

JADCO INTRODUCES ATHLETE SUPPORT PERSONNEL TO ADEL AT JADCO SYMPOSIUM



The Hon. Olivia Grange, (centre), Minister of Culture, Gender, Entertainment and Sport and The Hon. Alando Terrelonge (3rd left), Minister of State in the ministry and Witold Bańka (3rd right), President, World Anti-Doping Agency (WADA) engage in dialogue with Matthew Dawson (left), Coach, Jamaica Table Tennis Association and Trudeau Francis (2nd left), Coach, Jamaica Amateur Softball Association. Sharing in the moment are Alexander Williams (2nd right), Chairman and June Spence Jarrett (right), Executive Director, both of the Jamaica Anti-Doping Commission (JADCO). The occasion was the ninth annual JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston on Thursday, January 26, 2023.

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EDITORIAL

Athletes and support personnel, are you familiar with the Anti-Doping Education and Learning Platform (ADEL)? The platform provides 24-hour access to a range of anti-doping education courses and resources. ADEL was the focus of the 2023 JADCO Symposium. At the event, the Jamaica Anti-Doping Commission (JADCO) invited a representative from the World Anti-Doping Agency (WADA) to deliver a virtual presentation on the importance of ADEL. We will share more information about

the symposium in this edition of the True Spirit newsletter. Throughout the year, the Commission will continue to provide technological devices to students. We will tell you more about the presentation of these devices in this edition of the True Spirit. We will also provide you with an update on the 2023 edition of the JADCO School Tour and share information on supplements. If you have queries or wish to share your feedback on this publication, send an email to truespirit@jadco.gov.jm.

WADA President Attends JADCO Symposium



Alexander Williams (right), Chairman, JADCO, converses with Witold Bańka, President, World Anti-Doping Agency at the 2023 JADCO Symposium.

President of the World Anti-Doping Agency (WADA), Witold Bańka, addressed over 140 athletes and support personnel at the ninth annual JADCO Symposium, which was held at the Terra Nova All-Suite Hotel, in Kingston on Thursday, January 26, 2023. The symposium was held under the theme, "Introduction to ADEL: 24-hour Access to Anti-Doping Education". Witold Bańka is the first WADA President to visit Jamaica and attend a JADCO workshop.

Hongyang Gracie Li, Manager, Learning Management System (ADEL), a representative of WADA, delivered a virtual presentation on the Anti-Doping Education and Learning Platform (ADEL) at the symposium. ADEL is a global platform that provides 24-hour access to education and learning opportunities.

Speaking at the event, President of the World Anti-Doping Agency (WADA), Witold Bańka, said, “WADA has always recognised the importance of partnership in clean sport. JADCO and the Government of Jamaica are valued partners for WADA. We have been working closely with JADCO for many years. It is crucial for us that you play a leadership role in this region, you make a significant contribution to the Anti-Doping landscape. This is why I want to thank JADCO for running this symposium.”

He added, “JADCO has always embraced innovation and has shown excellent creativity when it comes to education. Education is the single best long-term solution that we have for protecting the values of clean sport. It is a critical component of the global Anti-Doping system. More and more we are seeing the real results that education delivers in preventing doping and supporting athletes in their efforts to compete clean throughout their careers.”

Also speaking at the event was Minister of Culture, Gender Entertainment and Sport, The Honourable Olivia Grange who said, “I think we really should applaud JADCO because they have done quite a bit and they intend to do much more. I want to reiterate that all of this work is being done to help to protect the integrity of clean sport.” She added, “I want to encourage our athletes, support personnel and sport federations to continue to support the work of JADCO by attending the workshops, keeping abreast of new information by following updates in the world of anti-doping by setting up your own ADEL account and learning all you can, so you can stay current and be empowered in the role you play as a sportsman or sportswoman.”

Chairman of JADCO, Alexander Williams, who also spoke at the event said, “This year, the theme for our symposium is, “Introduction to ADEL: 24-hour Access to Anti-Doping Education”. We chose to focus on this theme not only for this

event but also our Junior Athletes Anti-Doping Education Workshops and Senior Athletes Anti-Doping Education Workshop, which were held last year.”

In addition, he said, “The beauty of ADEL, is that you can complete the courses at your own pace, in your own time. There is no pressure involved and ADEL enables you to complete courses which will increase your knowledge of anti-doping.” He further stated, “Here at JADCO, this is a significant year for us because come July 25, we will be celebrating our 15th anniversary. We look forward to the events that will occur and ask for your support as we celebrate all that we have accomplished in the field of anti-doping in Jamaica over the past 15 years.”

While sharing his thoughts on the symposium, President of the Jamaica Table Tennis Association (JTTA), Andrew Lue, said, “I think the JADCO Symposium was well organised. I definitely want to implore all the sporting bodies to get educated about anti-doping in sport and attend the JADCO events. The ADEL system is great and we need to get more hands on with it.”

Teacher at Bellefield High School, Shemeka Jenkins, noted, “It is my first time attending the JADCO Symposium and I think it is very informative and I would like to encourage student athletes and coaches to attend these events because they enlighten us about doping and its effect on athletes. I like the fact that the ADEL platform is beneficial not only to the athletes but also to the wider society.”

Participants at the symposium included members of sporting associations and federations, professional groups, school principals, coaches, sport administrators and athletes. The JADCO Symposium has been held annually since January 2015 to facilitate continuous dialogue with athlete support personnel. The next staging of the event will be in January 2024.



Alexander Williams (2nd left), Chairman and Bishop Herro Blair Jr. (left), Board Director, both of the Jamaica Anti-Doping Commission (JADCO) engage in dialogue with Princess Brown (centre), Carol Cheese (2nd right) and Shavelle Graham (right), all of the Jamaica Darts Association. The occasion was the ninth annual JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston.



Alexander Williams (right), Chairman of the Jamaica Anti-Doping Commission engages in dialogue with Michael Wilkinson (left), Richard Wong (2nd left) and Jermaine Reynolds (2nd right), all of the Jamaica Rifle Association. The occasion was the ninth annual JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston.



Alexander Williams (centre), Chairman and June Spence Jarrett (2nd right), Executive Director, both of the Jamaica Anti-Doping Commission (JADCO) engage in dialogue with Jim Xavier (left), Director of Sports, St. Lucia, The Hon. Kenson Casimir (2nd left), Minister of Youth Development and Sports, St. Lucia and Jarrett Forbes (right), Director of Sports, Turks and Caicos Islands. The occasion was the ninth annual JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston.



Alexander Williams (centre), Chairman and June Spence Jarrett (2nd right), Executive Director, both of the Jamaica Anti-Doping Commission (JADCO) share lens with Dr. Sasha Sutherland (left), Executive Director, Caribbean Regional Anti-Doping Organisation, Dr. Adrian Lorde (2nd left), Vice Chairman Caribbean Regional Anti-Doping Organisation and Patrick Werleman (right), Chairman, Caribbean Regional Anti-Doping Organisation, all of Barbados. The occasion was the ninth annual JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston.



Alexander Williams (left), Chairman and June Spence Jarrett (right), both of JADCO, converse with the Hon. Shamfa Cudjoe (centre), Minister of Sport and Community Development, Trinidad, at the 2023 JADCO Symposium.



The Hon. Olivia Grange (4th left), Minister of Culture, Gender, Entertainment and Sport shares lens with Witold Bańka (centre), President, WADA. Sharing in the moment are Alexander Williams (4th right), Chairman and June Spence Jarrett (3rd right), Executive Director, both of the Jamaica Anti-Doping Commission (JADCO). Also sharing in the moment are the Hon. Bernie Bush (left), Minister for Youth, Sports, Culture and Heritage, Cayman Islands, María José Pesce Cutri (2nd left), Director, WADA, Latin American Regional Office, the Hon. Shamfa Cudjoe (3rd left), Minister of Sport and Community Development, Trinidad, René Bouchard (right), Senior Director, Stakeholder Engagement and Partnerships, WADA and the Hon. Ron L. Redhead (2nd right), Minister of State, Youth, Sports and Culture, Grenada. The occasion was the ninth annual JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston on Thursday, January 26, 2023.

WADA PRESIDENT ADDRESSES THE IMPORTANCE OF WHISTLEBLOWERS AND INVESTIGATIONS AT JADCO SYMPOSIUM



President of the World Anti-Doping Agency (WADA), Witold Bańka, brings greetings at the 2023 JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston on Thursday, January 26.

World Anti-Doping Agency (WADA) President Witold Bańka has highlighted the importance of confidential sources in the success of anti-doping investigations and has appealed to anyone with information to come forward in complete confidence via WADA's online whistleblower platform, 'Speak Up!'

Bringing greetings at the 2023 Jamaica Anti-Doping Commission Symposium, Witold Bańka addressed the theme for the seminar, by highlighting the work of WADA's independent Intelligence and Investigations (I&I) Department in the protection of clean sport as it continues to expose doping conspiracies and wrongdoing around the world.

In recent years, successful operations carried out by WADA I&I have included 'Operation LIMS' into institutionalised doping and data manipulation in Russia, as well as investigations into the Romanian Laboratory, the International Weightlifting Federation, the International Biathlon Union, the National Anti-Doping Organisations of Romania and Ukraine, Kenyan athletics, and many more.

Witold Bańka, said, "At the centre of these investigations has been information sourced from whistleblowers or informants. These are the unseen heroes of anti-doping.

Their contribution, often in very difficult circumstances, cannot be overstated. We know that it takes great courage to come forward. We acknowledge the tremendous value that whistleblowers bring to clean sport, often at great personal risk. The athlete community and the global anti-doping system are extremely grateful for their efforts. They are making a real difference for the integrity of sport."

WADA I&I works closely with law enforcement agencies around the world as well as various stakeholders within Anti-Doping Organisations. WADA I&I has agreements with INTERPOL, the World Customs Organisation, the United Nations Office on Drugs and Crime and as the latest addition, with Europol. Together, they share intelligence on doping cases or situations where performance-enhancing substances

are being moved around the world. These collaborations have been important additions to the work of WADA I&I. However, there is no substitute for information and evidence coming directly from those who see the rules being broken.

"The best way for potential whistleblowers to pass on information to WADA is through 'Speak Up!', our online global reporting platform. Some National Anti-Doping Organisations also have ways for whistleblowers to come forward, including the Jamaica Anti-Doping Commission, which facilitates reporting doping on the JADCO website."

President Bańka added, "If someone witnesses wrongdoing in anti-doping, at any level, it is so important that they come forward with that information. Above all, they can rest easy in the knowledge that our team will treat all approaches with respect, with integrity and with the utmost confidence."

"WADA I&I never reveals the identity of its sources. Together we can continuously strengthen global efforts to level the playing field and protect the dreams of athletes worldwide," he said.

WADA REPRESENTATIVES AND CARIBBEAN DELEGATION TOUR JADCO OFFICE

Representatives of the World Anti-Doping Agency (WADA), led by Witold Bańka, President of the World Anti-Doping Agency (WADA) and 14 sport ministers across the region and their delegation toured JADCO's office on Friday, January 27, 2023. President Witold Bańka says he is comfortable with Jamaica's anti-doping system and describes it as a standard-bearer for the region.

The WADA President encouraged JADCO to continue to lead in the fight for clean sport. He said, WADA values the partnership they share with the Government of Jamaica and the Jamaica Anti-Doping Commission.



June Spence Jarrett, Executive Director, JADCO, engages in dialogue with Witold Bańka, President, WADA as she leads a tour of the JADCO office during a visit from representatives of WADA and a Caribbean delegation on Friday, January 27, 2023.



June Spence Jarrett (right), Executive Director, JADCO, gives Witold Bańka, President, WADA, a tour of the JADCO mobile unit during his visit to JADCO's office in Kingston on Friday, January 27, 2023. Sharing in the moment is Dr. Sasha Sutherland (centre), Executive Director, Caribbean Regional Anti-Doping Organisation.



Alexander Williams (right), Chairman, JADCO, presents a gift to Witold Bańka, President, World Anti-Doping Agency. The occasion was a visit to JADCO's office on Friday, January 27, 2023.



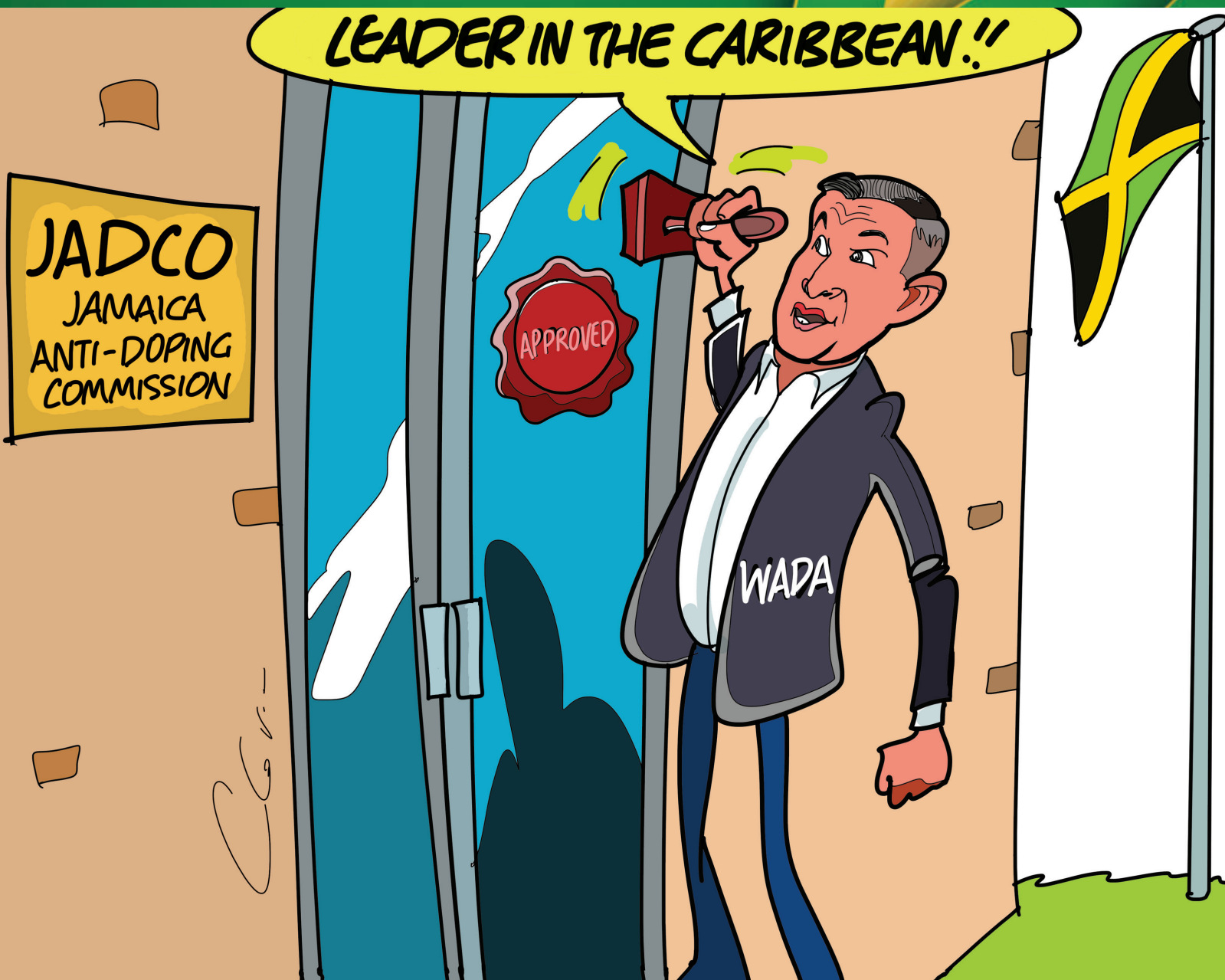
Alexander Williams, Chairman, JADCO, presents a token to María José Pesce Cutri, Director, World Anti-Doping Agency, Latin American Regional Office during a visit to the Commission's office on Friday, January 27, 2023.



June Spence Jarrett, Executive Director, JADCO, shares a moment by the JADCO Mobile Unit with María José Pesce Cutri (centre), Director, World Anti-Doping Agency, Latin American Regional Office and Witold Bańka, President, WADA. The occasion was a visit to JADCO's office on Friday, January 27, 2023.



Witold Bańka (centre), President of the World Anti-Doping Agency (WADA), shares a light moment with members of the WADA delegation. The occasion was a visit to JADCO's office on Friday, January 27, 2023.



Clovis Cartoon. Published in the Jamaica Observer on Saturday, January 28, 2023.

ADEL is a global platform created by the World Anti-Doping Agency (WADA) that provides 24 hour access to education and learning opportunities for those who wish to learn about anti-doping.

If you are an athlete support personnel with the desire to learn about anti-doping, ADEL is the ideal platform for you.

On ADEL you can find:

- eLearning
- Resources for athletes
- Quizzes
- Videos
- Webinars



Athlete Support Personnel who complete the courses will receive a certificate from WADA.

For Athlete Support Personnel:

- Anyone supporting or working with athletes, or children involved in sport has a duty to instill and reinforce the values of clean sport.
- Whether you are a coach, medic, parent or even an agent for an athlete you need to be aware of the anti-doping rules, policies and procedures to help keep sport clean.

COURSES CAN BE COMPLETED WHEN YOUR SCHEDULE ALLOWS AND INCLUDE:

- Course for High Performance Coaches
- Athlete Support Personnel (ASP) Guide to the Code 2021
- Anti-Doping Overview
- Therapeutic Use Exemptions (TUE)
- Athlete Whereabouts

To complete the courses offered online, simply register on ADEL or log in to your existing account and scroll to the library section.

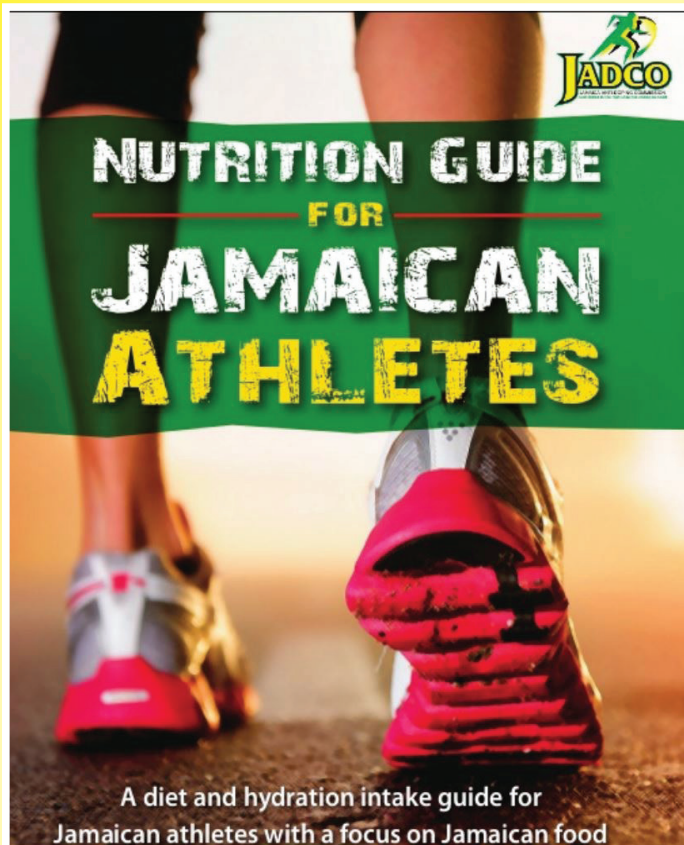
The courses are mobile-friendly and can be easily accessed through smart phones or tablets.
Register at adel.wada-ama.org/learn



IF YOU PREFER TO LEARN ON THE GO, YOU CAN DOWNLOAD THE MOBILE APP 'ADEL BY WADA' WHICH IS AVAILABLE ON THE APPLE OR GOOGLE PLAY STORES.



JADCO'S NUTRITION CORNER



It is not necessary to take protein supplements to gain muscle mass. Athletes can get all the protein they need that will supply all the essential amino acids for muscle building, from their diet. However, some protein supplements can be convenient to use, for example protein powder can

be used in protein shakes after resistance exercise or in between meals. Supplements that have both protein and carbohydrates stimulate greater strength increase when compared to supplements that contain only carbohydrate.

If an athlete is not lactose intolerant, fat-free milk can be used instead as a recovery drink after a bout of resistance exercise and is a cheaper alternative than protein supplements and shakes. For athletes who are lactose intolerant, they can opt for lactose-free milk which is available on the Jamaican market. Vegetarians or persons who do not drink milk can opt for soy protein instead, which has been shown to increase lean muscle mass, just not as rapidly as milk or whey protein.

It is important to note that there is always the possibility of the protein supplement being contaminated with banned substances. It must be understood that the manufacturing and marketing of supplements are not strictly regulated. Therefore, it is quite possible for an athlete to take a supplement without realising that there is a possibility that they may be unintentionally consuming a banned substance. Regardless of the rationale or purpose of taking the supplement, the responsibility for everything consumed ultimately lies with an athlete.

Get more information about protein supplementation from the JADCO Nutrition Guide can be accessed in the publications section of the website: jadco.gov.jm.

JADCO PRESENTS DESKTOP COMPUTERS TO GUY'S HILL HIGH SCHOOL



The Hon. Alando Terrelonge (2nd right), Minister of State, Ministry of Culture, Gender, Entertainment and Sport and June Spence Jarrett (left), Executive Director, JADCO, present five desktop computers to Cecil Donald (2nd left), Principal of Guy's Hill High School. Sharing in the moment are Andre-Hugh Murphy (right), Head of Department, Physical Education, Shyanique Neil (3rd left) and Ajani Murphy (3rd right) all of the institution. The occasion was the handover of desktop computers at JADCO's office on Wednesday, February 1, 2023.

The Jamaica Anti-Doping Commission (JADCO) presented five desktop computers to Guy's Hill High School, at a handover ceremony held at the Commission's office located at 1 Ballater Avenue in Kingston on Wednesday, February 1, 2023. Guy's Hill High School was awarded the computers for having the most participants online at the ninth 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.

The 2022 series of workshops were held virtually for the third time due to the Covid-19 Pandemic. The workshops

were held in October for four regions across the island. Guy's Hill High School was declared the winner for the third consecutive year. In 2021, they were awarded 25 Samsung tablets for having the most participants online at the 2020 Junior Athletes Anti-Doping Education Workshop for region one and in 2022, they were awarded five laptops for having the most participants online at the 2021 workshop.

Speaking at the handover ceremony, The Honourable Alando Terrelonge, Minister of State, Ministry of Culture, Gender, Entertainment and Sport, said, "As a Government we would like to commend and congratulate Principal Donald,

his entire school board, members of staff, you the young kings and queens of the Guy's Hill High School, as well as your parents and coaches for actively participating in our education programme. It is clear that the Guy's Hill family takes not only athletes' performance on the track, but also their education and more importantly their education in anti-doping very seriously."

He added, "I also want to commend JADCO for this initiative that is not only providing the necessary anti-doping education that will serve to maintain Jamaica's role in the region, as the leader in anti-doping, fair play and sports integrity, but that continues to help assist our schools and our students with the well needed devices that facilitate online learning as part of the Commission's outreach activities."

Also speaking at the event, Executive Director of JADCO, June Spence Jarrett said, "I am happy to announce that as of October 2023, we will resume the Junior Athletes Anti-Doping Education Workshops in person. This will be a historic hosting of the series, as we will be celebrating our 15th anniversary and the 10th anniversary of the Junior Athletes Anti-Doping Education Workshops. We look forward to celebrating this momentous occasion with you."

Principal of Guy's Hill High School, Cecil Donald said, "The tangible gesture here this afternoon of these five desktop computers will certainly add to the academic success of our students. You see we are living in the technological age and as such we can never have too many computers on the

school campus. The truth be told though, we really need more computers. We are very grateful for these and they certainly will assist our students in doing well in subjects such as Information Technology and also, they need these for general research. Therefore, as Principal, I want to laud the work being done by JADCO and I want to laud the effort of providing these technological equipment."

Shanice Slack, student of Guy's Hill High School, who was in attendance at the event said, "I think it is a great gesture to present these desktop computers to us because there are students at my school who have technological issues and seeing that we are in a technological era these computers will be used for great things so that students can get access to their classes."

In the coming weeks, 15 desktop computers will be presented to schools from the remaining regions, which include region two, with schools from Clarendon, Manchester and St. Elizabeth, region three, with schools from Westmoreland, Hanover, St. James and sections of Trelawny and region four, with schools from St. Ann, St. Mary, Portland and sections of Trelawny. In addition, a computer laboratory for a primary school will be upgraded as part of JADCO's outreach activities.

Over 1000 junior athletes and their support personnel from four regions across the island attended the virtual series of the 2022 Junior Athletes Anti-Doping Education Workshops. The workshops have been held annually since 2014.



2023 JADCO SCHOOL TOUR

The JADCO School Tour is held during the months of February and March and is one of several annual initiatives which targets junior athletes and their support personnel.

The purpose of the JADCO School Tour is to travel to secondary schools which were unable to attend the annual Junior Athletes Anti-Doping Education Workshops in October. These workshops provide junior athletes with information on anti-doping rules and procedures and have been held in four regions across the island since 2014.

The JADCO School Tour was held virtually in 2021 and 2022 due to the Covid-19 Pandemic. In 2023, JADCO resumed the face-to-face school tour in the parish of Hanover. On February 8, Rusea's High School was our first stop. On this occasion, 30 student athletes and their support personnel

learnt about the functions and responsibilities of JADCO, the social consequences of doping and the doping control process. They were also introduced to the Anti-Doping Education and Learning platform (ADEL) created by WADA. Students also received JADCO memorabilia for their participation.

Our next stop was Merlene Ottey High School. This time, 40 student athletes and support personnel participated in our anti-doping workshop.

Athletes and support personnel from Knockalva Technical High School, Hopewell High School and Rhodes Hall High School also received anti-doping education during the 2023 JADCO School Tour.

RUSEA'S HIGH SCHOOL



Tajae Smith, Director, Technical Services, JADCO, delivers a presentation on the doping control process at Rusea's High School on Wednesday, February 8. This was the first stop in the 2023 series of the JADCO School Tour in Hanover.

MERLENE OTTEY HIGH SCHOOL



June Spence Jarrett (left), Executive Director, JADCO, discusses fair play with Ainsley Donaldson (right), Head of Department, Physical Education, Merlene Ottey High School on Wednesday, February 15. Sharing in the moment are Donte Crooks (2nd left) and Galia Freddington (2nd right). This was the second stop in the 2023 series of the JADCO School Tour in Hanover.

KNOCKALVA TECHNICAL HIGH SCHOOL



Aladden Love, Public Relations and Education Officer, JADCO discusses fair play with Edward Jarrett (2nd left), Sports Manager, Jordaine Lindsay (2nd right) and Fabian Davis (right), all of Knockalva Technical High School on Wednesday, March 15, 2023.

HOPEWELL HIGH SCHOOL



Chevauni Blair, Public Relations and Education Officer at JADCO, delivers a presentation on the functions and responsibilities of the Commission at Hopewell High School on Wednesday, March 22. This was the fourth stop in the 2023 series of the JADCO School Tour in Hanover.

RHODES HALL HIGH SCHOOL



Aladden Love, Public Relations and Education Officer at JADCO, delivers a presentation on the functions and responsibilities of the Commission at Rhodes Hall High School on Wednesday, March 22. This was the fifth and final stop in the 2023 series of the JADCO School Tour in Hanover.

SUPPLEMENTS



SUPPLEMENTS

**HOW WELL DO YOU KNOW
YOUR SUPPLEMENTS?**



The Jamaica Anti-Doping Commission does not endorse the use of supplements because their ingredients may contain prohibited substances. Supplements are not subjected to the same quality control requirements as food or pharmaceutical drugs. It is highly recommended that athletes refrain from using supplements to avoid the risk of an unintentional Anti-Doping Rule Violation.

Supplements include products such as:

- Energy drinks
- Herbal and nutraceutical products (e.g., echinacea)
- Vitamins and Minerals (e.g., calcium)
- Probiotics (e.g., acidophilus)
- Fat burners
- Products that build muscle mass (e.g., creatine)
- Protein shakes and powders (e.g., whey, rice protein)

It is important to note that supplements are not limited only to those substances.

WHAT ARE THE RISKS ASSOCIATED WITH SUPPLEMENT USE?

Unlike the pharmaceutical industry, the supplement industry does not undergo the same level of government regulation.

Consequently, supplements may:

- Intentionally contain prohibited substances
- Unintentionally be contaminated with prohibited substances (e.g. from contaminated ingredients, cross-contamination during manufacturing); or be mislabelled
- Not accurately list the ingredients (e.g., falsify, omit)
- Not accurately list the relative amounts of each ingredient per dose
- Make false certification claims (e.g., WADA-approved)
- Make false health benefit claims and not list important cautionary information (e.g., side-effects to health).

WHAT IF AN ATHLETE TESTS POSITIVE AFTER USING A SUPPLEMENT?

All athletes are reminded of the strict liability rule which states:

- Athletes are responsible for any prohibited substances found in their sample, whether they intentionally or unintentionally used a prohibited substance or were negligent or otherwise at fault.
- Athletes who choose to consume dietary supplements, **do so at their own risk**. Unfortunately, many athletes have tested positive for prohibited substances mainly because of the misuse of supplements.
- Athletes should be reminded that taking supplements may possibly result in an Adverse Analytical Finding (positive test), which could lead to an Anti-Doping Rule Violation, regardless of how the prohibited substance got into their body.

Supplements are potentially dangerous. Athletes have a personal responsibility to evaluate all the risks associated with the consumption of supplements before using them. Speak to your doctor or nutritionist about alternatives.

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. The feature is aired quarterly on Television Jamaica (TVJ) and monthly on 13 radio stations.

The JADCO and You television programme will be aired on TVJ on Wednesday, April 26, 2023 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, April 27, 2023:

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.
Love 101 FM: 9:35 p.m.
TBC Radio: 10:00 p.m.

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 in order to obtain credit 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 Jamaica. Here are highlights of some of the activities that the Commission has supported recently.



JADCO SUPPORTS PURE WATER / JC / R. DANNY WILLIAMS MEET

Aladden Love (centre), Public Relations and Education Officer, JADCO, assists athletes as they take the WADA Play True Quiz at the Pure Water / JC / R. Danny Williams Meet which was held at Jamaica College on Saturday, January 7, 2023.



JADCO SUPPORTS CALABAR MCKENLEY/ WINT TRACK AND FIELD CLASSICS

Vanessa Reid-Ledford (right), Director, Communication and Education, JADCO, discusses fair play with student athletes at the Calabar McKenley/Wint Track and Field Classics which was held at Calabar High School on Saturday, January 21, 2023.

JADCO ATTENDS WADA FORUM

June Spence Jarrett, Executive Director, JADCO, sharing a moment with René Bouchard, Senior Director, Stakeholder Engagement and Partnerships, World Anti-Doping Agency. The event was a WADA Forum held at the AC Hotel in Kingston, Jamaica on Thursday, January 26, 2023.





JADCO SUPPORTS 50TH GIBSON MCCOOK RELAYS

Aladden Love (left), Public Relations and Education Officer, JADCO, assists athletes as they take the WADA Play True Quiz at the 2023 Gibson McCook Relays which was held at the National Stadium on Saturday, February 25.

JADCO PRESENTS MEMORABILIA TO SECONDARY SCHOOLS FOR SUPPORTING THE 2022 JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOPS

Members of JADCO visited several secondary schools recently to distribute memorabilia to participants who supported the 2022 series of Junior Athletes Anti-Doping Education Workshops, which were held virtually for the third time during the month of October. See highlights below:

June Spence Jarrett (left), Executive Director, JADCO, presents memorabilia to Lavern Stewart (2nd left), Principal, Anchovy High School on Wednesday, February 8, 2023. Sharing in the moment are Ainsworth Fraser (2nd right), Teacher and Sharon Woodstock (right), Head of the Physical Education Department.





June Spence Jarrett (left), Executive Director, JADCO, presents memorabilia to Georgia Reid (2nd left), Sean Smith-Thelwell (2nd right) and Toni-Ann Cawley (right), teachers at Montego Bay High School for Girls on Wednesday, February 8, 2023.

June Spence Jarrett, Executive Director, JADCO, presents memorabilia to Ricardo Brooks, Physical Education Teacher, Holland High School on Wednesday, February 8, 2023.





JADCO SUPPORTS CARIFTA TRIALS

Taydian Flemmings (left) and Kadjori Deer student athletes from Manchester High School endorse the Run Clean Campaign at the 2023 CARIFTA Trials held at the National Stadium on Saturday, March 11.

WADA ANNUAL SYMPOSIUM

June Spence Jarrett, Executive Director, JADCO, attends the 2023 WADA Symposium at the SwissTech Convention Center in Lausanne, Switzerland from March 14-15. It was held under the theme: 'United Toward a World of Doping-Free Sport'.



JADCO SUPPORTS/ JAMAICA ASSOCIATION OF SPORTS MEDICINE HEALTH FAIR

Yanique Dunn, Sample Collection and Testing Manager at JADCO, delivers a presentation on the doping control process at the Jamaica Association of Sports Medicine Health Fair held at the Holy Childhood High School on Saturday, March 18, 2023.



JADCO SUPPORTS ISSA/GraceKennedy Boys and Girls Championships



Adeneke Green (left), Roquelme Johnson (centre) and Jevaughn Henry (right), all of Bellefield High School discuss fair play at the 2023 ISSA/ Grace Kennedy Boys and Girls Championships held at the National Stadium from March 28 to April 1.







Onetta Michell (left), Sashana Johnson (centre) and Ramiella Williams (right), all of Hydell Group of Schools, endorse the Play Fair Campaign at the 2023 ISSA/GraceKennedy Boys and Girls Championships which was held at the National Stadium from March 28 to April 1.



**Prepared by the Communication and Education Department of JADCO.
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