

WELCOME BACK, JAGS!

Here it is, another newsletter you're ready to skim through. Don't do drugs, don't gamble, yada yada. You've heard it before right? As a former student athlete, I know that 90% of the things you hear from compliance will not be an issue for you. But it's the 10% you miss that can really hurt. This article will give you a quick run-down of some all too common rule violations that many student athletes do not realize are impermissible until too late.

By Justin Kuhn, Compliance Extern

POP QUIZ: Everybody's Fantasy

Q: Your friend, Johnny Football, asks you if you want to participate in an NFL fantasy football league this season. He says that it only costs \$5 to buy in and the winner gets \$50. You already have a great fantasy team name picked out (Somewhere Over Dwayne Bowe) and you really want to participate. Are you allowed to under NCAA rules?

POP QUIZ: The Waitlist

Q: It's Friday on the second week of school and Mac Newton is signed up for 14 credit hours this semester. Mac is waitlisted for a popular class, History of Sports Bloopers, which accounts for two of his fourteen credits. He decides to drop a different two credit hour class called, Tom Brady's Taxes, because it's incredibly boring (and pretentious). On Thursday, the Professor for Sports Bloopers tells Mac that she will take him off the waitlist and add him to the class on Monday. Mac has a game on Saturday. Is it okay for him to drop the class on Friday? Hint: student athletes must be enrolled in at least 12 credit hours to remain eligible.

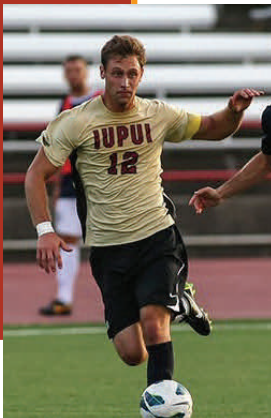


POP QUIZ: Rings, Trophies and eBay

Q: You just won the national championship in your sport. Congratulations! In addition to the endless admiration of your friends and family, the conference gives you a brand new Zune. However, you already have an iPod so you decide to sell the Zune on eBay. After selling the Zune, you use the money to purchase a new pair of Jordan's and decide to give your team-issued shoes to a friend in exchange for three Hot Box Pizzas. Were you permitted under NCAA rules to sell the Zune and the shoes?



Never take another person's ADHD medication. Aside from being illegal, misuse of ADHD medications can cause serious (sometimes fatal) heart and blood pressure problems.



Alcohol and Athletic Performance

By Eric Teske, IUPUI Alcohol and Other Drug Education and Prevention Coordinator

Alcohol affects every organ of the body. Entire textbooks have been published on the physiological effects of alcohol, and the scope of this topic is too broad to cover in a newsletter article. However, I wanted to take the time to highlight some aspects of alcohol's impact on athletic performance that are particularly relevant to student-athletes. You probably already know that excessive alcohol use over time can lead to the development of several types of cancer, heart disease, liver disease, and a variety of psychiatric problems. But what about the short-term effects of alcohol? What is the immediate impact of alcohol on athletic performance?

As I write this section, I'm going to assume that you are not practicing or competing with alcohol in your system. It should be obvious that the acute effects of intoxication would negatively impact your ability to perform – not to mention your safety and eligibility. Instead, all of the effects described below impact your performance by limiting your ability to prepare for competition or recover from a workout.

Athletes who drink are much more likely to get injured. In a large study, athletes who consumed alcohol at least once per week had an injury rate more than **DOUBLE** that of athletes who were nondrinkers. Of athletes who drank weekly, 55% sustained injuries, while only 23% of the nondrinkers got injured.

Alcohol messes with glycogen metabolism. Even a relatively low level of alcohol (such as 1 or 2 drinks) may impair the production and storage of glycogen in the liver and skeletal muscles, and can have a negative impact on the body's ability to produce new glycogen. This can impact your ability to recover after a workout, and can reduce your available energy sources leading up to a competition.

Alcohol can have a negative impact on your performance up to 72 hours before competition, and the American College of Sports Medicine recommends avoiding alcohol for at least 48 hours before practice or competition. In a study of rugby players, drinking alcohol 16 hours before taking a fitness test decreased aerobic performance by an average of 11.4%. Any amount of alcohol, even 1 drink, had a measurable impact on performance the next day.

Alcohol consumption decreases testosterone production. In a study of healthy young men, alcohol consumption over a 4 week period resulted in significant decreases in the rate of testosterone production, and the amount of available testosterone in the bloodstream. Lower testosterone can have many health impacts, including negative effects on muscle mass and strength.

Hangovers disturb cardiovascular function. The day after drinking, your cardiovascular system is compromised by increased heart rate, decreased left ventricular performance, and increased blood pressure. This limits endurance and strength performance.

Alcohol (cont.)



For athletes who spend hours conditioning their bodies to perform at elite physical levels, it makes the most sense to avoid alcohol completely. If you choose to drink, avoid any alcohol 72 hours before practice or competition, and follow the 0-1-2-4 rule for low-risk drinking: 0 drinks if you are underage or on medication; no more than 1 drink a day for women; no more than 2 drinks a day for men; no more than 4 days a week.

“Alcohol can have a negative impact on your performance up to 72 hours before competition”

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Adderall, Ritalin, Vyvanse, Oh My!

By Justin Kuhn

College isn't easy. If it was, everyone would have a college degree. As a result, many students become overwhelmed under the rigors of their college curriculum and look to medication for help. Medication used to treat attention deficit/hyperactivity disorder (ADD/ADHD) is often used (and abused) by college students. Common medications used to treat ADHD are methylphenidate (Ritalin, Focalin) and amphetamine (Adderall, Vyvanse), which are both banned substances under the NCAA class of stimulants. Many student athletes will see friends and teammates benefiting from these drugs and ask their family doctor or team physician to prescribe the same for them. **Never take another person's ADHD medication. Aside from being illegal, misuse of ADHD medications can cause serious (sometimes fatal) heart and blood pressure problems.**

So what's the problem? As long you have a prescription for your ADHD medication, it won't count as a failure on an NCAA drug test, right? **WRONG!** Just having a prescription is **NOT ENOUGH** for an NCAA medical exception. A student athlete must undergo a standard clinical assessment to diagnose ADHD before being allowed a medical exception to use ADHD medications. Student athletes who have been taking medication for ADHD since childhood can usually use documentation from assessments conducted by the diagnosing physician. Additionally, IUPUI's Counseling and Psychological Services (CAPS) provide these assessments for those interested in seeking help for an ADHD condition, or for those who are already prescribed medication but need an assessment for NCAA medical exception purposes.

Aside from ADHD medication, there are the other NCAA banned substances, such as Propecia, that students can seek medical exceptions for. **Make sure you are reporting any medications you are taking to the sports medicine staff. We don't expect you to memorize the NCAA banned substance list, but it is your responsi-**

Supplements: The Mystery of What's Inside

By Justin Kuhn



You might not think to look at it, but GNC is a scary place, chock full of chemicals under the guise of “supplements.” There are a handful of quality products that can help athletes push a little harder in the weight room or on the field, but the vast majority of GNC’s products are a crapshoot. Dietary supplements sold at GNC and other similar stores are not thoroughly screened by the FDA. As a result, there is a high risk for contamination and mislabeling of ingredients. In other words, what you see on a supplement’s label might not be accurate. There are countless stories of athletes failing drug tests as a result of stimulants and other banned substances found in their run-of-the-mill supplement. The products that most commonly get student athletes into trouble are pre-workout formula, weight-loss pills, and “natural” testosterone boosters.

Often, student-athletes who fail drug tests due to supplements will argue that they had checked every ingredient on the label and none were on the NCAA banned substance list. However, many less reputable brands will include banned substances but decline to put them on the ingredient label in order to be more marketable to college athletes. If you are thinking about taking a supplement, make sure to (1) bring the supplement(s) to the athletic training staff, and (2) check the supplement through the Resource Exchange Center (REC). REC is the only authoritative resource for questions related to ingredients listed on nutritional supplements or in medications. To access REC, you can call 1-877-202-0769 (toll free), or go to www.drugfreesport.com/rec, select NCAA and insert password ncaa1. Find the link marked “Ask about Dietary Supplements” or go to the “Prescription/Over-the-Counter Drug Search.”

In addition to risking a failed drug test, dietary supplements can also be extremely dangerous. For example, jack3d is a tremendously popular pre-workout formula that is designed to give athletes more energy. However, the FDA has received nearly 100 reports of serious side effects including depression, anxiety, vomiting, loss of consciousness, chest pain, and even death. There is more than one reason that the NCAA policy on dietary supplements is “**take them at your own risk.**”

REMEMBER: IF YOU TAKE A SUPPLEMENT OR ANY TYPE OF MEDICATION (OVER THE COUNTER OR PRESCRIPTION) YOU MUST DECLARE THAT SUBSTANCE TO THE IUPUI ATHLETIC TRAINING ROOM.

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ASK BEFORE YOU ACT!!!

RECRUIT. RETAIN. GRADUATE CHAMPIONS.

Pop Quiz Answers:

1- No. Student athletes and athletic personnel (including coaches) are not allowed to bet on any sporting event, including professional sports.

2- No. Mac must wait until the professor officially adds him to the class before dropping Tom's Taxes. Waitlisted classes do not count toward enrolled credit hours. If Mac drops the class on Friday, he will only be officially enrolled in 10 credit hours, making him ineligible for competition on Saturday.

3- No. You cannot sell or exchange any awards you receive for participation in athletics. You have to use the Zune as a paperweight or give it away.

IMPORTANT REMINDERS:

1. Priority registration is October 21st! You **MUST** see your advisor to get the student-athlete hold removed from your account in order to register for the classes you need. Set up an appointment today!!!
2. Want to learn more about IUPUI scholarship opportunities? Sign up to receive emails straight from the Scholarships Office! Email SCHOLARSHIPNEWS-L@iupui.edu with a blank message to sign up.