

JADCO CONTINUES LAPTOP DISTRIBUTION

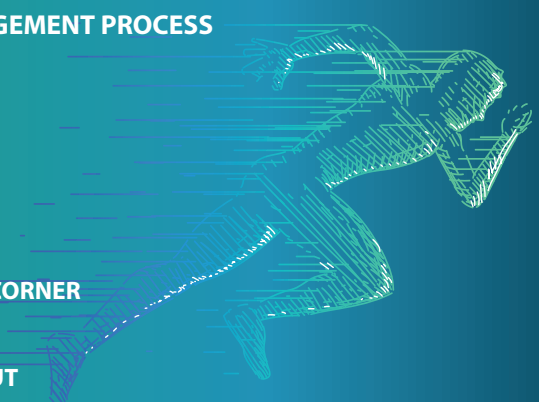


June Spence Jarrett (left), Executive Director, Jamaica Anti-Doping Commission (JADCO) hands over laptops to Roan Green (2nd left), Principal, Petersfield High School. Sharing in the moment are Balvin Leslie (centre) Chairman, Felesha Swaby (2nd right), student and Farel Lewis (right), student all of Petersfield High School. The occasion was the handing over of laptop computers to Petersfield High School on Monday, May 2, 2022. The institution was awarded with five laptop computers for having the most participants online for region 3 in the 2021 series of Junior Athletes Anti-Doping Education Workshops which were held virtually during the month of October, for the second time.

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June Spence Jarrett (right), Executive Director, Jamaica Anti-Doping Commission hands over laptops to Marvin Clowson (2nd right), Principal, Ocho Rios High School. Sharing in the moment are the Hon. Marsha Smith (left), Member of Parliament for St. Ann North East, Ellayna Barrette (centre) and McKale Campbell (2nd left), both students of Ocho Rios High School. The occasion was the handing over of laptop computers to Ocho Rios High School on Tuesday, May 16, 2022. The institution was awarded with five laptop computers for having the most participants online for region 4 in the 2021 series of Junior Athletes Anti-Doping Education Workshops.

EDITORIAL

Track records never lie and Jamaican athletes are known worldwide for their accomplishments within the sporting arena. Based on their past achievements on the local and international scene, many sport enthusiasts are looking forward to the fierce competition which will occur this summer and are anticipating our athletes turning up the heat in global sporting arena.

The 2022 Commonwealth Games will be held between July 28 to August 8 in Birmingham, England where several Jamaican athletes will be representing the country. Many Jamaicans remain hopeful that the victory accomplished at the Commonwealth Games will make the celebration of Jamaica's 60th Independence even more significant. We

would like to remind you that to be truly victorious, it is necessary to familiarise yourself with not only with the rules of your respective sport, but also with the Anti-Doping Rules.

In this edition of the True Spirit newsletter, we will share with you Anti-Doping Information for the 2022 Commonwealth Games and provide you with a reminder of the Results Management Process. We will also tell you about JADCO's initiative to provide schools across the island with laptops and share some nutrition tips to help you maintain your athletic performance during the summer. If you have queries or wish to share your feedback on this publication, send an email to truespirit@jadco.gov.jm.

JAMAICAN SCHOOLS BENEFIT FROM LAPTOPS PROVIDED BY JADCO



June Spence Jarrett (right), Executive Director, JADCO hands over laptops to Orrett Wallace (2nd right), Principal, Foga Road High School. Sharing in the moment are Kevaunna Tulloch (left) and Franklyn Taylor (2nd left), both students of Foga Road High School. The occasion was the handing over of laptop computers to Foga Road High School on Tuesday, April 12, 2022. The institution was awarded with three laptop computers for being one of the schools with the most participants online for region 2 in the 2021 series of Junior Athletes Anti-Doping Education Workshops.

When the Coronavirus (Covid-19) pandemic struck, the Jamaica Anti-Doping Commission took its Junior Athletes Anti-Doping Education Workshops online. This has been done twice. First in 2020 and once again during 2021. The workshops were held via Zoom for four regions across the island during the month of October.

The transition to facilitate workshops online resulted in the organisation of an outreach programme for primary schools and an initiative to reward high participation in JADCO's Junior Athletes Anti-Doping Education Workshops. As a result, during 2021, JADCO presented 250 Samsung tablet devices to student athletes from secondary and primary schools across the island.

The distribution of technological devices continued during 2022, when JADCO presented a total of 25 laptops to six secondary schools and two primary schools. The secondary schools were presented with the laptops for high participation in the 2021 series of Junior Athletes Anti-Doping Education Workshops which were held virtually for the second year.

The first presentation occurred on Thursday, April 7, 2022 when Guy's Hill High School was presented with a total of five laptops at a Handing Over Ceremony which was held at the JADCO office for having the most participants online at the eighth annual Junior Athletes Anti-Doping Education Workshop for region one.

Region one includes secondary schools from Kingston and St. Andrew, St. Thomas and St. Catherine. Guy's Hill High School was declared the winner for the second consecutive year. During 2021, they were presented with 25 Samsung tablets for having the most participants online at the 2020 Junior Athletes Anti-Doping Education Workshop for region one.

During April to May 2022, the Commission journeyed throughout the island to present Lenova ThinkPad E-15 Series laptop computers to schools from the remaining regions, with the most participants online during the 2021 series of workshops.

The schools from region two who received laptops included Glenmuir High School. Foga Road High School and Alphansus Davis High School. Foga Road High School in Clarendon and Alphansus Davis High School in Manchester were declared the winners for region two and both institutions were presented with three laptops for having the most participants online for region two. Foga Road High School was being

rewarded by JADCO for the second consecutive year. During 2021 they were declared the winners for region two. Glenmuir High School in Clarendon also received two laptop computers for their exceptional turnout at the workshop.

Petersfield High School was presented with with five laptop computers on Monday, May 2, 2022 for having the most participants online for region three which includes schools from Westmoreland, Hanover, St. James and sections of Trelawny.

Ocho Rios High School received the top prize for region four for the second consecutive year. As a result, on Tuesday, May 17, 2022 the institution was presented with five laptops for having the most participants online for region four which includes schools from the parishes of St. Ann, St. Mary, Portland and sections of Trelawny.

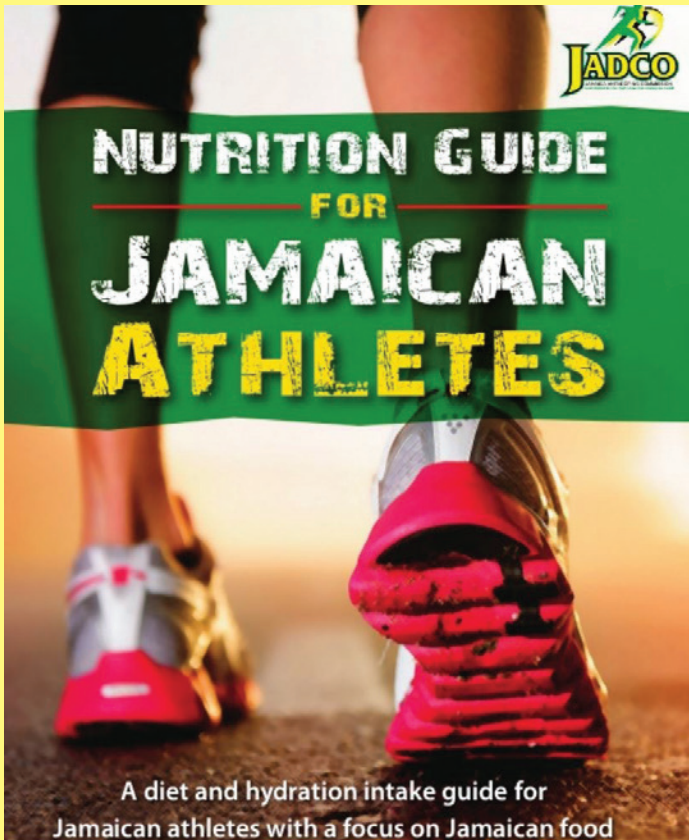
In addition to the distribution of the laptop computers, JADCO branded memorabilia were also presented to participants from secondary schools that attended the workshops.

Over 900 junior athletes and their support personnel from four regions across the island attended the virtual series of the 2021 Junior Athletes Anti-Doping Education Workshops. JADCO hosted the inaugural Junior Athletes Anti-Doping Education Workshop for athletes and athlete support personnel at the Jamaica Conference Centre (JCC) on Wednesday, February 12, 2014. This workshop has been held annually since 2014.



June Spence Jarrett (right), Executive Director, Jamaica Anti-Doping Commission JADCO hands over laptops to George Henry (2nd right), Principal, Alphansus Davis High School. Sharing in the moment are Samoya Bailey (left), and Anijah Simms (2nd left), both students of Alphansus Davis High School. The occasion was the handing over of laptop computers to Alphansus Davis High School on Tuesday, May 10, 2022. The institution was awarded with three laptop computers for being one of the schools with the most participants for region 2 in the 2021 series of Junior Athletes Anti-Doping Education Workshops.

Nutrition Tips for Summer



“To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” – William Londen

Proper nutrition is important to enhance athletic performance and a well-planned eating strategy should be practiced throughout training.

Here are some nutrition tips for the summer from the JADCO Nutrition Guide for Jamaican Athletes:

1. Eat a variety of foods from all food groups daily

According to the JADCO Nutrition Guide, Jamaica has developed eight Food Based Dietary Guidelines aimed at promoting healthy behaviours and practices that will help the population to make healthy food choices.

A balanced diet is made up of foods from all food groups, fruits and vegetables, staples, legumes and nuts, food from animals, fats and oils. Each provides the range of vitamins and minerals your body need to function efficiently.



2. Eat a variety of fruits and vegetables daily

Fruits and vegetables are important for the protection of the body. A diet rich in fruits and vegetables is recommended rather than supplements. Fruits and vegetables are vital part of a healthy, balanced diet. This is because they are high in fibre and packed with vitamins and minerals. Once the athlete is consuming a diet that provides an adequate amount of energy from a variety of nutrient-dense foods such as fruits, vegetables and lean protein foods, vitamin and mineral supplement use becomes less necessary.

3. Include peas, beans and nuts in your daily meals

Include peas, beans and nuts in your daily meal. They are a cheap, low-fat source of protein, fibre, vitamins and minerals. Peas, beans and nuts can be particularly important for athletes who do not get protein by eating meat, fish or dairy products.

Protein is needed for the body to make, enzymes, antibodies and hormones. The way in which the athlete's body uses protein during and after exercise is influenced by several factors which include:

- Sex
- Age
- Intensity, duration and type of exercise
- The amount of kilocalories eaten
- Availability of carbohydrates

The JADCO Nutrition Guide states that the overall goal is to consume dietary protein to support muscle adaptation to training, muscle repair and muscle remodelling. This should be done by the consumption of moderate amounts of high-quality protein throughout the day and after strenuous training sessions.

4. Reduce the intake of salty and processed foods

Salt in everyday foods adds up quickly. It's surprising how quickly our intake of salt can add up across the day. Most of us know that eating too much salt is not good for our health, but we often think this is something we should be more concerned about as we get older. Unfortunately, this is not true, eating too much salt during childhood increases blood pressure which tracks into adulthood and later life, increasing your risk of heart disease and stroke. Athletes, this summer you can reduce your salt intake by:

- Choosing whole, unprocessed foods and eating plenty of vegetables and fruit.
- Checking food labels before you buy to help you choose less salty options.
- Cutting back on processed meats, smoked foods and salty takeaways.

5. Reduce the intake of fats and oils

Fat is also an energy nutrient and therefore also fuels active muscles especially in endurance events. As exercise duration increases, the use of fatty acid for energy predominates. Despite fat's importance in events of long duration, athletes need diets that supply only an adequate amount of fat. High fat diets are not recommended. Research has shown that the use of high fat diets among endurance athletes does not enhance endurance performance. Even the leanest of athletes have ample supply of energy from stored fat. Fatty foods are also slow to digest.

6. Reduce the intake of sugary foods and drinks

Eating too much sugar may be bad for your health. Added sugar, which is the sugar found in sodas, sweets, and other processed foods, has been shown to contribute to obesity. Drinking enough water daily is a healthier option than sugary foods and drinks. Drinking water during training or competition is necessary. Drinking water can prevent dehydration, dehydration impacts physical performance negatively.

7. Make physical activity a part of your daily routine

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. So this summer, be sure to add exercise to your daily routine. Additionally, during the summer we sweat more and the skin is less supple. Salt water and chlorine also has a drying effect. According to the Nutrition Guide all athletes should have a customised hydration regimen to replace fluid lost as a result of sweating during exercise. To get more tips from the JADCO Nutrition Guide for Jamaican Athletes, visit the Publications section of the website at jadco.gov.jm.



ANTI-DOPING INFORMATION FOR THE 2022 COMMONWEALTH GAMES

Here is some information to help athletes and support personnel to understand their anti-doping responsibilities at the 2022 Commonwealth Games. The following information about anti-doping rules and responsibilities applies to Jamaican athletes and support personnel for the duration of the period of the Games.

1. TESTING PERIOD

The Commonwealth Games Federation (CGF) Anti-Doping Rules will be in force for the Games. The Games period begins on July 19, 2022, on the day of the opening of the Athletes' Village to August 10, 2022 on the day of the closing of the Athletes' Village. During this time, athletes are under the jurisdiction of the CGF, regardless of where they are and when they arrive in or leave Birmingham. Athletes may be notified of their selection for doping control at any time and in any place in the world, with no advance notice.

To view the Anti-Doping Rules for the 2022 Commonwealth Games visit the Commonwealth Games website at thecgf.com/anti-doping

- Athletes can be tested anytime, anywhere during the period of the Games, whether in-competition or out-of-competition
- The in-competition period begins at 11:59 p.m. on the day before any competition in which the athlete is scheduled to participate through to the end of that competition (including the sample collection process, when applicable). A competition is equal to a single race, match or game, such as a field hockey game or 100-metre race in athletics. The period may differ in specific sports. Check with your international federation (IF) if there are any changes to the in-competition period during the Games
- Out-of-competition refers to any period which is not in-competition

2. KNOW YOUR RIGHTS AND RESPONSIBILITIES

Athletes selected for sample collection whether in-competition or out-of-competition have certain rights and responsibilities. Ensure you know yours.

Rights:

- To be accompanied by a representative and/or interpreter during the entire sample collection process
- To request additional information regarding the sample collection process
- To request modification to the sample collection process
- To request a delay in reporting to the doping control station for valid reasons, including:

For In-Competition Testing:

- Participation in a medal ceremony
- Fulfilment of media commitments
- Warm Down
- Competing in further competitions
- Obtaining necessary medical treatment
- Obtaining photo identification
- Locating a representative and/or interpreter Any other exceptional circumstances which may be justified and as approved by the Doping Control Officer (DCO)

For Out-of-Competition Testing:

- Locating a representative
- Completing a training session
- Receiving necessary medical treatment
- Obtaining photo identification
- Any other exceptional circumstances which may be justified, and as approved by the DCO

When selected for doping control, athletes have the responsibility to:

- Comply with the sample collection procedure (failure to do so could result in an Anti-Doping Rule Violation)
- Provide appropriate photo identification to the Doping Control Officer (DCO) or Chaperone Report immediately to the doping control station unless there are valid reasons for a delay
- Remain within continuous observation of the DCO or Chaperone at all times from the point of notification until the sample collection procedure is complete

3. KNOW THE PROHIBITED LIST

The Prohibited List is updated annually following an extensive consultation process facilitated by WADA.

- Ensure that you have a copy of the 2022 Prohibited List, specifying the substances and methods prohibited in- competition and out-of-competition. The 2022 List is valid from January 1 to December 31, 2022
- Remember the strict liability principle, which states that all athletes are responsible for any prohibited substance found in their sample, whether or not they intentionally or unintentionally used a prohibited substance

The 2022 Prohibited List can be found on the WADA website at www.wada-ama.org/sites/default/files/2022-01/2022list_final_en_0.pdf

Whereabouts Information

Whereabouts information is collected to protect clean athletes, increase the efficiency and effectiveness of the fight against doping and ensure athletes can be located for out-of-competition testing.

Athletes Included in the Registered Testing Pool

Jamaican athletes who are included in the Jamaican Registered Testing Pool (RTP) or International Federation (IF) RTP are required to continue to update their whereabouts in the Anti-Doping Administration and Management System (ADAMS) during the Games.

Whereabouts information for the Game must include:

- A 60 minute time slot and location for testing
- Accommodation details, including building/block and room number in the Athletes' Village
- Detailed accommodation information for athletes not staying in the Athletes' Village
- Training and competition schedule, including venues/location

Athletes may appoint a team leader, agent, coach or other who may submit whereabouts information on their behalf, but they remain responsible for the accuracy of their information.

Athletes not included in the Registered Testing Pool

The Commonwealth Games Association (CGA) will require those athletes who are not registered in ADAMS in their International Federation or National Anti-Doping

Organisation's Registered Testing Pool to provide arrival, departure and location information. Such information may include:

- Arrival and departure dates
- Accommodation details, including building/block and room number in the Athletes' Village
- Detailed accommodation information for athletes not staying in the Athletes' Village
- Training and competition schedule, including venues/location

4. APPLYING FOR A THERAPEUTIC USE EXEMPTION

A Therapeutic Use Exemption (TUE) allows an athlete to use a prohibited substance or prohibited method for the treatment of a legitimate medical condition. Athletes, it is your responsibility to find out whether any substance or method that you are using to treat an illness or condition is found on the 2022 Prohibited List. If so, you will need a TUE during the period of the Games.

- It is customary for athletes to apply for a TUE at least 30 days before Major Games unless it is an emergency or exceptional situation. It is recommended that if an athlete is required to use a prohibited substance or a prohibited method and they do not already have a TUE, they should apply directly to the CGF Medical Commission TUEC especially in the case of an emergency
- TUEs granted by the CGF Medical Commission will be valid only during the period of the 2022 Commonwealth Games

5. DOPING IS COSTLY

Violations committed during the period of the Commonwealth Games can be sanctioned with any or all of the following depending on the circumstances:

- Disqualification of results
- Financial Sanction
- Public Disclosure
- Forfeiture of medals, points and other prizes
- Disqualification from further competing in the Games
- A period of ineligibility from sport

All decisions are subject to appeal, which can be made to the Court of Arbitration for Sports (CAS).

THE RESULTS MANAGEMENT PROCESS

The Jamaica Anti-Doping Commission (JADCO) is responsible for the Results Management Process for doping control missions conducted under its authority. This process is strict and confidential and ensures that the International Standards for Testing and Investigations as well as the Protection of Privacy and Personal Information are maintained.

These include results management for:

- Laboratory Results and Possible Failure to Comply Reports
- Negative Analytical Findings (NAFs)
- Adverse Analytical Findings (AAFs). Other Anti-Doping Rule Violations

What happens when there is an alleged Anti-Doping Rule Violation based on the presence of a prohibited substance in an athlete's sample?

If the result from the lab returns a positive finding, otherwise called an Adverse Analytical Finding (AAF), JADCO will conduct an initial review of the sample collection process to ensure that there were no irregularities that could have undermined the validity of the findings. JADCO will also verify if the athlete has a Therapeutic Use Exemption (TUE) Certificate.

Once JADCO has determined that the Adverse Analytical Finding is not due to any irregularities that undermine its validity and there is no applicable TUE, then JADCO will ensure that the athlete is notified. The athlete will be informed of their right to request that the B sample be analysed. The athlete can also choose to be present during the analysis of the B sample.

If the B sample confirms the A sample analysis, then the Results Management Process will continue and the matter will proceed to the Independent Anti-Doping Disciplinary Panel. This is an independent panel of medical, sport and legal experts, who have been given the authority to hear and make a ruling on all issues regarding the assertion of Anti-Doping Rule Violations and sanctions associated with violations.

OTHER ANTI-DOPING RULE VIOLATIONS

If JADCO is in receipt of a Doping Control Officer's report or other pertinent documents that seems to indicate a possible Anti-Doping Rule Violation (ADRV) such as tampering with the testing process, refusing to submit to testing or attempted trafficking of a prohibited substance, JADCO will investigate a possible Anti-Doping Rule Violation. After the investigation, if JADCO is satisfied that an Anti-Doping Rule Violation has occurred it will inform the athlete (or other person) of the Anti-Doping Rule Violation. The athlete (or other person) will have the right to a fair hearing to determine if an Anti-Doping Rule Violation has been committed and the appropriate sanction imposed.

HEARINGS and APPEALS

Hearings

Unless an athlete waives their right to a hearing, all cases involving Anti-Doping Rule Violations (ADRV) are heard by the Independent Anti-Doping Disciplinary Panel. The Panel is an independent body established by the Anti-Doping in Sport Act and is separate from the Jamaica Anti-Doping Commission (JADCO). The athlete has the following rights as it relates to disciplinary hearings:

- Right to a timely hearing
- Right to a fair, impartial and operationally independent hearing panel
- Right to be represented by counsel (at the athlete's own expense)
- Right to respond to the asserted ADRV
- Right to present evidence
- Right to an interpreter
- Right to a timely, written, reasoned decision

Failure by any party or their representative to attend the hearing after notification will be deemed an abandonment of their right to a hearing. The right may be reinstated where the athlete or other person shows reasonable cause for the non-attendance.

Appeals

The Anti-Doping Appeal Tribunal is the body responsible for appeals. The Tribunal was established by the Anti-Doping in Sport Act and is a separate entity from the Jamaica Anti-Doping Commission (JADCO). The Appeal Tribunal has the power to hear and determine all issues arising from an Anti-Doping Rule Violation hearing. It should be noted that in cases involving international-level athletes or participation in international level events, the appeal can be made directly to the Court of Arbitration for Sport (CAS).

The following parties have the right to appeal a decision handed down by the Independent Anti-Doping Disciplinary Panel to the Anti-Doping Appeal Tribunal:

- The athlete or person who is subject to the decision being appealed
- JADCO
- The relevant International Federation
- The International Olympic Committee or International Paralympics Committee
- WADA

Parties have the right to appeal the decision handed down by the Anti-Doping Appeal Tribunal to CAS. Unless CAS or the Appeal Tribunal rules otherwise, the initial decision (sanction imposed) remains in effect while under appeal. Athletes and support personnel, be in the know, get the facts and avoid the risk of being sanctioned.

To get more information about JADCO's Results Management process you can visit the JADCO website at jadco.gov.jm.



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REPORT ANONYMOUSLY

JADCO AND YOU TELEVISION AND RADIO PROGRAMMES



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the general public. The feature is aired quarterly on TVJ and monthly on 12 radio stations.

The JADCO and You television programme will be aired on Television Jamaica on Wednesday, July 27, 2022 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, July 28, 2022:

- KLAS ESPN: 5:30 a.m.
- NCU FM: 5:50 a.m.
- Hot 102 FM: 5:55 a.m.
- Mello FM: 7:15 a.m.
- Free I Radio: 11:30 a.m.
- Suncity Radio: 12:35 p.m.
- Irie FM: 1:40 p.m.
- Roots FM: 1:55 p.m.
- Music 99 FM: 2:48 p.m.
- Talk Jamaica Radio: 3:05 p.m.
- Newstalk 93 FM: 4:55 p.m.
- TBC Radio: 10:00 p.m.

DOPE FREE CREATIVE CORNER

Doping

Society said if I follow the rules, I am certain to lose.

If I cheat my way I am sailing for the cruise.

A young man enthused by such remarks but refuses.

Doping is illegal! Doping is illegal!

A cheater wins by cheating.
But a winner wins by winning.

Protecting our athletes' fundamental rights and
having an equal fairness for athletes worldwide is our main stride.

Don't let the temptation of a cheaters position
lower your mind to believe that you have to cheat to reach the destination.

True people admire pure and true athleticism.
Keep your head up, keep your chin up and avoid negative criticism.

Don't follow people who are doping to destruction.

Follow people who are hoping for traction.

Say no to doping!
- Lucas Musiq

**Are you a creative writer?
Do you want to be featured in the**

**Dope Free
Creative Corner?**

Are you a creative writer? Do you want to be featured in the Dope Free Creative Corner? If so, write a poem, song or creative piece on anti-doping and submit via email to commed@jadco.gov.jm. Be sure to include your name and contact information to obtain recognition for your submission.



Poem
Jingle 

JADCO OUT AND ABOUT

The Jamaica Anti-Doping Commission (JADCO) remains committed to the fight against doping in sport, as we continue to share the anti-doping message across the island. Here are highlights of some of the outreach activities that the Commission has facilitated recently.

JADCO PRESENTS LAPTOPS TO GLENMUIR HIGH SCHOOL



June Spence Jarrett (left), Executive Director, JADCO hands over laptops to Dr. Marsha Smalling (right), Principal, Glenmuir High School. The occasion was the handing over of laptop computers to Glenmuir High School on Tuesday, April 12, 2022. The institution was awarded with two laptop computers for high participation in the 2021 series of Junior Athletes Anti-Doping Education Workshops which were held virtually for the second time during the month of October.

JADCO PRESENTS MEMORABILIA TO SECONDARY SCHOOLS

During April to June 2022 members of the JADCO team visited several secondary schools across the island to distribute memorabilia to the participants from institutions who supported the 2021 series of Junior Athletes Anti-Doping Education Workshops which were held virtually for the second time during the month of October.



June Spence Jarrett (left), Executive Director, JADCO presents JADCO branded memorabilia to Erica Ewbanks (right), Principal, Garvey Maceo High School. Members of JADCO visited the institution on Tuesday, April 12, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Vernon Morrison (left), Acting Principal, Kemps Hill High School. Members of JADCO visited the institution on Tuesday, April 12, 2022.



June Spence Jarrett (left), Executive Director, JADCO, presents JADCO branded memorabilia to Steve Gordon (2nd left) Principal, Manning's School. Sharing in the moment are Amelia Graham (2nd right) and Jevaughn Mills (right), both students of Manning's School. Members of the JADCO team visited the institution on Monday, May 2, 2022.



June Spence Jarrett (left), Executive Director, JADCO, presents JADCO branded memorabilia to Errol Smith (2nd left), Physical Education Teacher, Frome Technical High School. Sharing in the moment are Serena Nelson (2nd right) and Javel Clarke (right), both students of Frome Technical High School. Members of the JADCO team visited the institution on Monday, May 2, 2022.



June Spence Jarrett (left), Executive Director, JADCO, presents JADCO branded memorabilia to Terry James (2nd left) Vice-Principal, Little London High School. Sharing in the moment are Tanecia Peynado (2nd right) and Davian Ramsay (right), both students of Little London High School. Members of the JADCO team visited the institution on Monday, May 2, 2022.



June Spence Jarrett (right), Executive Director, Jamaica Anti-Doping Commission (JADCO), presents JADCO branded memorabilia to Prim Lewis (left) Principal, deCarteret College. Members of the JADCO team visited the institution on Tuesday, May 10, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Lawrence Rowe (right) Principal, Belair High School. Members of the JADCO team visited the institution on Tuesday, May 10, 2022.



June Spence Jarrett (left), Executive Director, Jamaica Anti-Doping Commission (JADCO), presents JADCO branded memorabilia to Donna Legister Hendricks (2nd left), Principal, Bishop Gibson High School. Sharing in the moment are Sashane Thompson (right), and Kemora Trenchfield (2nd right), both students of Bishop Gibson High School. Members of the JADCO team visited the institution on Tuesday, May 10, 2022.



June Spence Jarrett (right), Executive Director, Jamaica Anti-Doping Commission presents JADCO branded memorabilia to Lorraine Reid-Henningham (2nd right), Vice-Principal, Cross Keys High School. Sharing in the moment are Davian Daley (left) and Chanecia Hall (2nd left), both students of Cross Keys High School. Members of the JADCO team visited the institution on Tuesday, May 10, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Vena Finnegan (2nd right), Physical Education Teacher, St. Hilda's Diocesan High School. Sharing in the moment are Crisann McPherson (left) and Fantasia Robinson (2nd left) both students of St. Hilda's Diocesan High School. Members of JADCO visited the institution on Tuesday, May 17, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Raymon Treasure (2nd right), Principal, York Castle High School. Sharing in the moment are Juleen Barnett Hemmings, Physical Education Teacher (left), Akailia Dennis (2nd left) student and Damion Vanhorne (centre) student all of York Castle High School. Members of JADCO visited the institution on Tuesday, May 17, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Emelia Stanley (2nd right) and Geomar Russell, both students of Green Island High School. Also pictured is Ryon Reid, Coach of Green Island High School. Members of JADCO visited the institution on Wednesday, May 25, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Victor Newsome (2nd right), Principal, Irwin High School. Sharing in the moment are Briana Satchwell (left) and Teandra Whitmore (2nd left) both students of Irwin High School. Members of JADCO visited the institution on Thursday, May 26, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Ainsworth Frazer (2nd right), Physical Education Teacher, Anchovy High School. Sharing in the moment are Simoy Smith (left) and Fedrick Blake (2nd left), both students of Anchovy High School. Members of JADCO visited the institution on Thursday, May 26, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Gary Powell (2nd right), Principal, Montego Bay High School for Girls. Sharing in the moment are Abigail Peru (left) and Lorie-Ann Houslin (2nd left), both students of Montego Bay High School for Girls. Members of JADCO visited the institution on Thursday, May 26, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Dale Evans (2nd right), Principal, Holland High School. Sharing in the moment are Rhianna Williams (centre), Tonnashay Allen (left) and Leonie Whittingham (2nd left), all students of Holland High School. Members of JADCO visited the institution on Thursday, May 26, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Morisal Small Walker (2nd right), Vice-Principal, Muschett High School. Sharing in the moment is Kymoy McDonald (left), student of Muschett High School. Members of JADCO visited the institution on Thursday, May 26, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Karen Francis (2nd right), Principal, Westwood High School. Sharing in the moment are St. Derrick Pryce (left), Physical Education Teacher, Shante Benjamin (centre) student and Shaniel Harrow (2nd left) student, all of Westwood High School. Members of JADCO visited the institution on Thursday, May 26, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Dwayne Williams (2nd right), Physical Education Teacher, St. Mary High School. Sharing in the moment are Shagay Sheppy (left) and Rasheed Grant (2nd left), both students of St. Mary High School. Members of JADCO visited the institution on Wednesday, June 1, 2022.



June Spence Jarrett (right), Executive Director, JADCO, presents JADCO branded memorabilia to Evorine Henry Tracey (2nd right), Principal, Wycliffe Martin High School. Sharing in the moment are Adriana Geoghaghan (centre), Physical Education Teacher, Kimmy-Lee Brown (left) student and Rhaudario Thompson (2nd left) student, all of Wycliffe Martin High School. Members of JADCO visited the institution on Wednesday, June 1, 2022.

JADCO Supports Sports and Fitness Expo



Chevauni Blair (right), Public Relations and Education Officer at JADCO, presents a token to Nathaniel Bailey (left), student athlete at the Sports and Fitness Expo, which was held at the Rex Nettleford Hall, University of the West Indies (UWI) Mona on Saturday, May 14, 2022.

JADCO/ Jamaica Badminton Association Anti-Doping Education Workshop



Vanessa Reid-Ledford (left) Director of Communication and Education at JADCO, discusses fair play with Rihanna Rust (2nd left), and Nathaniel Finzi (right), both student athletes of the Jamaica Badminton Association (JBA). Sharing in the moment is Sheldon Townsend, President, JBA. The occasion was an anti-doping education workshop which was held at the Sports Development Foundation on Saturday, May 21, 2022.

JADCO/ Ruseas High School Anti-Doping Education Workshop



Colleen Cohen (left), Public Relations and Education Officer at JADCO discusses the importance of fair play with Jason Fiddis (right), Coach, Rojay Ricketts (2nd right) student and Brian Shaw (2nd left), student all of Rusea's High School. The occasion was an anti-doping education workshop held for athletes and support personnel from Rusea's High School, in Hanover on Wednesday, May 25, 2022.

JADCO/ Racers Track Club Anti-Doping Education Workshop



Vanessa Reid-Ledford (right) Director of Communication and Education at JADCO, discusses JADCO's stance on the use of supplements with Patrick Dawson (2nd right), Coach, Anthony Cox (left) athlete and Joean Williams (2nd left) athlete all of Racers Track Club. The occasion was an anti-doping education workshop held for members of the Racers Track Club at the Jamaica Anti-Doping Commission on Tuesday, May 31, 2022.

JADCO attends WADA Symposium

Representatives from JADCO attended the 2022 World Anti-Doping Agency (WADA) Symposium which was held at the SwissTech Convention Center in Lausanne, Switzerland from June 11-12, under the theme: "Raising the Game".



June Spence Jarret (left), Executive Director at JADCO shares lens with Agnes Mandu (right), Director, Anti-Doping Education and Research, Anti-Doping Agency of Kenya on Saturday, June 11, 2022.



Alexander Williams (2nd right), Chairman and June Spence Jarret (right), Executive Director, both of JADCO engage in dialogue with Dr. Sasha Sutherland (left), Executive Director, Caribbean Regional Anti-Doping Organization, (RADO) and Dr. Adrian Lorde (2nd left), Chairman, National Anti-Doping Commission of Barbados on Saturday, June 11, 2022.

JADCO Supports Jamaica Athletics Administrative Association National Junior and Senior Championships

Representatives from the Jamaica Anti-Doping Commission shared anti-doping information at the Jamaica Athletics Administrative Association's (JAAA) National Junior and Senior Championships which was held at the National Stadium from Thursday, June 22 to Sunday June 26, 2022.



Vanessa Reid-Ledford (right), Director of Communication and Education at JADCO, discusses the importance of fair play with student athletes from Edwin Allen High School at the JAAA National Junior and Senior Championships on Friday, June 24, 2022.



Colleen Cohen (2nd right) Public Relations and Education Officer at JADCO, discusses the doping control process with athlete support personnel at the JAAA National Junior and Senior Championships on Friday, June 24, 2022.



Vanessa Reid-Ledford (left), Director of Communication and Education at JADCO, discusses the doping control process with Maurice Wilson (right), Head Coach, SprinTec Track Club at the JAAA National Junior and Senior Championships which was held at the National Stadium on Friday, June 24, 2022.



Vanessa Reid-Ledford (left), Director of Communication and Education at JADCO, discusses the importance of the Therapeutic Use Exemption Certificate with Bertland Cameron (right), Head Coach, Cameron Blazers Track and Field Club at the JAAA National Junior and Senior Championships which was held at the National Stadium on Saturday, June 25, 2022.







Chevauni Blair (left), Public Relations and Education Officer at JADCO, discusses the importance of fair play with an athlete at the JAAA National Junior and Senior Championships which was held at the National Stadium on Saturday, June 25, 2022.



**Prepared by the Communication and Education Department of JADCO.
Contact us at:**

The Jamaica Anti-Doping Commission
Ballater Multiplex
1 Ballater Avenue
Kingston 10

Website: jadco.gov.jm
Tel (876) 960-2416 | 929-3500

 [Email: truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm)
 [JamaicaAntiDopingCommission](https://www.facebook.com/JamaicaAntiDopingCommission)
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