Ethical Considerations in training and competition
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.
According to a 2003 survey on anabolic steroid use by the U.S. Dept. of Health: (nat’l averages)

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<tr>
<td>Ever Used</td>
<td>2.5%</td>
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<tr>
<td>Used Past Year</td>
<td>1.4%</td>
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<td>Used Past Month</td>
<td>0.7%</td>
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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

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<td><em>Illinois estimate</em></td>
<td>8,032</td>
<td>22,500</td>
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<td><em>Illinois estimate</em></td>
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<td>12,750</td>
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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  Supporter
Tyrant          Encourager
Friend         Enemy
Items for Reflection - parents

What role should parents play in their student’s development?

– Are these attributes parents should possess:

Tyrant  Supporter
Enabler  Encourager
Friend  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.