphentermine, **cocaine**, cropropamide, crothetamide, diethylpropion, dimethylamphetamine, doxapram, **ephedrine** (ephedra, ma huang), ethamivan, ethylamphetamine, fencamfamine, meclofenoxate, methamphetamine, methylenedioxymethamphetamine, methylphenidate, nikethamide, pemoline, pentetrazol, phendimetrazine, phentermine, **phenylephrine**, phenylpropanolamine,

picrotoxine, pipradol, prolintane, strychnine, synephrine (citrus aurantium, zhi shi and bitter orange).

(b) Anabolic Agents

anabolic steroids, androstenediol, androstenedione, boldenone, clostebol, dehydrochlormethyl-testosterone, dehydroepiandrosterone, dihydrotestosterone, dromostanolone, fluxymesterone, gestrinone, mesterolone, methandienone, methyltestosterone, methenolone, nandrolone, norandrostenediol, norandrostenedione, norethandrolone, oxandrolone,

oxymesterone, oxymetholone, stanozolol, testosterone, tetrahydrogestrinone, trenbolone, and related compounds.

(c) Substances banned for specific sports (rifle)

Please visit NCAA website for this category.

(d) Diuretics

acetazolamide, bendroflumethiazide, benzthiazide, bumetanide, chlorothiazide, chlorthalidone, ethacrynic acid, flumethiazide, furosemide, hydrochlorothiazide, hydroflumethiazide,

methyclothiazide, metolazone, polythiazide, quinethazone, spironolactone, triamterene, trichlormethiazide and related compounds

(e) Street Drugs

heroin, **marijuana**, THC

All information was taken from http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/index

Editor's Note: For section F "Peptide Hormones and Analogues" and section G "Definitions of positive," please visit website. Key substances are highlighted in bold.

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