

## » JADCO LAUNCHES DUB POETRY COMPETITION AT 2023 JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP



June Spence Jarrett (right), Executive Director, JADCO, discusses fair play with Theodore Leon (2nd right), Physical Education teacher, Excelsior High School. Sharing in the moment are Shawn Mcarthy (left) and Joanna Pratt (2nd left), student athletes of the same institution. The occasion was the first in the 2023 series of Junior Athletes Anti-Doping Education Workshops held at the Jamaica Conference Centre (JCC) in Kingston on Wednesday, October 4.



2024  
JADCO  
SYMPOSIUM

### What's Inside

- 2 JADCO LAUNCHES DUB POETRY COMPETITION  
AT 2023 JUNIOR ATHLETES ANTI-DOPING  
EDUCATION WORKSHOP
- 11 JADCO HIGHLIGHTS NUTRITION GUIDE  
AT 2023 SENIOR ATHLETES ANTI-DOPING  
EDUCATION WORKSHOP
- 16 JADCO SYMPOSIUM

- 17 JADCO's JOB FAIR
- 18 2024 PROHIBITED LIST
- 19 JADCO's NUTRITION CORNER
- 21 ADEL FLYER
- 22 JADCO AND YOU
- 23 DOPE FREE CREATIVE CORNER
- 23 JADCO OUT AND ABOUT



## » EDITORIAL

The start of a new year provides us with an opportunity to assess our accomplishments and plans. The Jamaica Anti-Doping Commission (JADCO) uses this time to reflect on the success we achieved and challenges we faced in 2023 and evaluate how we can improve the services we provide to our stakeholders.

Your input is extremely valuable to us and will be utilised to improve our testing and education initiatives. In 2024, as you create goals to improve your lives, we encourage you to prioritise becoming knowledgeable about anti-doping information.

On Thursday, January 25, 2024, the annual JADCO Symposium for athlete support personnel will be held at the Terra Nova All Suite Hotel in Kingston, beginning at 8:30 a.m. The invitation is open to all federations,

associations, clubs, professional groups, secondary and tertiary institutions. Please tell a friend and save the date.

This True Spirit Newsletter will provide you with an update on the launch of the 2023/2024 JADCO Dub Poetry Competition, as well as a recent job fair held at the Commission. We will also share the 2024 Prohibited List.

We wish you the very best in 2024 and ask for your continued support. Please email [truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm) with any questions or comments you may have about this publication.

*Happy New Year!*

## » JADCO LAUNCHES DUB POETRY COMPETITION AT 2023 JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP

JADCO launched its 2023/2024 Dub Poetry Competition at the 10<sup>th</sup> annual staging of the Junior Athletes Anti-Doping Education Workshop, which was held at the Jamaica Conference Centre (JCC) in Kingston on Wednesday, October 4, 2023.

The 2023 Junior Athletes Anti-Doping Education Workshops and the dub poetry competition form part of JADCO's 15<sup>th</sup> Anniversary celebration.



June Spence Jarrett (right), Executive Director, JADCO, discusses the 2023 Prohibited List with Sophia Haynes-McCalla, Head of Department, Physical Education, Jonathan Grant High School. Sharing in the moment are Brittanya Anderson (left) and Sarah-Kay Dixon (2nd left), student athletes of the same institution.



JADCO celebrated its 15<sup>th</sup> Anniversary on Tuesday, July 25, 2023 and in recognition of this milestone, the organisation will continue to host several activities throughout the year under the theme, ***"Protecting Brand Jamaica Through Clean Sport"***.

Speaking at the workshop, Executive Director of JADCO, June Spence-Jarrett said, "The Dub Poetry Competition is designed to increase awareness of the Commission's role in the fight against doping in sport within secondary schools. The competition will enable students to demonstrate their creativity. Students, I am encouraging everyone here to enter. We have provided some flyers with the guidelines." She further added, "Students, I know many of you are planning on becoming professional athletes, therefore, you need to take this workshop seriously. It is imperative that you play fair at all times. Cheating can cost you your accomplishments and reputation. I want to reassure you that JADCO will not relent in its fight against doping in sport. We remain committed to the task at hand. Today, I would like to encourage you all to continue to play your part in the process."

Also speaking at workshop, track and field athlete at Wolmer's Trust High School for Girls Mikaila Scarlett, said, "I think the Dub Poetry Competition is a creative way to express and share information about anti-doping." She further added, "Congratulations on celebrating your 15<sup>th</sup> anniversary. I think what you are doing is so important and it is very helpful to students like me."

Physical Education Teacher at Calabar High School, Jovaughn Benbow said, "The Dub Poetry Competition is a great idea to spread the message across Jamaica. Everyone could not be here today and a lot of the students will not be able to hear the information in-person about JADCO and what you do, so I believe this competition will help to spread the message right across the country and encourage people to be aware of JADCO and what JADCO stands for." He further added, "Congratulations on celebrating your 15<sup>th</sup> anniversary. You are doing an amazing job helping to protect the athletes and on behalf of Calabar High School we would like to say continue doing the great work you have been doing."

The deadline for submitting entries in the 2023/2024 JADCO Dub Poetry Competition is February 23, 2024. The winner will receive a trophy and \$40,000 dollars,

**JADCO 15<sup>th</sup> Anniversary**

**2023/2024**

**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



while second place will receive a trophy and \$30,000 dollars and third place will be rewarded with a plaque and \$25,000 dollars.

JADCO hosted four Junior Athletes Anti-Doping Education Workshops across the island during the month of October. The first workshop which was held at the Jamaica Conference Centre (JCC) catered to secondary school student athletes and support

personnel from schools in Kingston and St. Andrew, St. Thomas and St. Catherine. Participants at the workshop were provided with values-based education, as well as information on the role and responsibilities of JADCO, the doping control process, the Anti-Doping Education and Learning Platform (ADEL) created by the World Anti-Doping Agency (WADA) and the social consequences of doping.

### Below are some of the highlights for the Junior Athletes Anti-Doping Education Workshop held for region one at the Jamaica Conference Centre on Wednesday, October 4, 2023:



Yanique Dunn (right), Acting Director, Technical Services, JADCO discusses the doping control process with Oniel Ebanks, Teacher Wolmer's Trust High School for Girls. Sharing in the moment are Aleeyah Jackson (left) and Mikayla Jo Dunkley (2nd left), student athletes of the same institution.



(L-r) Vanessa Reid-Ledford, Director, Communication and Education presents tokens to Joanna Pratt, Alana Hutchinson, Jamela Nugent and Leahanna Lawrence student athletes, all of Excelsior High School.



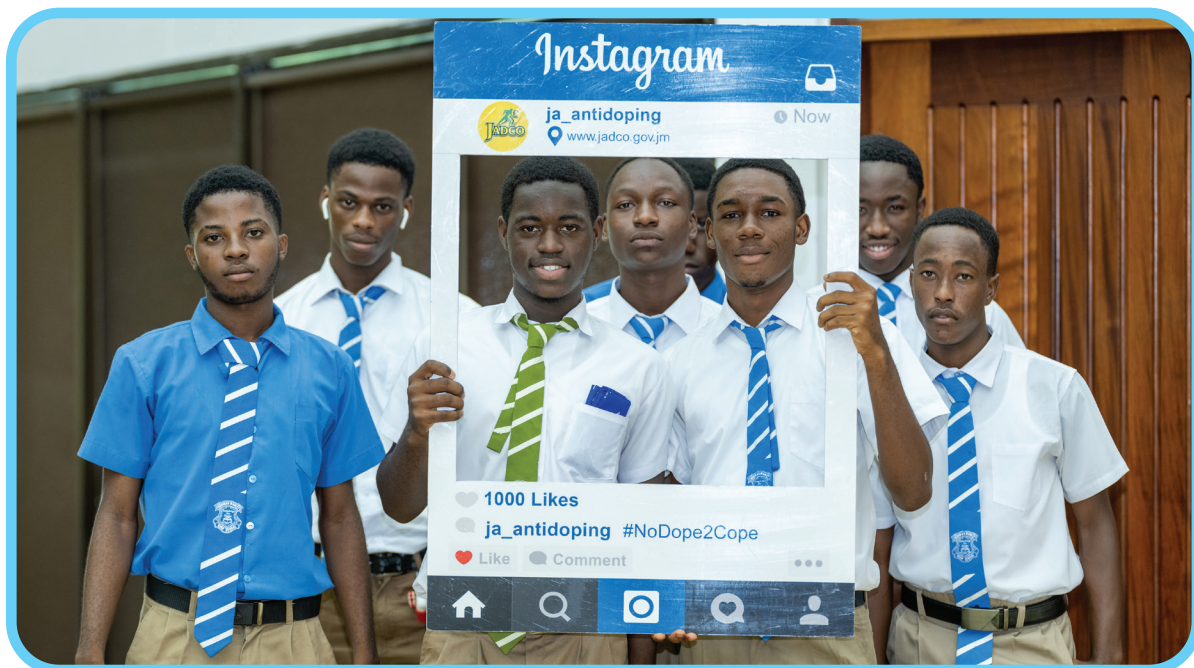


Student athletes from Kingston College pose for our lens at an anti-doping education workshop.



Student athletes from Bridgeport High School pose for our lens at an anti-doping education workshop.





» Student athletes from Norman Manley High School pose for our camera.

Below are some of the highlights for the Junior Athletes Anti-Doping Education Workshop held for region two at the Tropics View Hotel in Mandeville on Wednesday, October 11, 2023:



» Student athletes from Cross Keys High School pose for our camera during an anti-doping education workshop.





June Spence Jarrett (left), Executive Director, shares a light moment with student athletes from St. Elizabeth Technical High School.



Student athletes from Bishop Gibson High School endorse the Say No To Doping campaign.



Below are some of the highlights for the Junior Athletes Anti-Doping Education Workshop held for region three at the Sea Garden Beach Resort in Montego Bay on Wednesday, October 18, 2023:



Student athletes and their coach from Cornwall College pose for our lens.



Student athletes and their teacher from Belmont Academy endorse the Say No To Doping campaign.





Student athletes from Irwin High School endorse the Play Fair campaign.

**Below are some of the highlights for the Junior Athletes Anti-Doping Education Workshop held for region four at the Sago Palm Hotel Resort in Ocho Rios on Wednesday, October 25, 2023:**



Students from Ocho Rios High School endorse the Say No To Doping campaign.





Yanique Dunn, Acting Technical Services Director demonstrates the doping control process with the assistance of a student athlete from York Castle High School.



Annotto Bay High School students and their coach share a moment with June Spence Jarrett, Executive Director (3rd left).



## JADCO HIGHLIGHTS NUTRITION GUIDE AT 2023 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP



June Spence Jarrett (2nd left), Executive Director, JADCO, engages in dialogue with Patrick Dawson (centre), coach, Oblique Seville (2nd right) and Antonio Watson (right), all of the Racers Track Club. Sharing in the moment is Dr. Christine Fray-Aiken, Nutritionist and Associate Professor, University of Technology, Jamaica.

The Jamaica Anti-Doping Commission (JADCO) highlighted the importance of the JADCO Nutrition Guide for Jamaican Athletes, at the 10th annual staging of the Senior Athletes Anti-Doping Education Workshop. The event was held at the Jamaica Conference Centre (JCC) in Kingston on Saturday, November 18, 2023 under the theme, “Protecting Brand Jamaica Through Clean Sport”.

Several senior athletes and their support personnel turned out to support the workshop, where Dr. Christine Fray-Aiken, the author of the publication provided stakeholders with information on the JADCO Nutrition Guide. This strategic emphasis on nutrition underscores JADCO’s dedication to fostering clean, fair and healthy sport practices by recognising the integral role nutrition plays in the prevention of doping.

JADCO’s Nutrition Guide for Jamaican Athletes focuses specifically on Jamaican food and provides a diet and hydration guide for Jamaican athletes. The Nutrition guide can be accessed on the JADCO website at [jadco.gov.jm](http://jadco.gov.jm).

Speaking at the workshop, Executive Director of JADCO, June Spence Jarrett said, “Nutrition is a cornerstone in the foundation of clean sport. By concentrating our efforts on this vital aspect of sport, we aim to provide athletes with the knowledge and resources needed to make choices





that align with the principles of fair play and integrity.” She further added, “I would like to thank all the athletes and support personnel who participated in the 2023 Senior Athletes Anti-Doping Education Workshop. Together, let us build a future where the foundation of fairness, ethics and well-being is an integral part of sport in Jamaica.”

Also speaking at the workshop, Master Sports Nutritionist and Associate Professor at the University of Technology, Jamaica (UTech), Dr. Christine Fray-Aiken said, “There are so many athletes worldwide doing all kinds of things where drugs and doping are concerned and our Jamaican foods are good and our athletes have a natural talent and putting together the Jamaican food and the Jamaican talent can get them anywhere, they want. I want them to know that nutrition can get them the performance they are looking for.” She further added, “Events such as these organised by the Jamaica Anti-Doping Commission are important because I am seeing JADCO reaching out to all age groups, from pre-teens all the way to professional athletes and it is commendable that JADCO is doing this. Athletes from all age groups are getting the right information to keep them safe.”

Oblique Seville, athlete from Racers Track Club said, “This is my second time attending this workshop, or maybe the third. Coming here all the time I actually benefit from it because I learn a lot about the doping agency and there are a lot of things that some of us athletes do not know about. I think it is good for us to know about anti-doping because a lot of us make mistakes by taking supplements that are prohibited and that cost some athletes their career.”

Chad Wright, athlete of Legacy Athletics said, “I benefited from the workshop a great deal, especially because I have not been to one in a very long time and I had a lot of questions to ask and all my questions were answered. I learnt a lot about whereabouts information and the Therapeutic Use Exemption (TUE). I had a situation where I could have used the

Therapeutic Use Exemption and I did not do so because I was ignorant about the process. I also learnt that the whereabouts information can be updated up to a minute before. I always thought it was hours before. I would encourage other senior athletes to come to these workshops because these are things they need to know and not just the athletes but also their coaches, so they can advise them about what to do.”

Also speaking at the workshop, athlete support personnel, Patrick Dawson, coach at Racers track Club, said, “The workshop is always informative, but somehow adding a Nutritionist to tell us about nutrition made a whole lot of difference and the wealth of information, she gave us was well received. We also learnt that taking supplements is not necessary and when you take it you do so at your own risk.”

Leroy Brown, Secretary General of the Jamaica Boxing Association (JBA) said, “I usually try to bring a certain number of boxers so that they get accustomed to what is necessary and workshops like these provide that information. The important thing is to make the athletes realise that JADCO is not their enemy, but their friend.” He added, “The workshops give information that they really need. First of all, things that they should not do, things that they should do and the things that will improve their performance. For example, the Nutritionist highlighted the danger of supplements. The athletes may take supplements that have ingredients in them that are not included on the label and they can take them and find themselves in trouble down the road, so for the athletes to know these things is extremely important. This is why I try and bring my boxers in, so that they can learn the things that they should do and the things that they should not do.”

The workshop also included presentations on the functions and responsibilities of JADCO and the doping control process.



Below are some of the highlights from the Senior Athletes Anti-Doping Education Workshop held at the Jamaica Conference Centre (JCC):



(L-r) June Spence Jarrett, Executive Director, JADCO, converses with Chad Wright, athlete, Legacy Athletics and Oblique Seville and Antonio Watson, both athletes of Racers Track Club.



Athlete support personnel endorse the Say No To Doping campaign at the 10<sup>th</sup> annual staging of the Senior Athletes Anti-Doping Education Workshop held at the Jamaica Conference Centre in Kingston on Saturday, November 18, 2023.





(l-r) Daniel Chacko-Wilmot, President and Odean Taylor, Coach, both of the Mixed Martial Arts Jamaica Sports Federation endorsing the Say No To Doping campaign at the 10th staging of the Senior Athletes Anti-Doping Education Workshop.



(l-r) June Spence Jarrett, Executive Director, JADCO, and Dr. Christine Fray-Aiken, Nutritionist and Associate Professor, University of Technology, Jamaica engage in conversation with Leroy Brown, Secretary General, Jamaica Boxing Association. Sharing in the moment are Felipe Sanchez, National Coach, Sanji Willaims, Doniel Hylton and Akeem Allen, all boxers.





Members of the Racers Track Club endorse the Say No To Doping campaign at the 10<sup>th</sup> staging of the Senior Athletes Anti-Doping Education Workshop.



Dr. Christine Fray-Aiken (2nd left), Nutritionist and Associate Professor, University of Technology, Jamaica, converses with Jean Jordan (2nd right) and Jamie Hay (right), both members of the West Indies Players' Association. Sharing in the moment is June Spence Jarrett, Executive Director, JADCO.





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

# 2024 JADCO SYMPOSIUM



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

**THURSDAY, JANUARY 25, 2024**

**TERRA NOVA ALL-SUITE HOTEL**  
**TIME: 8:30 a.m.**

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



## » JADCO HOSTS JOB FAIR

The Jamaica Anti-Doping Commission (JADCO) hosted a job fair to recruit additional Doping Control Officers (DCO) and Chaperones on Friday, December 1, at its office located at 1 Ballater Avenue in Kingston.

The positions are part-time and interviews were conducted on the spot. All candidates were required to provide proof of qualifications, their National Insurance Scheme (NIS) card, Taxpayer Registration Number (TRN), birth certificate or passport, a copy of their résumé and a cover letter.

The DCO is responsible for the on-site management of sample collection for both in-competition and out-of-competition missions. The DCO ensures that the doping control sessions are conducted and documented in accordance with the World Anti-Doping Agency (WADA) International Standards, in a manner that protects the integrity, security and identity of the sample.

The DCO also plays an important role in protecting the rights and privacy of athletes during the sample collection session.

The Chaperone is responsible for identifying and notifying athletes of their selection for sample collection, accompanying the athlete to the testing area and witnessing the passing of the sample.



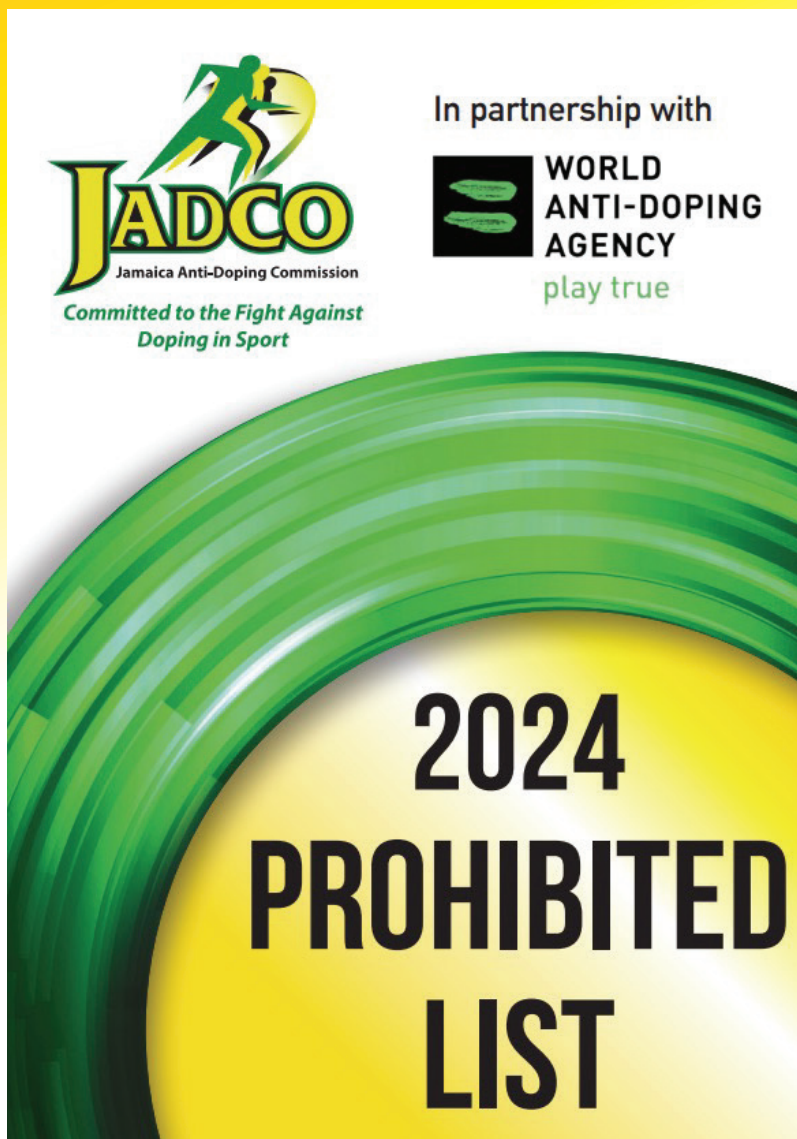
(L-r) June Spence Jarrett, Executive Director and Jervis Neita, Acting Sample Collections and Testing Manager, interview an applicant at a job fair on Friday, December 1, 2023 at the Commission's office.



(L-r) Delgado Smith, Director, Finance and Accounts, Deborah Warren, Director, Human Resource Management/Administration and Peta-Gaye Rookwood, Senior Legal Officer interview a jobseeker at JADCO's Job Fair.



## » 2024 PROHIBITED LIST



Since 2004, the World Anti-Doping Agency (WADA) has published a revised list of prohibited substances and methods on January 1, each year, in accordance with the World Anti-Doping Code.

The 2024 Prohibited List identifies the substances and methods prohibited in- competition and out-of-competition and in particular sport. It is important to note that failure to comply with the Prohibited List can result in an Anti-Doping Rule Violation.

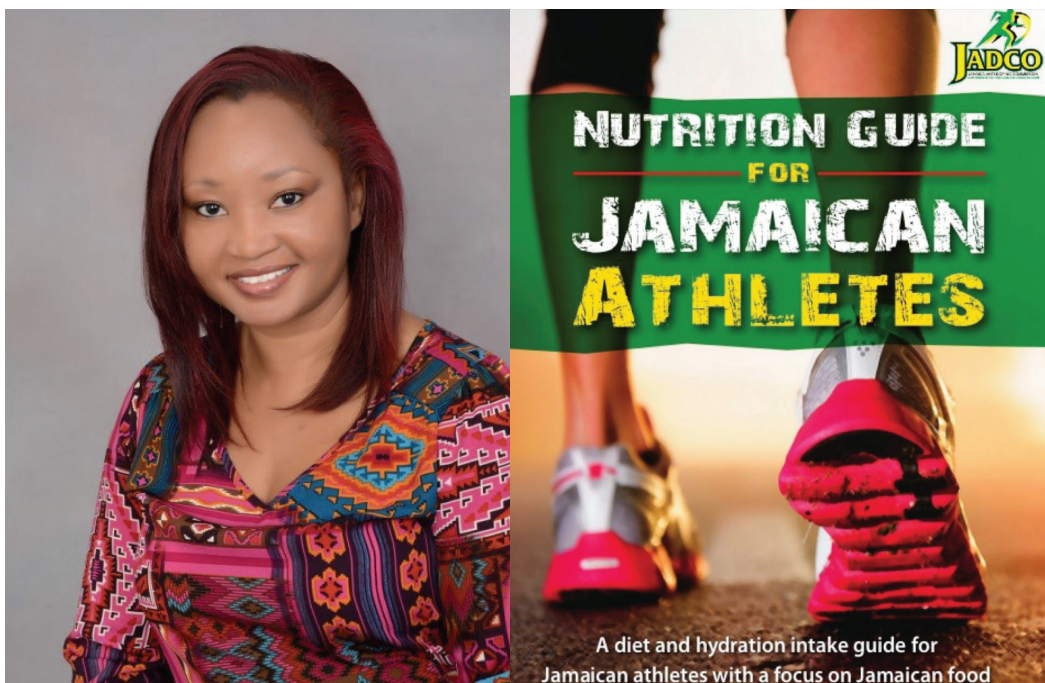
When an athlete tests positive for a prohibited substance, the sanction can range from a reprimand to a lifetime ban. Therefore, athletes are advised to monitor the substances they consume.

It is also important to note that consuming or using substances on the Prohibited List can lead to severe health consequences.

Athletes and support personnel are advised to ensure they are knowledgeable of the Prohibited List, so they can make an informed decision.

Click on the link below to view the 2024 Prohibited List: [2024list\\_en\\_final\\_22\\_september\\_2023.pdf \(wada-ama.org\)](https://www.wada-ama.org/en/resources/prohibited-list/2024list_en_final_22_september_2023.pdf)





Dr. Christine Fray-Aiken, Sports Nutritionist and co-author of the JADCO Nutrition Guide for Jamaican Athletes

## 1. How can unhealthy eating habits affect the performance of an athlete

If the athlete has an unhealthy diet, it means that the foods consumed will not give them adequate nutrients for their physical pursuits. They may find themselves being unable to sustain physical activity due to low energy storage or improper hydration. Or, they may find themselves having a nutrient deficiency, for example those who refuse to eat fruits or vegetables. They may even find that they are unable to increase their lean muscle mass due to inadequate protein or carbohydrate intake. In the same way we understand the importance of putting the proper fuel in our cars so that we get the right performance, we need to understand the importance of providing the right fuel through the diet so as to get optimal physical performance. Athletes who practice unhealthy eating habits make themselves unprepared to train and unable to perform in their sport.

## 2. What do you consider to be the most important nutrients for an athlete?

Although all six nutrients: carbohydrate, protein, fat, vitamins minerals and water are important overall, if I were to point out the most important nutrients, I would consider carbohydrate, protein and water. Carbohydrate for energy, protein for the repair and maintenance of muscles and water for hydration and the delay of fatigue and the prevention of heat illnesses.

## 3. How can an athlete get enough vitamins and minerals from their diet instead of consuming supplements?

Although all foods will supply us with vitamins and minerals, these nutrients are more abundant in fruits and vegetables. Therefore, if you want to have a diet rich in vitamins and minerals, make sure that you



include fruits and vegetables in the diet. It is always best to consider food first instead of supplements. That way, the chances of consuming banned substances will be non-existent.

#### **4. Explain the concept of energy balance and how it relates to weight management.**

Energy is measured in kilocalories. We get energy from the food we eat. We use energy up each day to live, work etc. In energy balance, the amount of energy we consume as food is equal to the amount of energy we expend as we go about our daily lives. This means that the amount of kilocalories eaten would be equal to the amount of kilocalories used up each day. In such a case, there is no weight gain or weight loss. Weight stays the same.

In positive energy balance, the amount of energy we consume as food is more than the amount of energy we expend as we go about our daily lives. This means that the amount of kilocalories eaten would be more than the amount of kilocalories used up each day. In such a case, there would be weight gain.

In negative energy balance, the amount of energy we consume as food is less than the amount of energy we expend as we go about our daily lives. This means that the amount of kilocalories eaten would be less than the amount of kilocalories used up each day. In such a case, there would be weight loss.

#### **5. Why is carbohydrate important to the body and what are some of the foods an athlete can eat to get sufficient carbohydrate?**

Carbohydrate is particularly important because it is the only nutrient that the body can gain energy from in both anaerobic and aerobic exercise. It is therefore an important nutrient for sprinters as well as marathon runners. Without a sufficient storage of carbohydrate as glycogen in the body, the athlete will experience fatigue and will not be able to continue their event and will have to drop out or tap out due to lack of energy. In addition, insufficient carbohydrate can lead to the body breaking down protein in the muscle for energy which is not something any athlete would want.

Foods that are good sources of carbohydrate include our ground provisions for example yam, potato, green banana, breadfruit; and cereals (sometimes referred to as grains) for example rice, corn, flour.

#### **6. How important it is for an athlete to practice proper hydration?**

It is important for the athlete to be adequately hydrated before training or before an athletic event. Dehydration can lead to fatigue and can impair performance. If dehydration becomes excessive it can lead to early fatigue, cardiovascular stress, an increased risk of heat illness, and a decrease in performance.

Hydration is especially important during long exercise days, hot days and days where the athlete is taking part in multiple events. You will lose a lot of fluid due to sweat. Sweating is a normal response to exercise. Therefore, it is essential that you replace what you lose due to sweat by drinking fluids regularly during exercise. In addition, you must ensure that you rehydrate after exercise to replace weight that was lost as sweat during exercise. In the same way you have an eating plan, you must ensure that you also have a hydration plan. If you are exercising for more than an hour, you may consider including a sports drink in your hydration plan. Otherwise, water is perfectly fine.

#### **7. How can athletes motivate themselves by sticking to their nutrition plan?**

Visualize the results you want. Set your goal and understand that the way you eat is part of that plan to get you to your goal. Nutrition and training go hand in hand. Think of your body as the exquisite machine that it is and ensure that you put only the best fuel in it so as to get optimal performance. Remember that your career can be a short one. You want it to last as long as possible. Just make the sacrifice now. You do not want after retirement to sit back and wonder what could have been if you had done things the right way.

#### **8. What is your wish for athletes and their support personnel for 2024?**

Jamaica is a blessed country with many talented athletes and skilled coaches and other personnel without whom the sporting world would not exist. I wish for you all continued and increased success. I look forward to another year of accomplishments for our athletes as they take part on the sporting stage worldwide. I know that you will continue to make Jamaica proud.



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 or support personnel with the desire to learn about anti-doping, ADEL is the ideal platform for you.

ADEL offers a range of educational courses and resources that can be used to support the delivery of an education programme.

### On ADEL you can find:

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



**Athletes who complete the courses will receive a certificate from WADA.**

### FOR ATHLETES:

ADEL has education programmes for international and national athletes of all levels to help you play your part in keeping sport clean.



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.

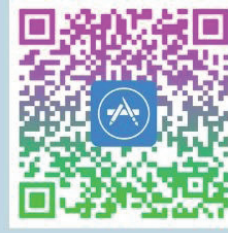
Register at [adel.wada-ama.org/learn](http://adel.wada-ama.org/learn)

### COURSES CAN BE COMPLETED WHEN YOUR SCHEDULE ALLOWS AND INCLUDE:

- Education Programmes for International Level Athletes
- Education Programmes for National Level Athletes
- Education Programmes for Talented Athletes



**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 AND YOU



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the 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 24, 2024 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, January 25, 2024:

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

As we spread the anti-doping message throughout the island, we at JADCO are committed to the fight against doping in sport. The Commission recently facilitated outreach events, some of which are highlighted below.



### » JADCO/ UWI MONA ANTI-DOPING EDUCATION WORKSHOP

Student athletes and support personnel of the University of the West Indies, Mona pose for our lens. Sharing in the moment is June Spence Jarrett (3rd right), Executive Director, JADCO. The event was an anti-doping education workshop held at the institution on Thursday, November 10, 2023.



## JADCO SUPPORTS KC's DRUG AWARENESS DAY



Students from Kingston College pose for our lens at the institution's drug awareness day on Tuesday, November 28, 2023.





## JADCO SUPPORTS CALVARY OPEN BIBLE CHURCH HEALTH FAIR



June Spence Jarrett (centre), Executive Director, JADCO converses with Sergeant Princess Bayliss-Ranger (left) of the Catherine South Community Safety and Security Branch of the Jamaica Constabulary at a health fair hosted by Calvary Open Bible Church in Vineyards, Bushy Park, St. Catherine on Saturday, December 9, 2023. Sharing in the moment is Ric St. Clair Clarke, Senior Public Procurement Officer, JADCO.

June Spence Jarrett (left), Executive Director, JADCO presents a token to Melonie Maragh (right) who visited the JADCO booth at a health fair hosted by Calvary Open Bible Church in Vineyards, Bushy Park, St. Catherine on Saturday, December 9, 2023.





## JADCO SUPPORTS 2023 NPAJ CHAMPIONSHIPS



Jonhoi Vaughn, athlete of the National Powerlifting Association of Jamaica (NPAJ) and record holder for squat and bench press in the 105kg weight class, endorses the Play Fair campaign at the 2023 National Powerlifting Championships held at the AC Hotel Kingston on Sunday, December 10.



Ayana Duhaney, athlete of the National Powerlifting Association of Jamaica (NPAJ) and national record holder for Squat and Bench in the 84kg weight class, endorses the Play Fair campaign at the 2023 National Powerlifting Championships.





## JADCO/ CALABAR HIGH SCHOOL ANTI-DOPING EDUCATION WORKSHOP







Student athletes and support personnel of Calabar High School pose for our lens at an anti-doping education workshop held at the institution during their Christmas training camp on Thursday, December 28, 2023. Sharing in the moment is June Spence Jarrett (3rd right), Executive Director, JADCO.





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

The Jamaica Anti-Doping Commission    Website: [jadco.gov.jm](http://jadco.gov.jm)  
Ballater Multiplex    Tel (876) 960-2416 | 929-3500  
1 Ballater Avenue  
Kingston 10

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