

## JADCO Celebrates Crystal Anniversary



The Hon. Olivia Grange, (2nd right) Minister of Culture, Gender, Entertainment and Sport, shares a light moment with June Spence Jarrett (2nd left), Executive Director and Alexander Williams (right), Chairman, both of the Jamaica Anti-Doping Commission (JADCO). Sharing in the moment are Christopher Samuda (left), President, Jamaica Olympic Association (JOA) and Dr. Warren Blake (centre), past President of the Jamaica Athletics Administrative Association (JAAA). The occasion was the Commission's Crystal Gala held at the Terra Nova All-Suite Hotel in Kingston on Tuesday, July 25, 2023.



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# Editorial

The over-arching goal of sport is to win, however, the experience for participants can become negative when it becomes solely about winning at all costs. This is why one of the goals of anti-doping programmes worldwide is to preserve what is intrinsically valuable about sport, what is often referred to as the spirit of sport. During the month of October junior athletes and their support personnel will be presented with another opportunity to learn more about the spirit of sport values at the 2023 series of Junior Athletes Anti-Doping Education Workshops which will be held at four locations across

the island. We look forward to seeing you at these events. In this edition of the True Spirit Newsletter, we tell you about several events that occurred as JADCO continues to celebrate its 15th anniversary under the theme, ***“Protecting Brand Jamaica Through Clean Sport”***. We will also provide you with information on supplements. The Jamaica Anti-Doping Commission does not endorse the use of supplements. Please enjoy and feel free to share your thoughts on this publication by sending an email to [truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm)

## JADCO's Crystal Gala



The Hon. Olivia Grange, (2nd right) Minister of Culture, Gender, Entertainment and Sport, cuts JADCO's 15th anniversary cake at its Crystal Gala on Tuesday, July 25, 2023. Sharing in the moment are June Spence Jarrett (left), Executive Director and Alexander Williams (right), both of JADCO, Denzil Thorpe (2nd left) and Dean-Roy Bernard (centre), both Permanent Secretaries in the Ministry.

**T**he Jamaica Anti-Doping Commission (JADCO) celebrated its 15th anniversary on Tuesday, July 25, 2023 by hosting a Crystal Gala at the Terra Nova All-Suite Hotel in Kingston under the theme, ***“Protecting Brand Jamaica Through Clean Sport”***.

Speaking at the Crystal Gala, Minister of Culture, Gender Entertainment and Sport, The Honourable Oliva Grange said, “So tonight I wish to include the Jamaica Anti-Doping Commission on the list of Jamaican sports people that are doing very well and of whom I am justly proud. So, Mr. Chairman



and members of the board, Madam Executive Director and your team, you can take a bow. My congratulations also extends to former members of the team who have contributed to shaping the organisation that we have today." She further added, "As a Minister, I was there at its birth and I have to admit that I have a soft spot for JADCO. I am privileged to have had this front row seat to history from which I was able to lead the passage of the first Anti-Doping in Sport Act in Jamaica in 2008 and have been able to watch and contribute to the strengthening of JADCO and Jamaica's anti-doping in sport programme."

Custos Rotulorum, St. Andrew, The Honourable, Ian Forbes, CD, said "In sport, we all know that all athletes participating should do so with equal opportunity for success. JADCO facilitates this through its testing programmes and continues to sensitise our athletes and other stakeholders in all of our sporting disciplines. Let us pause for a moment and reflect on Jamaica's performance in track and field over the past 15 years. 2008 to 2023 is how many years? 15 years. JADCO has been around for 15 years, so it is not by chance that this has happened. It has happened firstly, with the abundance of talent, true athletes possess, improved coaching facilitated by institutions such as GC Foster College, Mico University, the University of Technology, the University of the West Indies, improved administration by the governing body for the sport and of course, JADCO. So this has been a collaborative effort between all the stakeholder groups in ensuring the success of clean sport being a part of our culture and I must commend JADCO for being a world-class organisation," he added.

Chairman of JADCO, Alexander Williams said, "The theme is protecting brand Jamaica through clean sport. We do that everyday. Everything that we do, we have as our central focus protecting Jamaica's reputation. It is crystal clear that we are doing everything to protect our athletes and to protect clean sport." He further added, "Way back in 2008, the Jamaica Anti-Doping Commission had one Doping Control Officer to service the entire pool of athletes in the Registered Testing Pool. Today we have over 30 Doping Control Officers, as well

as Chaperones. This is where we have come from. The Jamaica Anti-Doping Commission is supported by legislation in doing what we do. There are a number of things I want to get crystal clear on our crystal anniversary. Most national anti-doping organisations across the world do not even have legislative support. The Jamaica Anti-Doping Commission is one of those national anti-doping organisations that has legislative authority to do what it is doing and I think we deserve a round of applause for that."

Also speaking at the event, President of the Jamaica Olympic Association (JOA), Christopher Samuda said, "The work of the Jamaica Anti-Doping Commission, is foundational and your mission purposed as you continue commendably to inform, educate, and enlighten. As you journey to age 16 and beyond adolescence, the Jamaica Olympic Association has every confidence that with maturity, greater wisdom and a deeper understanding of your mandate and reason for being will be achieved."

Past President of the Jamaica Athletics Administrative Association (JAAA), Dr. Warren Blake said, "JADCO now works hand in hand with JAAA to ensure that our athletes remain drug free. We work together in educating our athletes on ways of keeping them drug free and competing clean. We recently collaborated to ensure that all our athletes going to Budapest are adequately tested. We have developed a healthy relationship with JADCO and we hope this relationship continues for many years to come."

Manager of Sporting Activities at Ocho Rios High School, Eyan Kean said, "The Junior Athletes Anti-Doping Education Workshops have impacted the school over the years. The workshops have increased the student's awareness of doping in sport, the consequences of doping and the role of Jamaica Anti-Doping Commission, JADCO and the World Anti-Doping Agency. Samsung tablets were presented to students during the coronavirus pandemic to assist them with online learning. Desktop computers and laptops were also presented to the school." He further added, "Beyond a shadow of a doubt, the student's participation in JADCO workshops have a domino effect on our school, as information learned is shared among the larger school population."



Likewise, the technological devices received from JADCO continue to serve an integral role in sharing information among the school constituents, hence making the educational landscape more secure and robust."

JADCO will host several activities throughout the

year to celebrate its 15<sup>th</sup> anniversary. The activities commenced on Sunday, July 23, 2023 with a church service held at Faith Cathedral Deliverance Centre, in Kingston.

## **Below are some of the highlights of JADCO's 15<sup>th</sup> Anniversary Church Service and Crystal Gala:**



## *Anniversary Church Service*



Alexander Williams (left), Chairman and June Spence Jarrett (2nd right), Executive Director, both of JADCO engage in conversation with Bishop Herro Blair (2nd left) Senior Pastor, Faith Cathedral Deliverance Centre. Sharing in the moment is Dean-Roy Bernard (right), Permanent Secretary, Ministry of Culture, Gender, Entertainment and Sport. The occasion was the 15<sup>th</sup> anniversary service held at the church.





June Spence Jarrett, Executive Director, JADCO, reads the scripture during the 15<sup>th</sup> anniversary church service.



Alexander Williams, Chairman of JADCO, offers greetings at the 15<sup>th</sup> anniversary service.



The Hon. Ian Forbes CD, JP, Custos Rotulorum, St. Andrew, brings greetings at the 15<sup>th</sup> anniversary service.



Dean-Roy Bernard, Permanent Secretary, Ministry of Culture, Gender, Entertainment and Sport, brings greetings at JADCO's 15<sup>th</sup> anniversary service.





Team members from JADCO gathered for prayer at the anniversary service.



Members of the JADCO board and its partner organisations pose for our camera after the 15<sup>th</sup> anniversary church service.



The JADCO choir pose for our camera after the 15<sup>th</sup> anniversary church service.



Staff members of JADCO pose for our camera following the 15<sup>th</sup> anniversary church service.



# **JADCO's** *Crystal Gala*



Janel Walker-Alexander performs at the Crystal Gala.



Mario Evon, provides entertainment at the Crystal Gala.



Daniel-John Jackson, Saxophonist provides entertainment for the audience at the Crystal Gala.





Alexander Williams (left), Chairman JADCO poses for our camera at the Crystal Gala.



Staff members of JADCO pose for our camera following the Crystal Gala.





June Spence Jarrett (right), Executive Director, JADCO, the Hon. Ian Forbes (left), Custos Rotulorum of St. Andrew and his wife share a light moment at the Crystal Gala.



# JADCO's ROAD SHOW A SUCCESS



June Spence Jarrett (left), Executive Director, JADCO, presents back to school supplies to a student in the Ocho Rios Town Centre on Thursday, August 31, 2023. Sharing in the moment are residents of Ocho Rios, St Ann. The occasion was JADCO's first road show.

**T**he Jamaica Anti-Doping Commission hosted its first road show on Thursday, August 31, 2023, under the theme, "Protecting Brand Jamaica Through Clean Sport". The event took place in the Ocho Rios Town Centre, St. Ann and Sam Sharpe Square, Montego Bay, St. James.

Over 400 back-to-school supplies and JADCO-branded memorabilia were handed out at both locations. Additionally,

one participant in Ocho Rios, Orlando Watson, was awarded \$10,000 for being the winner of the "No Dope To Cope" jingle competition.

Executive Director of JADCO, June Spence Jarrett deemed the road show a success. "It was great; from we started out in Ocho Rios to here Sam Sharpe Square. The highlight of it in Montego Bay was the appearance of Agent Sasco and it



was just awesome. Persons were receptive and I saw talents coming out. I was really touched by this and I am happy JADCO was able to host this event," she said.

Speaking at the event, Administrator, Jamaica Athletes' Insurance Plan (JAIP) in the Ministry of Culture, Gender, Entertainment and Sport, Michelle Napier, lauded the Executive Director for the initiative. She said, "I have been watching and Mrs. Spence Jarrett does a very good job of pushing JADCO and I am really happy to see what she is doing with members of her team. It is really helpful to the government when they go out there and educate people, the world will look and see that we are at least trying to be compliant and I think JADCO in hosting their road show, is fulfilling their mandate." Napier also encouraged athletes to take advantage of the insurance plan. "I want the athletes themselves to come on board. We put it out there, Minister Grange is always talking about the plan and there are still athletes who do not know that we have a Jamaica Athletes' Insurance Plan. The government covers an athlete's participation, 100 percent; they do not have to pay anything out of pocket." She added, "the plan covers them for group health. They get a health card and they use that health card wherever they go for whatever kind of service."

Meanwhile, Agent Sasco also came on board not only to entertain, but to spread the anti-doping message. "Anything promoting integrity and honesty and just some of the values and principles that I hold dear and that I feel like serves everyone, is a good initiative and I am happy to be part of

it," he said. "I will have the ultimate respect and the world does, for an athlete who, even if he only wins bronze medals, is clean. We do not subscribe to this idea of winning by any means necessary. When you play fair and you win fair, it is more valuable that way," he added. Agent Sasco also commended JADCO for its efforts in keeping sport clean. "Everybody is working hard and so it should be a level playing field, so good job to the Commission."

Orlando Watson, winner of the JADCO Jingle Competition held in Ocho Rios said, "I think the JADCO Road Show is a positive initiative because it is not only that you are educating athletes, but you are also educating the regular layman that may actually be using drugs. It may not be performance altering drugs but there are also other drugs that alter personal behaviour."

Hopeton Lewis, a resident from St. James said, "JADCO is great for the sport. Athletes can take simple things like medication for their flu, or headache and test positive. So, it is time JADCO come out and start testing athletes and telling them, if you do not know what is on the label, go to your coach, go to your doctor, or go to somebody that will have the knowledge. It is a great thing to educate people."

The road show forms part of a year-long series of activities in celebration of the Commission's 15th anniversary. The Commission will host another road show in 2024, this time, along the south coast.

## ***Below are some of the highlights of JADCO's 15<sup>th</sup> Road Show:***



June Spence Jarrett (right), Executive Director presents a cheque to Orland Watson (right), winner of the JADCO jingle competition in Ocho Rios, St. Ann. Sharing in the moment are Jervis Neita and Dawn Henry, both members of staff.





Members of the JADCO staff on stage with Jerry D.



Jerry 'Jerry D' Davy shares a light moment with Leo, the mascot. The occasion was JADCO's first road show held on Thursday, August 31, 2023 in the Ocho Rios Town Centre.





Dawn Henry (left), Executive Secretary, engages in dialogue with resident of St. James. The occasion was JADCO's first road show held in Sam Sharpe Square.



Michelle Napier (left), Administrator, Jamaica Athletes' Insurance Plan (JAIP) engages in dialogue with members of the public at JADCO's first road show held in Sam Sharpe Square, Montego Bay, St. James.





June Spence Jarrett (centre), Executive Director, JADCO, shares a light moment on stage with Jeffrey 'Agent Sasco' Campbell (left), and Jerry 'Jerry D' Davy. The occasion was JADCO's first road show held in Sam Sharpe Square, Montego Bay, St. James on Thursday, August 31, 2023.



# JADCO's HEALTH AND WELLNESS FAIR



(L-r) June Spence Jarrett, Executive Director, JADCO, engages in dialogue with Dr. Christine Fray-Aiken, Nutritionist and Associate Professor, University of Technology, Jamaica. Sharing in the moment are Dr. Ana-Kay Harvey, Dr. Mindi Fitz-Henley, President and Janet Harrison, Administrator, all of the Jamaica Medical Doctors' Association.

**T**he Jamaica Anti-Doping Commission hosted its inaugural health and wellness fair at the JADCO office on Friday, September 22, 2023 under the theme, ***"Protecting Brand Jamaica Through Clean Sport"***. The fair is one of a year-long series of activities organised as part of the Commission's 15th anniversary celebration.

The JADCO Health and Wellness Fair offered athletes and athlete support personnel services such as dental and eye screening, heart checks, blood pressure, blood sugar, body mass index (BMI) and HIV tests. The event also featured a nutritional corner which included a consultation with Dr. Christine Fray-Aiken, author of JADCO's Nutritional Guide for Jamaican Athletes.

Speaking at the event, Executive Director, JADCO, June Spence Jarrett said, "This is our first health and wellness fair and the participation from schools and the community members and other organisations was tremendous." She further added, "I would like to thank all the sponsors who supported this initiative. Your contribution has made a great impact on the community and we look forward to partnering with you on future projects."

Also speaking at the event, Nutritionist and Associate Professor, University of Technology, Jamaica, Dr. Christine Fray-Aiken, said, "I think this is a very good initiative. I am very happy about the age groups that I see here. I expected much more mature athletes, but I saw young athletes and it tells me that JADCO is reaching a very good age, so now nutrition can be paid attention to at a much younger age."



She further added, I got an opportunity to hear what athletes have experienced and it was good to hear the nutrition part of it. It means that each time I speak to Jamaican athletes who have that experience, I will know more about their needs and speak to them accordingly."

President of the Jamaica Medical Doctors' Association, Dr. Mindi Fitz-Henley said, "JMDA really looks forward to being involved in community outreach. For us it is always important to ensure that we are helping the wider public. Therefore, to see all the children and the adults come out we are happy we can assist them from a medical standpoint and provide them with guidance and any information that we can. We are here to see how we can best help them." She further added, "Congratulations JADCO for celebrating 15 years and we are looking forward to continued partnership with JMDA. We have been working with you since 2014 and we wish to continue to work with you to educate and to promote your initiatives."

President of the National Powerlifting Association of Jamaica (NPAJ), Michael Blair, said, "I was rather surprised to see the effort that was put out today and the support received from

stakeholders. I was told that this morning was bumper-to-bumper traffic. I am very happy that I made the effort to come out to represent NPAJ. I did not expect to see all these companies. I would like to see JADCO around for another 15 years. JADCO has served the NPAJ very well. The JADCO team is always there ensuring that all athletes are abiding by the rules and not taking drugs.

Nadria Brown, Project Management Specialist, Department of Correctional Services (DCS) was at the event representing the Commissioner of Corrections, Dr. Mark Thomas. She said, "I think the JADCO Health and Wellness Fair is a fantastic idea. Health and wellness are generally a big deal for any organisation. Especially as it relates to staff members. A healthy workforce is a productive workforce. So, I think that it is a really good idea for JADCO to take time to acknowledge the staff, in terms of providing this level of service for not only the staff members, but also the wider community." She further added, "I must commend your Executive Director, Mrs. June Spence Jarrett, who is actually a former Commissioner of Corrections, so it is really a proud moment for us to be a part of this initiative."



June Spence Jarrett (left), Executive Director, JADCO, converses with student athletes from GC Foster College.



Antonio Forbes, a track and field athlete from Kingston College said, "Based on what I have seen so far, the kids and the other athletes are having fun and the presentations are quite informative. More people now know what JADCO all is about."

Speaking at the event, Carol Leslie, a resident from Golden Spring in St. Andrew said, "I was in Half-Way-Tree yesterday when I saw some folks handing out flyers. After going home and reading the flyer, I decided it was very important for me to come and check out the JADCO Health and Wellness Fair, especially because I had a son who was on drugs that passed away." She further added, "When I sit and look at the children I realise this is very educational and very vital. I pray that the children will take heed. The information they are receiving here today can prevent them from going on drugs."

Among the partners at the JADCO Health and Wellness Fair were Ministry of Culture, Gender, Entertainment and

Sport, Jamaican Athletes Insurance Plan (JAIP), Ministry of Health and Wellness, Jamaica Moves, Jamaica Medical Doctors' Association (JMDA), Jamaica Association of Sports Medicine (JASM), Sagikor Life Jamaica, KG Wellness Clinic, Heart Foundation of Jamaica, National Health Fund (NHF), The Foundation for International Self Help Development (F.I.S.H) Clinic, Centre for HIV/AIDS Research and Education Services (C.H.A.R.E.S), University Hospital of the West Indies and Maranatha Health Food Store and Pure Smiles Jamaica. JADCO also received sponsorship from Grace Foods, who donated 60 packages and Caribbean Producers Jamaica Limited (CPJ) who donated three gift baskets.

The Jamaica Anti-Doping Commission celebrated its 15th anniversary on Tuesday, July 25, 2023 and in recognition of this milestone, we will be hosting several activities throughout the year under the theme, "Protecting Brand Jamaica Through Clean Sport".



June Spence Jarrett (2nd left), Executive Director, JADCO, engages in physical activity at the JADCO Health and Wellness Fair guided by Travane Morrison (left), National Physical Activity Specialist, Jamaica Moves. Sharing in the moment are students from Kingston College.





June Spence Jarrett (left), Executive Director, JADCO, discusses the importance of fair play with students from Merl Grove High School.



June Spence Jarrett, Executive Director of JADCO, counts the number of push-ups performed by a student during a competition at the JADCO Health and Wellness Fair.





June Spence Jarrett, Executive Director, JADCO, expresses gratitude to all the participants for their collaboration at the Commission's health and wellness fair.





# 2023 JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOPS

**THEME:**  
"PROTECTING BRAND JAMAICA  
THROUGH CLEAN SPORT"

**TIME:**  
8:30 a.m. - 2:30 p.m.



## **PARTICIPANTS WILL INCREASE THEIR KNOWLEDGE OF:**

- The Functions and Responsibilities of JADCO
- The World Anti-Doping Agency (WADA)
- The Doping Control Process
- Fair Play and Ethical Practices in Sport

**Region 1 - October 4**  
Jamaica Conference Centre

**Region 2 - October 11**  
Tropics View Hotel

**Region 3 - October 18**  
Sea Garden Beach Resort

**Region 4 - October 25**  
Sago Palm Hotel

## **WHO SHOULD ATTEND?**

- Secondary School Athletes
- Support Personnel for Secondary School Athletes



[MORE INFO](#)

Email: [commed@jadco.gov.jm](mailto:commed@jadco.gov.jm)

**COME ENJOY PRIZES AND SURPRISES**

**REFRESHMENTS WILL BE PROVIDED**





2023/2024

JADCO

# DUB POETRY COMPETITION



1ST PLACE: \$40,000.00

2ND PLACE: \$30,000.00

3RD PLACE: \$25,000.00

DEADLINE:

FRIDAY, FEBRUARY 23, 2024

ALL ENTRIES MUST BE SUBMITTED VIA EMAIL TO [COMMED@JADCO.GOV.JM](mailto:COMMED@JADCO.GOV.JM) AND  
MUST BE RECEIVED NO LATER THAN 3:00 P.M.

AT THE END OF THE COMPETITION, THE COMMISSION WILL OWN ALL RIGHTS TO  
THE WINNING DUB POEM.

VISIT:

[HTTP://JADCO.GOV.JM/SITES/DEFAULT/FILES/DOCUMENTS/JADCO-JINGLE-COMPETITION-  
OVERVIEW-AND-ENTRY-FORM.PDF](http://jadco.gov.jm/sites/default/files/documents/jadco-jingle-competition-overview-and-entry-form.pdf) TO DOWNLOAD THE COMPETITION RULES AND YOUR  
ENTRY FORM.  
CONDITIONS APPLY





**2023**

# **SENIOR ATHLETES**

## **ANTI-DOPING EDUCATION WORKSHOP**

**“PROTECTING BRAND JAMAICA THROUGH CLEAN SPORT”**

**Saturday, November 18 at 11 a.m.**

**JAMAICA CONFERENCE CENTRE  
14-20 PORT ROYAL STREET, KINGSTON**

**[WWW.JADCO.GOV.JM](http://WWW.JADCO.GOV.JM)**





# Farewell Chairman



Alexander Williams, Chairman, JADCO, delivering the closing remarks at the 2023 JADCO Symposium held on January 26 at Terra Nova All-Suite Hotel.

**A**lexander Williams, Chairman of the Jamaica Anti-Doping Commission has left the organisation for greener pastures.

Speaking at the appreciation dinner, organised for Mr. Williams on October 2, 2023, the Executive Director of JADCO, June Spence Jarrett expressed the following sentiments in a speech which she delivered at the event:

According to John Quincy Adams, a leader is someone whose deeds encourage others to dream bigger, study more, accomplish more and develop themselves. Alexander Williams, our Chairman, is perfectly described by these remarks.

I can personally speak to the adage that one is never too old to learn. I have gained leadership expertise as a result of years of experience, but I have learned a lot from you as well. As the Chairman of the Commission, you have undoubtedly kept me grounded. Not to mention the amazing support you, the Minister, her staff and the other board members have provided me with. I appreciate everything you have done.

Chairman, we must also commend you for setting the standard. We tell you, you never cease to astound us, your collected attitude and approach to things are genuinely admirable.



Great leaders, keep perspective, maintain clarity and remain calm when storms brew. Our Chairman is one who epitomizes that.

Chairman, as the Commission has recognised a man of your caliber, we were not surprised by your recent accomplishment. The Commission would like to extend our congratulations on your appointment as High Commissioner to the United Kingdom. We are confident that you will succeed and even surpass our expectations. You are a leader, Chairman Williams. Above and beyond quality. This is only a new stage of your journey, not the end of our camaraderie by any means. Chairman, we extend warmest wishes. May your heart always be comforted by your memories of the Commission. Go forth and shine brightly in whatever you do.

So, we say to you, happy journey. You are now on a ship that sails you on a new voyage of opportunities and career establishments. Good luck on your new journey. May success always be with you.

Mr. Alexander Williams was appointed Chairman of the JADCO Board of Directors in April 2016. Mr. Williams previously served as Chairman of the JADCO board between 2008 and 2011. Between 2012 and 2016, Mr. Williams was a Senator and during those years served on several joint select committees of parliament, including committees dealing with banking, bankruptcy, insolvency, police oversight, corruption and integrity, sexual offences and committal proceedings.



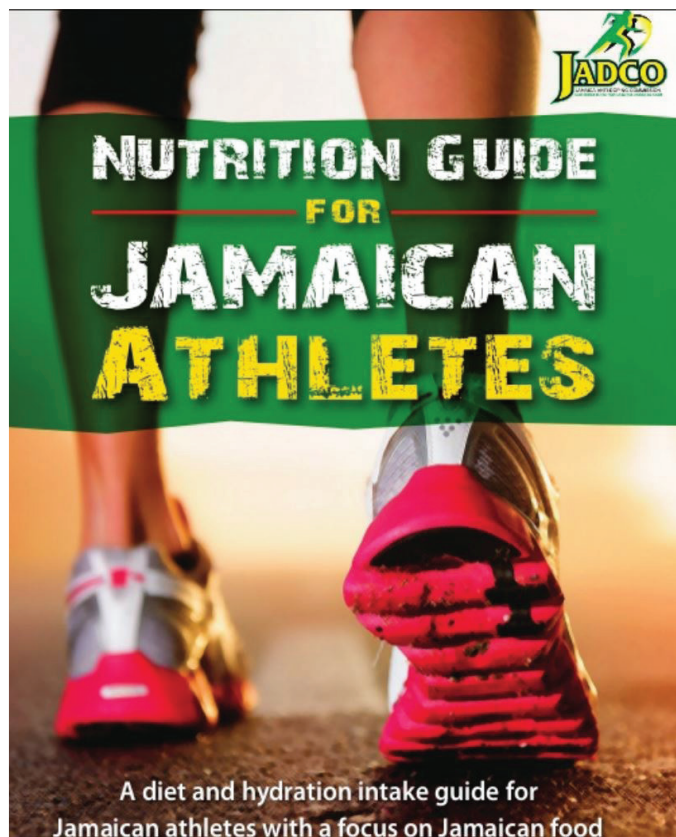
June Spence Jarrett (right) Executive Director presents a token of appreciation to Alexander Williams (left) Chairman, JADCO.



Alexander Williams (left), Chairman, JADCO, and his wife share a moment with members of the JADCO board and Denzil Thorpe (3rd left), Permanent Secretary, Ministry of Culture Gender, Entertainment and Sport, following the appreciation dinner.



# JADCO's NUTRITION CORNER



The Jamaica Anti-Doping Commission does not endorse the use of supplements because their ingredients may contain prohibited substances. Supplements are not subject 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.

The JADCO Nutrition Guide for Jamaican Athletes recommends alternatives to taking protein supplements. One recommended alternative is fat free milk which can be used as a recovery drink after resistance exercise. In fact, fat free milk is a much cheaper option than a protein supplement and shakes.

Also, athletes who are lactose intolerant can choose lactose free milk and vegetarian athletes can choose soy protein instead. Soy protein has been proven to increase lean muscle mass gains, but not as rapidly as milk or whey protein.

JADCO recommends that you get your nutrition from food because supplements are not always safe to consume and can affect your health.

To learn more about supplements from the JADCO Nutrition Guide for Jamaica Athletes, click on the following link:  
<http://ow.ly/930j30hfBWo>



# **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 Television Jamaica (TVJ) and monthly on 13 radio stations.

The JADCO and You television programme will be aired on TVJ on  
**Wednesday, January 31, 2024 at 9:30 p.m.**

JADCO and You will also be aired on the following radio stations on  
**Thursday, November 30, 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](mailto: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

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/ Jamaica Football Federation Anti-Doping Education

June Spence Jarrett (left), Executive Director, JADCO, shares a light moment with Dennis Chung (2nd left), General Secretary, Afiya Edwards (2nd right) and Brendon Bailey (right), all of the Jamaica Football Federation, JFF. The event was an anti-doping education workshop held for members of the JFF on Wednesday, June 28, 2023.





## JADCO/ ST. GEORGE'S COLLEGE ANTI-DOPING EDUCATION WORKSHOP

Students from St. George's College endorse the play fair campaign at a fair play campaign at an anti-doping education workshop held at the institution on Wednesday, July 5, 2023.

## JADCO PRESENTS MEMORABILIA TO SECONDARY SCHOOLS

Members of JADCO visited several secondary schools 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 October 2022. See highlights below:



June Spence Jarrett (right), Executive Director, JADCO, presents tokens to Joan Murray Brown (left), Vice-Principal, Alphansus Davis High School on Friday, July 7, 2023.





June Spence Jarrett (right), Executive Director, JADCO, presents tokens to Abigail Foster (2nd right), Physical Education Teacher, Murdina Latty-Johnson (2nd left), Vice-Principal and Richards Williams (left), Head of Department, Physical Education, all of Alston High School on Friday, July 7, 2023.



June Spence Jarrett (right), Executive Director, JADCO, presents tokens to Sherna Morris (left), Senior Teacher, Cross Keys High School on Friday, July 7, 2023.



## JADCO / JAMAICA RUGBY FOOTBALL UNION ANTI-DOPING EDUCATION WORKSHOP



Members of the Jamaica Rugby Football Union endorse the “Say No To Doping” campaign at an anti-doping education workshop held on Tuesday, July 11, 2023 at the Rex Nettleford Hall Auditorium, UWI Mona.

## JADCO / RACERS TRACK CLUB SUMMER CAMP ANTI-DOPING EDUCATION WORKSHOP



Racers Track Club Summer Camp members endorse the “Say No To Doping” campaign. Sharing in the moment is June Spence Jarrett, Executive Director, JADCO. The occasion was an anti-doping education workshop held on Tuesday, July 11, 2023 at the Gerald Laylor Hall Auditorium, UWI Mona.



## JADCO / JAMAICA BASKETBALL ASSOCIATION ANTI-DOPING EDUCATION WORKSHOP



Members of the Jamaica Basketball Association endorse the play fair campaign at an anti-doping education workshop held at GC Foster College on Tuesday, July 18, 2023.

## JADCO / JAMAICA PARALYMPIC ASSOCIATION ANTI-DOPING EDUCATION WORKSHOP







Members of the Jamaica Paralympic Association endorse the "Say No To Doping" campaign. Sharing in the moment is June Spence Jarrett, Executive Director, JADCO. The occasion was an anti-doping education workshop held on Wednesday, August 23, 2023 at the Sir John Golding Rehabilitation Centre.





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