

JADCO PARTICIPATES IN PANEL DISCUSSION AT WADA'S 2024 SYMPOSIUM



June Spence Jarrett (right), Executive Director, JADCO, takes part in a discussion at the 2024 WADA Symposium under the theme, "Benchmarking in the (N)ADO Community." Joining in the discussion is Eimear O'Leary-Barrett of the World Anti-Doping Agency. The symposium was held from March 12-13 at the SwissTech Convention Center in Lausanne, Switzerland.

What's Inside

2 JADCO JOINS IN DISCUSSION AT WADA'S 2024 SYMPOSIUM

4 DEBBY ANN BROWN SALMON APPOINTED AS JADCO'S CHAIRPERSON

6 JADCO'S NUTRITION CORNER

8 JADCO ATTENDS WADA'S GLOBAL EDUCATION CONFERENCE IN FRANCE

12 2024 JADCO SCHOOL TOUR

14 JADCO HIGHLIGHTS THE JAMAICA ATHLETES' INSURANCE PLAN AT ITS 2024 SYMPOSIUM

18 UPCOMING EVENTS

21 JADCO AND YOU

23 DOPE FREE CREATIVE CORNER

23 JADCO OUT AND ABOUT

EDITORIAL

In a world filled with constant distractions, moments of clarity and connection are increasingly rare. Amidst this chaos, the Jamaica Anti-Doping Commission (JADCO) has worked assiduously to uphold integrity, transparency, and the fundamental values of sports. This edition of the True Spirit newsletter is expressive of JADCO's dedication, serving as a source of inspiration within the sporting community. JADCO's mission goes beyond mere regulation; it reflects a deep-seated belief in the purity of sport, where fairness and

ethics are paramount. In this issue, we will discuss JADCO's involvement in the World Anti-Doping Agency's Global Education Conference, as well as its annual Symposium. Additionally, we'll introduce the Commission's new chairperson, provide an update on the 2024 JADCO School Tour and offer nutritional advice to swimmers.

For questions or feedback on this publication, please email us at truespirit@jadco.gov.jm.

JADCO PARTICIPATES IN PANEL DISCUSSION AT WADA'S 2024 SYMPOSIUM



June Spence Jarrett (2nd right), Executive Director, JADCO, takes part in a discussion at WADA's 2024 Annual Symposium under the theme, "Benchmarking in the (N)ADO Community." Joining in the discussion are Nick Paterson (left), Chief Executive, Drug Free Sport in New Zealand; Eimear O'Leary-Barrett (2nd left), Programme Development Manager, World Anti-Doping Agency and Martin Holmlund Lauesen (right), Director, International Relations & Medical, Data Protection Officer at Anti-Doping Norway.

Over 1000 delegates from the global anti-doping community attended the event which was held under the theme One Mission – One Team.

The annual symposium brought together anti-doping practitioners from international federations, national and regional anti-doping organizations and major event organizations, as well as athletes, governments, WADA-accredited laboratories, athlete passport management units, service providers, researchers, and international media.

The programme included a total of 15 informative and interactive sessions which covered a wide range of anti-doping topics.

The two-day event commenced with the keynote addresses by WADA President Witold Bańka

and Director General Olivier Niggli. They welcomed delegates to WADA's 25th Anniversary celebration and highlighted some of what's been achieved by the global anti-doping community since WADA was founded in 1999.

WADA President, Witold Bańka, said: "This week, WADA celebrates its 25th Anniversary. It has been a quarter century of progress, of growth and, above all, of collaboration with the global anti-doping community. The Agency's very origins are the result of a unique partnership between sports and governments of the world. Remarkably, it is a partnership that has stood the test of time. I am not aware of any other socio-political scenario where this has happened."

Bańka noted, "WADA is thrilled with the results of the European I&I Capability and Capacity Building Project. They speak for themselves. I would like to commend our partners at the European Union and Europol for their support and belief in this project. This amazing initiative has demonstrated what is possible when law enforcement and Anti-Doping Organizations team up to protect clean sport."

He added, "By combining the power of arrest and seizure of law enforcement agencies with the specific anti-doping knowledge of anti-doping organizations, we have achieved unprecedented results. It is fair to say that the criminal gangs that are trafficking performance-enhancing drugs, and their customers who wish to cheat the system, are feeling the heat."

The 2024 Annual Symposium was held between March 12-13 at the SwissTech Convention Center in Lausanne, Switzerland.



Chairperson, Debby Ann Brown Salmon (right) and Executive Director, June Spence Jarrett, both of JADCO, share a moment at the 2024 WADA Symposium in Lausanne, Switzerland.

DEBBY ANN BROWN SALMON APPOINTED CHAIRPERSON OF JADCO



Debby Ann Brown Salmon, Chairperson, JADCO, delivers the closing remarks at the 2024 JADCO Symposium held on January 25 at Terra Nova All-Suite Hotel in Kingston.

Debby Ann Brown Salmon has assumed the role of chairperson at the Jamaica Anti-Doping Commission (JADCO), marking a significant milestone in the organization's leadership landscape. Appointed by the Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange, Brown Salmon brings a wealth of experience and expertise to this crucial position.

She boasts a distinguished career as an attorney-at-law, making her an ideal candidate for the role of JADCO's Chairperson.

With a deep-rooted commitment to integrity and fair play in sports, Brown Salmon's appointment underscores the Commission's dedication to upholding the highest standards of anti-doping measures in Jamaica's sporting disciplines.

Prior to her appointment, Brown Salmon served in various capacities, showcasing her leadership and strategic acumen. Her previous role as a member of the board of directors encompassed key positions in sports governance, compliance, and regulatory affairs, equipping her with invaluable insights into the complexities of anti-doping initiatives.

As JADCO's new Chairperson, Brown Salmon is poised to steer the organization towards greater effectiveness in combating doping in sport. Her leadership promises to instil confidence in stakeholders and propel JADCO towards achieving its mission of fostering a dope-free environment in Jamaica.

Brown Salmon received a scholarship in 2000 to complete her Bachelor of Science Degree at the State University of New York (SUNY) College at Brockport and was a secondary school teacher for over a decade before earning her LLB degree with Honours from the University of London and completing two years of Legal Education at the Norman Manley Law School.

She grew up in the parish of St. Ann, where she attended St. Hilda's Diocesan High School. She studied the Arts at the Edna Manley College of the Visual and Performing Arts where she later served as the chairperson of the Steering Committee for the school's alumni association from 2010 to 2012.

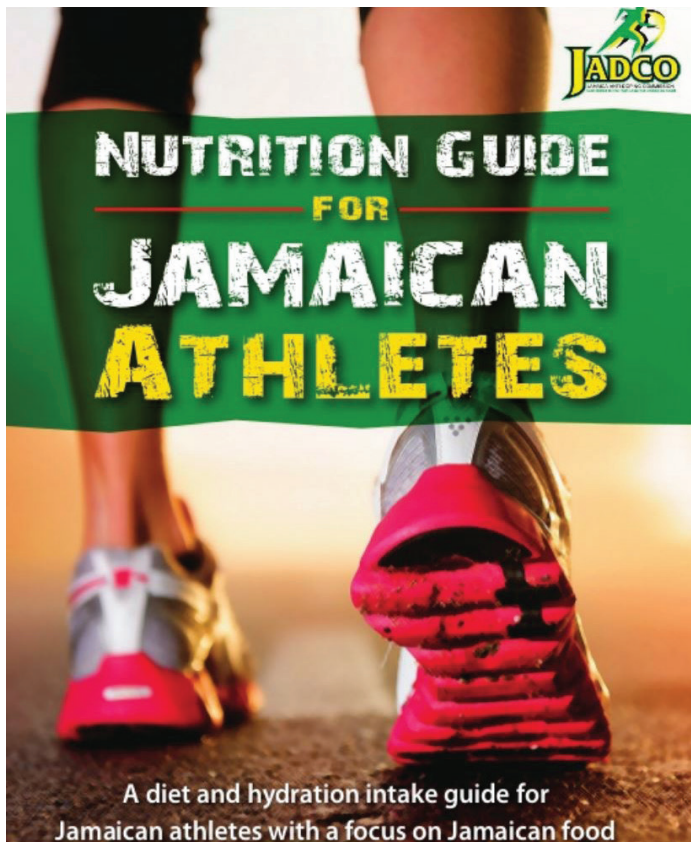
Brown Salmon is motivated by the teachings of the great Mahatma Gandhi, one of her favourite philosophers and lives by the mantra, "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

She succeeds Alexander Williams who has been appointed High Commissioner to the United Kingdom.



The Hon. Olivia Grange (centre), Minister of Culture, Gender, Entertainment, and Sport, arrives at the 2024 JADCO Symposium on Thursday, January 25, where she is greeted by Debby Ann Brown Salmon (left), Chairperson, and June Spence Jarrett, Executive Director, both of JADCO.

Nutrition Tips for Swimmers



Swimming is a sport that demands peak physical performance and stamina. Whether you're a competitive swimmer or just enjoy swimming as a form of exercise, paying attention to your nutrition is crucial for maximizing your performance and achieving your goals in the pool. Proper nutrition not only fuels your workouts but also aids in recovery and overall health.

Here are some essential nutrition tips to help you reach your full potential:

1. Hydration is Key: Staying hydrated is vital for swimmers, as even mild dehydration can impair performance. Aim to drink water consistently

throughout the day, not just during workouts. During training sessions, have a water bottle by the poolside and take sips regularly to maintain hydration levels. Electrolyte-rich drinks can also be beneficial, especially during intense or long-duration workouts to replenish lost minerals.

2. Balance Your Macronutrients: Carbohydrates, proteins, and fats are the three macronutrients that provide the body with energy and essential nutrients. Swimmers require a balanced intake of all three to support their training and recovery.

- **Carbohydrates:** As the primary fuel source for muscles, carbohydrates are particularly important for swimmers. Prioritize complex carbohydrates such as whole grains, fruits, vegetables, and legumes, which provide sustained energy release. Aim to consume carbohydrates before and after workouts to fuel performance and replenish glycogen stores.
- **Proteins:** Protein is essential for muscle repair and growth, making it crucial for swimmers who engage in rigorous training. Include lean sources of protein such as chicken, fish, eggs, dairy products, tofu, and legumes in your meals. Consuming protein-rich snacks post-workout can aid in muscle recovery and repair.
- **Fats:** While often overlooked, healthy fats play a role in providing sustained energy and supporting overall health. Incorporate sources of unsaturated fats such as avocados, nuts, seeds, and olive oil into your diet. These fats also aid in the absorption of fat-soluble vitamins, which are important for maintaining optimal health.

- 3. Prioritize Pre-Workout Nutrition:** Fuelling your body properly before a workout is essential for optimal performance. Aim to consume a balanced meal containing carbohydrates, lean protein, and healthy fats approximately 2-3 hours before hitting the pool. This meal should provide sustained energy without causing discomfort during exercise. If you're short on time, opt for a smaller snack containing easily digestible carbohydrates, such as a piece of fruit or a granola bar, around 30-60 minutes before your workout.
- 4. Refuel Post Workout:** After a challenging swim session, it's crucial to replenish your energy stores and support muscle recovery by consuming a nutritious post-workout meal or snack. Focus on consuming a combination of carbohydrates and protein within 30-60 minutes after exercise. This could be a smoothie made with fruits and Greek yogurt, a turkey sandwich using whole-grain bread, or a bowl of oatmeal topped with nuts and berries.
- 5. Don't Forget About Micronutrients:** In addition to macronutrients, micronutrients such as vitamins and minerals are essential for overall health and performance. Incorporate a variety of colourful fruits and vegetables into your diet to ensure you're getting a wide range of vitamins and minerals. Consider taking a multivitamin supplement if you're unable to meet your micronutrient needs through diet alone.
- 6. Listen to Your Body:** Every swimmer is unique, and individual nutritional needs can vary based on factors such as training intensity, body composition, and metabolic rate. Pay attention to how different foods make you feel and adjust your nutrition plan accordingly. Experiment with timing and types of meals to find what works best for your body.
- 7. Stay Consistent:** Consistency is key when it comes to nutrition. Aim to make healthy eating habits a regular part of your lifestyle rather than relying on sporadic changes. By fuelling your body consistently with nutritious foods, you'll support your long-term health and performance goals.

Proper nutrition is essential for swimmers to perform at their best and achieve their goals in the pool. By prioritizing hydration, balancing macronutrients, fuelling properly before and after workouts, and paying attention to micronutrient intake, swimmers can optimize their performance and support overall health and well-being.

Remember to listen to your body, stay consistent with your nutrition habits, and consult with a registered dietitian or nutritionist if you have specific dietary concerns or goals.

JADCO ATTENDS 2024 GEC IN FRANCE



June Spence Jarrett, Executive Director, JADCO, shares lens with Witold Bańka, President, World Anti-Doping Agency (WADA) at the Global Education Conference in Cannes, France.

The World Anti-Doping Agency (WADA) concluded its 2024 Global Education Conference (GEC) in Cannes, France, with a clear call to action for anti-doping stakeholders internationally. WADA says stronger steps must be taken to further protect minors in sport.

The fourth edition of the conference, which kicked off on February 27, wrapped up with WADA stating its intentions to make anti-doping education mandatory for minors through revisions to the International Standard for Education (ISE) for signatories to the World Anti-Doping Code, while also encouraging policy or legislative changes by governments of the world.

This year's GEC was hosted by the Agence française de lutte contre le dopage (AFLD) and welcomed more than 400 participants from around the world.

The event brought together anti-doping practitioners, researchers, government officials and athletes to share and discuss emerging trends, contribute to education programme development, and examine how education can continue to further anti-doping efforts internationally.

The event brought together anti-doping practitioners, researchers, government officials and athletes to share and discuss emerging trends, contribute to education programme development, and examine how education can continue to further anti-doping efforts internationally.

The conference was the fourth edition of the GEC, having previously been staged in Ottawa, Canada (2015), Beijing, China (2018) and Sydney, Australia (2022).

At the Conference's official welcome and opening ceremony, WADA President Witold Bańka said, "WADA is pleased to welcome participants to the fourth edition of the Global Education Conference. This conference has become an integral part of the anti-doping calendar, and we are happy to be collaborating with the Agence française de lutte contre le dopage and the Government of France to put on this important event."

He added, "With its highest attendance to date, the Global Education Conference is once again demonstrating that education is an integral pillar of anti-doping, and a central resource in the protection of clean sport. We look forward to the outcomes stemming from the sessions that we hope will further strengthen the system, especially in the lead-up to the 2024 Olympic and Paralympic Games in Paris."

Education is imperative to reduce the risk of doping through negligence and enable everyone to train and prepare for competitions with serenity. Lack of information and awareness can lead to unintentional violations of anti-doping rules, sometimes with serious consequences for athletes' careers.

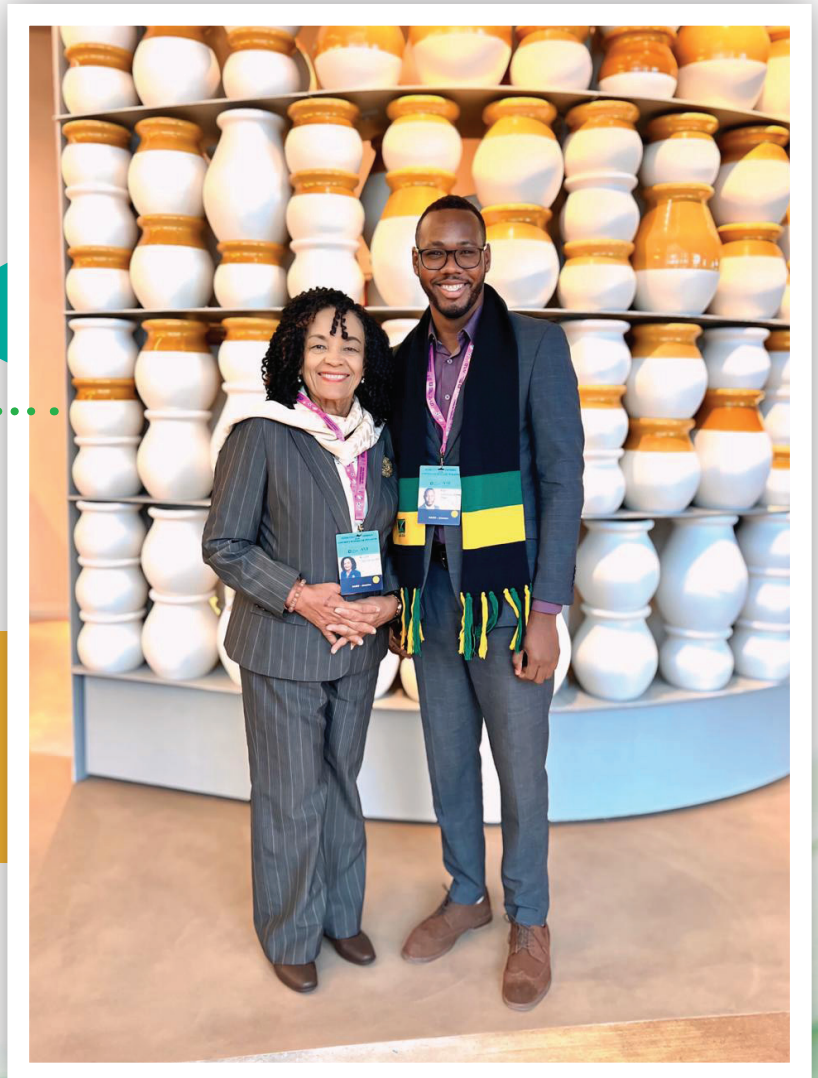
The Conference featured a total of 11 sessions that highlighted the following topics:

- The importance of athlete engagement
- The fundamentals of education planning and design
- Education for developing clean sport behaviours
- Unintentional doping
- Values-based education

Highlights from the 2024 GEC

WADA Global Education Conference

June Spence Jarrett, Executive Director and Chevauni Blair, Public Relations and Education Officer pose for our lens on day one of the Global Education Conference on Tuesday, February 27, 2024.





June Spence Jarrett (right), Executive Director, shares lens with Erik Duiven, Member, Education Committee, WADA.



I-r Chevauni Blair, Public Relations and Education Officer, JADCO, Manuel Villalobos, Executive Manager, RADO, Pan America, Andres Santos-Ortiz, Results Manager, NADO, Puerto Rico and June Spence Jarrett, Executive Director, JADCO, sharing a moment during the Anti-Doping Organizations (ADO) Show and Tell session.

2024 GEC

WADA Global Education Conference



June Spence Jarrett (right), Executive Director, shares a moment with Tammy Hanson, Director of Elite Education, NADO, United States of America.



June Spence Jarrett (right), Executive Director and Tsebo Mahlophe, Anti-Doping Manager, International Paralympic Committee smile for our lens.



June Spence Jarrett (left), Executive Director, shares a moment with Gudrat Safarov, Education Programmes Manager, NADO, Azerbaijan during the Anti-Doping Organizations (ADO) Show and Tell session.

2024 JADCO SCHOOL TOUR

The JADCO School Tour, one of several annual activities aimed at junior athletes and their support personnel, takes place in February to April.

The goal of the JADCO School Tour is to visit secondary schools that 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.

This year's focus is on the parish of St. Ann. On February 7, our first stop was St Ann's Bay High and Preparatory School. On this occasion, 77 student athletes and their support personnel learned about JADCO's functions

and responsibilities, the social consequences of doping and the doping control process.

Students also received JADCO memorabilia for their participation. Our next stop was Aabuthnott Gallimore High School. Another, 77 student athletes and support personnel participated in our anti-doping education workshop.

Athletes and support personnel from Marcus Garvey Technical High School also received anti-doping education during the 2024 JADCO School Tour.

St Ann's Bay High and Preparatory School



Yanique Dunn, Acting Director, Technical Services, JADCO, delivers a presentation on the doping control process at St Ann's Bay High and Preparatory School on Wednesday, February 7. This was the first stop in the 2024 series of the JADCO School Tour in St. Ann.

Aabuthnott Gallimore High School



June Spence Jarrett (right), Executive Director, JADCO, shares a light moment with teachers and students of Aabuthnott Gallimore High School on Wednesday, February 21, 2024

Marcus Garvey Technical High School



A demonstration of the doping control process led by Yanique Dunn, Acting Director, Technical Services and students from Marcus Garvey Technical High School on Wednesday, March 6, 2024.

JADCO HIGHLIGHTS THE JAMAICA ATHLETES' INSURANCE PLAN AT ITS 2024 SYMPOSIUM



(L-r) Debby Ann Brown Salmon, Chairperson of JADCO, the Hon. Olivia Grange, Minister of Culture, Gender, Entertainment and Sport (MCGES) and June Spence Jarrett, Executive Director, JADCO, engage in dialogue with Lavana Shorter, Public Relations and Marketing Manager, Portmore United Football Club and Dr. Romaine Edwards, representing Waterhouse Football Club. The occasion was the 10th annual staging of the JADCO Symposium held at the Terra Nova All-Suite Hotel in Kingston on Thursday, January 25, 2024.

The Jamaica Anti-Doping Commission (JADCO) highlighted the Jamaica Athletes' Insurance Plan (JAIP) at the 10th annual staging of its Symposium. The event was held at the Terra Nova All-Suite Hotel, in Kingston on Thursday, January 25, 2024, under the theme, "Protecting Brand Jamaica Through Clean Sport".

Participants at the symposium, included members of sporting associations and federations, professional groups, principals, coaches, sport administrators and athletes.

Speaking at the event, Minister of Culture, Gender Entertainment and Sport, The Honourable Olivia Grange said, "As Minister with responsibility for Sport, I am pleased to share with the Jamaica Anti-Doping Commission and all its stakeholders once again at its annual symposium."

She noted, "This year is particularly special, as JADCO is celebrating its 15th anniversary, that is 15 years of promoting clean sport and protecting clean athletes in Jamaica and I wish you all could put your hands together and applaud JADCO for the way it has operated and what it has achieved so far."

Minister Grange said, "Today it gives me great pleasure to announce that effective February 1, 2024, in addition, to the existing schedule of benefits, both under the group health and group life portfolio, athletes will now be able to access accidental medical reimbursement in the sum of \$100,000.00 for injuries sustained on the field of play, or in a motor vehicle accident."

The Jamaica Athletes' Insurance Plan is the Government's Group Health, Group Life and Personal Accident Plan for all eligible national athletes. Athletes eligible to be covered under the Plan must be a member in good standing with a national association or federation. They must be enrolled in the national development programme for a specific sporting discipline and they must participate in at least two Jamaica Anti-Doping Commission workshops per year.

Also speaking at the symposium, Chairperson of JADCO, Debby Ann Brown Salmon said, "I trust you will use the knowledge imparted to make informed decisions. I also implore you to continue working in harmony with the Commission in attaining the title of 'Premier World Class Anti-Doping Organisation.'"

She added, "The onus is not only on JADCO, but also athletes and support personnel to protect the integrity of sport and the health and rights of our athletes. Let us be guided by the theme, 'Protecting Brand Jamaica Through Clean Sport' in 2024 and beyond."

Lavana Shorter, Public Relations and Marketing Manager, Portmore United Football Club said, "Education is key, as it relates to drugs in sport and I would like to encourage everyone that is associated with sport, administrators and athletes to take part in events such as these, because it is important that we know the stipulations and guidelines, as it relates to the Jamaica Anti-Doping Commission."

Dawn-Marie Richards, President of the Nurses Association of Jamaica said, "We, as a body, need to know what is happening with our athletes and for our athletes. Jamaica does well in terms of athletics and we would want to know that we are meeting the recommended criteria locally and internationally."

She added, "For me, being here today was an eye opener. It is my first symposium, but it will not be my last. I see a role, especially for my organisation, where we can assist with testing and so on."



Below are some of the highlights of the 2024 JADCO Symposium:



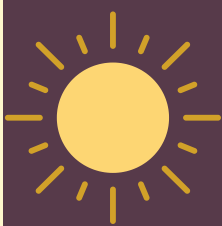
The Hon. Oliva Grange (3rd right), Minister of Culture, Gender, Entertainment and Sport (MCGES), engage in dialogue with Dawn-Marie Richards (centre), President, Sandra Chisolm (3rd left), 2nd Vice President, Camille Williams (2nd left) and Denise Dacres-Reeves (left), 1st Vice President, all of the Nurses Association of Jamaica. Looking on are Debby Ann Brown Salmon (right), Chairperson and June Spence Jarrett (2nd right), Executive Director, both of JADCO.



The Hon. Oliva Grange (centre), Minister of Culture, Gender, Entertainment and Sport (MCGES), engages in conversation with a student athlete from Holy Childhood High School. Sharing in the moment are Debby Ann Brown Salmon (2nd left), Chairperson and June Spence Jarrett (3rd right), Executive Director both of JADCO and other representatives of the institution.



Jamie Hay (left) and Jean Jordan, both members of the West Indies Players' Association endorsing the Say No To Doping campaign at the 2024 JADCO Symposium.



JADCO.GOV.JM

JAMAICA ANTI-DOPING COMMISSION

ROAD SHOW

THURSDAY, APRIL 25, 2024



MANDEVILLE TOWN CENTRE - 10AM
INDEPENDENCE PARK, SAVANNA-LA-MAR - 2PM



HOSTED BY:
JERRY D "THE VIBE MASTER"



HEALTH & WELLNESS FAIR



Friday, May 31, 2024

10:00 AM - 4:00 PM



JADCO'S OFFICE
1 BALLATER AVENUE,
KGN 10.

FREE SERVICES

- DOCTOR CONSULTATION
- DENTAL SCREENING
- EYE SCREENING
- HEALTH CHECKS: HEART, BLOOD PRESSURE, BLOOD SUGAR, BMI
- HIV TEST
- JAMAICA ATHLETES' INSURANCE PLAN
- HEART/NSTA TRUST



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 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 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, April 24, 2024 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, April 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.



#PLAYFAIR

SEE SOMETHING, SAY SOMETHING
MAKE THE RIGHT CALL

REPORT DOPING TODAY!



888-429-5232



JADCO.GOV.JM

REPORT ANONYMOUSLY

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 team at JADCO remain committed to spreading the anti-doping message across the island. Some recent outreach activities are highlighted below:

JADCO SUPPORTS MCKENLEY/WINT TRACK AND FIELD CLASSICS



Student athletes endorse the 'Say No To Doping' campaign at the 2024 McKenley/Wint Track and Field Classics at Calabar High School on Saturday, January 20, 2024.

JADCO/ WATERHOUSE FOOTBALL CLUB ANTI-DOPING EDUCATION WORKSHOP



Athletes and support personnel of Waterhouse Football Club pose for our lens at an anti-doping education workshop held at the Waterhouse Football Stadium in Kingston on Saturday, February 17, 2024.

JADCO SUPPORTS GIBSON MCCOOK RELAYS



Student athletes from Immaculate Conception High School pose for our lens at the 2024 Gibson McCook Relays held at National Stadium on February 24.

JADCO SUPPORTS 2024 CARIFTA TRIALS



(L-r) Sawayne Kerr, Chennai Jarrett, RaeJhaun Riley and Shavanecia Griffiths, student athletes of St. Elizabeth High School pose for our lens at the 2024 CARIFTA Trials on Sunday, March 3 at the National Stadium.

JADCO SUPPORTS ST CATHERINE HIGH SCHOOL'S HEALTH FAIR



St. Catherine High School sixth form students 'Say No To Doping' at the institution's health fair which was held on Friday, March 15, 2024.

JADCO SUPPORTS ISSA/GRACEKENNEDY BOYS AND GIRLS CHAMPS 2024



Student athletes and their coach from York Castle High School endorsing the 'Say No to Doping' campaign at the 2024 ISSA/GraceKennedy Boys and Girls Championships held at the National Stadium from March 19 to 23.



Posing for our lens are student athletes of Champion College. The event was the 2024 ISSA/GraceKennedy Boys and Girls Championships held at the National Stadium from March 19 to 23.

2024 CARIFTA GAMES ANTI-DOPING EDUCATION WORKSHOP



The JADCO team hosts an anti-doping education workshop for athletes participating in the 2024 CARIFTA Games in St. George's, Grenada from March 30- April 1. The workshop was held on Thursday, March 28 at the office of the Jamaica Athletics Administrative Association (JAAA).



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

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

Website: jadco.gov.jm

Tel (876) 960-2416 | 929-3500



Email: truespirit@jadco.gov.jm



[JamaicaAntiDopingCommission](https://www.facebook.com/JamaicaAntiDopingCommission)



[Ja_antidoping](https://twitter.com/Ja_antidoping)



[Ja_antidoping](https://www.instagram.com/Ja_antidoping)