

Wellness in Focus: JADCO HOSTS THIRD HEALTH AND WELLNESS FAIR



June Spence Jarrett (centre), executive director, and Gillian Haughton (left), director, communication and education beam with pride as they engage student athletes and their teacher from Guy's Hill High School at JADCO's health and wellness fair held on Friday, May 30, 2025 at the Commission's office.

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2025 ROAD SHOW

THURSDAY, AUGUST 28
CLARENDON & ST. ELIZABETH

Save the Date

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Editorial

At JADCO, we continue to embrace a holistic vision of health and integrity, one that stretches beyond the playing field and touches every corner of our society. This edition of the True Spirit newsletter captures that commitment in action - from the energetic turnout at our third Health and Wellness Fair, to renewed and timely conversations surrounding athletes' rights, responsibilities, and overall well-being.

Under the theme, "Healthy Choices: Wellness Beyond Sport - Your Responsibility," our recent fair brought together a wide cross-section of partners, professionals, and community members who share our mission of promoting healthier lifestyles for all. The event was far more than a day of activities and engagement; it served as a powerful reminder that wellness is not a destination, but a lifelong pursuit - one rooted in personal responsibility, informed choices, and continuous education.

Each presentation, interactive booth, and wellness screening echoed a simple but critical message: true well-being requires active participation. Whether you're an elite athlete, a student, or a working professional, the decisions you make daily have a profound impact on your physical health, mental resilience, and overall quality of life.

As we look ahead, we reaffirm our pledge to keep conversations about health, nutrition, clean sport, and personal accountability at the forefront of our national dialogue. These themes are not seasonal messages - they are core values that we embed in everything we do, from our "JADCO and You" broadcast series (radio and television), our True Spirit newsletter, to our school tours, community outreach, and anti-doping education workshops.

We remain steadfast in our goal: to champion a culture where integrity and wellness are not occasional goals, but everyday habits - habits that start with awareness and are sustained by intentional action.

We encourage every reader to see themselves as part of this journey. Wellness does not begin or end with an athlete; it starts with each of us, in the quiet choices we make every day. Whether it's eating healthier, getting regular exercise, staying mentally balanced, or saying no to performance-enhancing drugs, the path to well-being is personal, yet deeply communal.

So, make small, consistent choices. Stay informed. And above all, remember living dope-free is about far more than sport - it's about safeguarding your future and setting a standard that others can follow.



JADCO HOSTS THIRD

Health and Wellness Fair

The Jamaica Anti-Doping Commission (JADCO) hosted its annual Health and Wellness Fair on Friday, May 30, 2025, from 10:00 a.m. to 4:00 p.m. at its headquarters located at 1 Ballater Avenue, Kingston 10. Under the theme, *"Healthy Choices: Wellness Beyond Sport – Your Responsibility,"* the event brought together a diverse cross-section of the public, including athletes, coaches, support personnel, and community members. This initiative is part of JADCO's broader mission to encourage holistic well-being while championing the values of clean sport.

The fair transformed the JADCO grounds into a vibrant hub of activity. Attendees were welcomed with a suite of complimentary health services designed to promote informed lifestyle choices. These included:

- General medical consultations
- Eye screenings
- Blood pressure, blood sugar, and BMI checks
- HIV & syphilis testing
- Nutrition counseling - offering guidance on healthy eating habits
- Jamaica Athletes' Insurance Plan

There were engaging demonstrations of fitness activities and wellness routines. Additionally, attendees received education on dental hygiene and chronic disease management.

The event featured a diverse group of exhibitors, each contributing to the fair's goal of creating a healthier, more informed public. These included:

- Consumer Affairs Commission
- Courts Optical,
- Sagicor
- Pure Smiles
- LASCO Distributors
- Jamaica Athletes' Insurance Plan
- R.A. Williams
- Hope Lifestyle Centers Ltd.



(L-R) Debby-Ann Brown Salmon, chairperson (JADCO); Jerry 'The Vibe Master' Davy; and June Spence Jarrett, executive director, share a moment at JADCO's Health and Wellness Fair held on Friday, May 30, 2025 at the Commission's office.

- First Care Medical Plan
- LASCO Financial
- National Health Fund
- Fish Clinic
- Jamaica Post
- Centre for HIV/AIDS Research and Education Services (C.H.A.R.E.S.)
- Diabetes Association.

In keeping with JADCO's core mission, a strong educational component was integrated into the day's activities. Brochures detailing the dangers of doping and the importance of integrity in sports were distributed. A highlight of the day was an interactive session led by nutritionist Dr. Christine Fray, who engaged students in discussions on the role of proper nutrition in athletic performance and the importance of making healthier food choices.

Community engagement was at the heart of the fair's success. JADCO collaborated with various local organisations,

including health professionals and insurance providers, to deliver expert guidance. The event encouraged active participation, not only through fitness activities but also through the distribution of valuable informational material. This holistic approach helped foster a sense of community built on shared values of health, well-being, and sports integrity.

The impact of the Health and Wellness Fair was far-reaching. It provided tangible benefits to attendees through free health services and education, reinforced the importance of clean sport, and contributed to building trust within the community.

JADCO's dedication to public health was evident in every aspect of the event, from the careful planning stages to the execution on the day. Behind the scenes, the event's success was the result of thoughtful organisation and teamwork. A dedicated planning committee was established, with members assigned to teams responsible for PR and invitations, sponsorship, finance and budgeting, procurement, logistics, decoration, and audiovisual coordination. Meetings began on a bi-weekly basis and increased in frequency as the event date approached. Team leads provided regular updates to ensure a smooth and coordinated execution.

Exhibitors and participants welcomed the health and wellness fair and commended JADCO on an excellent event. Some participants said they were truly grateful for the event as it allowed them to get medical tests which they could not afford. They were also happy for the items they received for participating in and winning various activities.

Feedback from members of the planning committee was overwhelmingly positive and reflected the pride felt by all involved:

- *"It was a wonderful event, this is my third one, and it's getting better every year,"*
- *"Great leadership produces a great health fair"*

Others noted the fair's growing scale and impact:

- *"It was very good, each year it gets bigger and better,"*
- *"It brought the community together."*



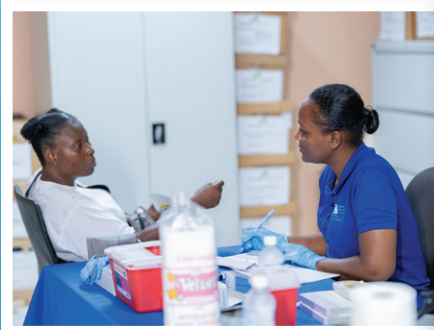
One attendee summed up the significance of the event, stating:

- *"People expressed appreciation for the event, noting they could not have otherwise afforded the services offered."*

The 2025 Health and Wellness Fair stands as a testament to JADCO's unwavering commitment to the health of the Jamaican people and the principles of clean sport. By bringing together health services, education, and community engagement, the fair continues to be a beacon of wellness for all.

It was a resounding success, highlighting the organisation's steadfast commitment to promoting public health and clean sport. The event attracted a strong turnout, with the majority of attendees coming from the surrounding communities, reflecting the event's impact at the grassroots level.

By providing vital health services, educational resources, and opportunities for community engagement, JADCO enhanced awareness of wellness practices and demonstrated its role as a trusted advocate for holistic well-being. The fair's continued growth in participation and reach is a clear indication of its relevance and value to the Jamaican public.





Child Month Spotlight - **INDEPENDENCE CITY PRIMARY SCHOOL**

As we wrapped up Child Month, the JADCO team visited the Independence City Primary School in Portmore, St. Catherine, to grasp the meaning of clean sport from a child's perspective. On numerous occasions, there have been recommendations from athletes and support personnel for the Commission to incorporate anti-doping education workshops at the primary level.



Daniel Harrison,
Head Boy, Independence City
Primary School

In a conversation with 11-year-old, head boy and captain of the cricket team at the institution, Daniel Harrison, it was evident that the teachers and coaches place strong emphasis on the non-

use of performance-enhancing drugs and the health and social consequences. The budding young athlete, who also plays football and basketball, not only stated the negative impacts of doping but also urged other young athletes to play fair. "It can cause people to go into a state of frustration at any time," Daniel said.

"I think they should stop because during the game, it can cause them to have any type of health issues. I would also tell them not to argue if they come to a loss. Just believe in yourself and have fun," he added.

Of course, we can't stress enough the importance of coaches in advancing a sporting career. Physical education teacher and coach at Independence City Primary School, Anthony Minott, welcomed anti-doping sessions at the primary level while touting an effective anti-doping programme at JADCO. "Well, I think it's first class. I think there's some room for improvement, but I think they are pushing their social media, and more persons are being tested because back in the days, they used to criticise Jamaica for not having a strong anti-doping scheme."

Minott also urged student athletes against using performance-enhancing drugs. "I always motivate my students. I tell them performance-enhancing drugs are bad for them, especially

steroids; they can cause fertility issues in both males and females.”

“Do not try to win at all costs. I know you want to be on a pedestal, but try to perform fairly, as this also helps to build the morality of the country,” he stressed.



Anne Geddes-Spence,

Principal, Independence City
Primary School

Certainly, we could not have concluded Child Month without some appreciation for the children. Principal of Independence City Primary School, Anne Geddes-Spence had no inhibitions in expressing her love for her students. “I love my students. I love interacting with them. I think about engaging them and making their learning experience better every single day.”

She also weighed in on anti-doping education at the primary level. “Educating our young athletes about anti-doping is a marvellous step towards greatness, as some aspire to be professional athletes. Our curriculum is geared towards learning, and our physical education teacher, Mr. Minott, ensures the anti-doping aspect is brought out every single day,” Geddes-Spence said.

On that note, she implored students to stay on the straight and narrow and remain focused on their goals. “I want to say to the students, rise to the occasion. Whatever your goal is, try to achieve it. Education is the key to success; it is the avenue to take you out of poverty. Dream your dreams and work towards your dreams, and they can become a reality.”

The Jamaica Anti-Doping Commission has adopted the Independence City Primary School, and work is well underway to renovate the computer lab, with JADCO providing several computers. This initiative is part of JADCO’s ongoing commitment to community development and youth empowerment. By investing in the school’s technological infrastructure, JADCO aims to provide students with greater access to digital learning tools, helping to bridge the gap in educational resources. The project also underscores the Commission’s dedication to nurturing well-rounded student athletes, not only on the playing field but also in the classroom.

Dr Karen Pilgrim

ELECTED FIRST FEMALE CHAIR OF CARIBBEAN RADO



Outgoing Chair Patrick Werleman of Aruba (right) hands over the gavel to newly elected Chair Dr. Karen Pilgrim of Guyana.

Dr. Karen Pilgrim is the new chairperson of the Caribbean Regional Anti-Doping Organisation (RADO), becoming the first female to hold the position in the organisation's history.

Dr. Pilgrim, the current member country representative for Guyana, was elected unopposed during the recent Annual General Meeting held in Barbados. The retired veterinarian and former vice-president of the Guyana Olympic Association previously held the role of Director on the Caribbean RADO Executive Committee.

Dr Pilgrim takes over the position previously held by Aruba's Patrick Werleman, who led the Caribbean RADO from 2019 to 2025.

As she takes the helm of the organisation, she believes that partnerships will be instrumental over the next three years.

"Our relationships with our respective governments and National Olympic Committees will be of paramount importance. We need to develop more human resources with respect to anti-doping within our region.

“While the Caribbean RADO has done a lot as an organisation, our goal now is to build greater capacity in each of our 18 member countries,” Dr Pilgrim said.

“We would love to see at least one dedicated full-time staffer assigned to anti-doping programmes in each country. Increasing funding will also be a priority for our organisation, following the establishment of our marketing committee.”

The other members of the new executive committee have been elected unopposed.

Werleman now holds the role of vice-chair, while former vice-chair Adrian Lorde of Barbados along with Trinidad and Tobago’s Rheeza Grant return as directors.

The newest member of the executive committee is Mitchell de Palm of Bonaire who also heads the Marketing Committee.

He says ensuring the sustainability of the organisation will be an area of focus.

“Revenue generation will be one of the major things on our agenda.

“The primary task right now is assessing our previous efforts, building on those efforts, while exploring new approaches to securing funding for future endeavours. These initiatives will then benefit all of our member territories,” de Palm said.

The Caribbean RADO AGM was held on June 8, capping off an intense weekend that included a Member Country Capacity Building Training Workshop on the Anti-Doping Administration and Management System (ADAMS), which was facilitated by the Canadian Centre for Ethics in Sport (CCES) and the World Anti-Doping Agency (WADA).

As the Caribbean RADO plans for its next strategic cycle 2026-2030, Member Country Representatives also engaged in an in-depth Strategic Planning Workshop under the guidance of Jane Rumble, Chief Executive of United Kingdom (UK) Anti-Doping on June 7.

There was also a joint celebratory dinner with hosts National Anti-Doping Commission (NADC) of Barbados, marking key milestones for both organisations.

The Caribbean RADO celebrates its 20th anniversary on November 12, while NADC Barbados celebrates its 25th Anniversary this year.

The Virgin Islands has been chosen as the host of the 2026 AGM which will be held in St Thomas.

ATHLETES' RIGHTS AND RESPONSIBILITIES



WHEN SELECTED FOR DOPING CONTROL, ATHLETES HAVE THE RIGHT TO:

1. A representative
2. An interpreter, if available
3. Ask for additional information about the sample collection process
4. Request modifications to the sample collection process
5. Request a delay in reporting to the doping control station for valid reasons
6. Athletes can request a delay in reporting to the doping control station for the following reasons (providing they remain in sight of the Chaperone/ Doping Control Officer (DCO) at all times):

FOR IN-COMPETITION TESTING:

- Participation in a medal ceremony
- Fulfilment of media commitments
- Performing a warm down
- Competing in further competitions
- Obtaining necessary medical treatment
- Obtaining photo identification
- Locating a representative and/or interpreter
- Any other exceptional circumstances which may be justified, and as approved by the DCO.

FOR OUT-OF-COMPETITION TESTING:

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

WHEN SELECTED FOR DOPING CONTROL, ATHLETES HAVE THE RESPONSIBILITY TO:

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

REINSTATEMENT AFTER A PERIOD OF INELIGIBILITY

If an athlete retires from sport while subject to a period of ineligibility, the athlete must notify the Anti-Doping Organisation that imposed the period of ineligibility in writing of their retirement.

If the athlete wishes to return to active competition in sport, the athlete is not allowed to compete in international events or national events until they have made themselves available for testing by giving six months prior written notice (or notice equivalent to the period of ineligibility remaining as of the date the athlete retired, if that period was longer than six months) to the Commission and to their International Federation.

RETIREMENT

All athletes who retire from their sport must immediately advise JADCO and their respective national federation in writing by mail or email.

Athletes in JADCO's Registered Testing Pool (RTP) who retire will continue to be subject to the whereabouts requirements until written notice of their retirement is provided to JADCO and they are informed of their removal from the RTP. JADCO will provide confirmation via an official letter to the athlete.

REINSTATEMENT AFTER RETIREMENT

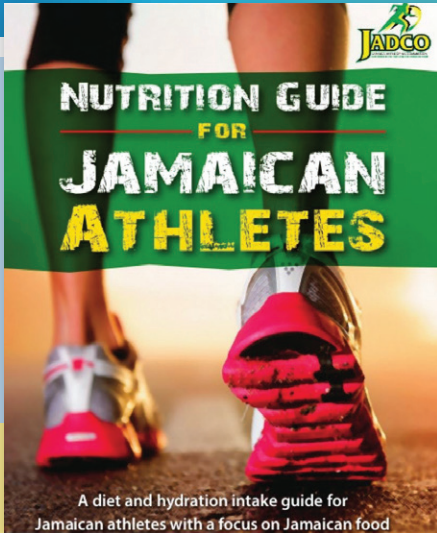
International or national-level athletes in the Commission's Registered Testing Pool who wish to return to their sport after retirement must notify JADCO and their international federation in writing by mail, or email six months before they plan to participate in any competition, locally or internationally.

The athlete must also be available for out-of-competition testing and fulfill JADCO's whereabouts requirements (if/when notified of their inclusion in JADCO's RTP).

WADA, in consultation with the Commission and the athlete's international federation, may grant an exemption to the six-month written notice rule where the strict application of that rule would be unfair to the athlete.

JADCO's Nutrition Corner

Do Athletes Really Need Fish Oil Supplements to Stay Healthy?



We know that eating fish regularly is a great way to get protein as well as healthy omega-3 fatty acids, a type of polyunsaturated fat often known as 'the good fat.' But should an athlete also add a fish oil-based omega-3 supplement to their daily intake?

Many athletes wonder if they are getting the right nutrients in the right amounts to support the intense training and stress put on their bodies. While some athletes may need to supplement their dietary intake because of a diagnosed deficiency or medical condition, many athletes can properly fuel their bodies and meet all their bodies' needs with the right foods.

Before you grab the first bottle of fish oil off the shelf at the store, read on to ensure you fully understand fish oil supplements. And as always, remember that any supplement should be third-party tested to reduce the risk of a positive anti-doping test and/or negative health effects.

What are the health benefits of fish oil?

Omega-3 fatty acids include alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). DHA and EPA are both found in fish oil. And all three are considered essential, so it is important to have some source of each in a healthy diet. Findings show omega-3 fatty acids may help to:

- Lower blood pressure
- Reduce triglycerides

- Slow the development of plaque in the arteries
- Reduce the chance of abnormal heart rhythm
- Reduce the likelihood of heart attack and stroke
- Lower inflammation
- Lessen the chance of sudden cardiac death in people with heart disease
- Potentially reduce muscle soreness after exercise

However, it's important to note that these findings relate to omega-3 fatty acids on the whole, not specifically to fish oil supplements. A 2018 study found that fish oil supplements didn't improve memory in children, as previously thought, while a 2016 study debunked the idea that fish oil supplements could boost muscle growth.

How much fish oil do athletes need to stay healthy?

There are no governmentally recommended dosages for fish oil or omega-3 fatty acids, unfortunately. In fact, a review of the research on athletes and omega-3s notes that there isn't sufficient evidence to suggest that there are any clear recommendations for the amount of DHA or EPA an athlete ingests.

That being said, the American Heart Association (AHA) recommends that everyone eats fish (particularly fatty, cold-water fish) at least twice a week. It's also worth noting that, according to the National Institute of Health, cases of omega-3 deficiency in the U.S. are rare.

The Food and Drug Administration (FDA) recommends not exceeding five grams of EPA and DHA from supplements, so if you are planning to use a fish oil supplement, make sure that your dosage is in line with the recommendations. More is not always a good thing!

Can athletes get enough fish oil through food alone?

Fatty, cold water fish, such as salmon, mackerel, herring, sardines, lake trout, and tuna, are especially high in omega-3 fatty acids. For vegetarians, fresh spirulina contains a small amount of both EPA and DHA. But you can also get omega-3s from other sources: flaxseeds and chia seeds are among the best sources for ALA, the other essential omega-3 fatty acid. As long as you're consuming the recommended amount of ALA in your diet, fish oil isn't technically a health requirement in oil or whole fish form.

Unfortunately, a 2020 study found that many young athletes aren't getting enough overall omega-3s in their diets weekly, so it is important to pay attention to intake and increase your omega-3-rich food choices by adding more fish, nuts, seeds, and foods fortified with omega-3s.

Is it better to get fish oil from a supplement?

From a nutrition standpoint, it's important to understand that a fish oil supplement will never be as efficacious as simply eating fish high in omega-3 fatty acids. This is because the fatty acids in many fish oil supplements are oxidized, reducing their nutritive value significantly. But it's also because fish doesn't just contain those omega-3s. Relying on whole foods like salmon instead of pills means you're getting a wider range of necessary nutrients and eating healthier in the process.

Consider the nutritional powerhouse that a 5.2-ounce serving of salmon can provide: In addition to being higher in omega-3s than many of the leading supplements, it's packed with nearly 40 grams of protein. It also contains 18 of the 20 amino acids, including all the essential amino acids, your body requires. It's high in vitamins B12 and B6, both important for athletes putting in hard days of training, along with selenium and potassium.


Why are supplements risky in general?

Unlike pharmaceuticals, the FDA does not analyse the safety, efficacy, or label accuracy of supplements before they are sold to consumers. Manufacturers may misidentify prohibited substances on labels, or they may omit prohibited substances from labels altogether. In some cases, dietary supplements with illegal or dangerous ingredients have remained on shelves for years despite FDA warnings and recall efforts. In 2004, one study even found fish oil supplements that

contained flame retardant chemicals.

No organisation, including the Jamaica Anti-Doping Commission, can guarantee the contents or safety of any dietary supplements. Consequently, athletes always assume some risk of testing positive for prohibited substances when they use supplements.

JADCO does not endorse the use of supplements.



**SALMON
FILLET**

FOOD:

Atlantic salmon half a fillet (approx. 150g)

NUTRITIONAL FACTS:

Proteins 39.3g (79% Daily Value)

| | |
|----------------------|----------------------|
| Tryptophan 441mg | Valine 2028mg |
| Treonine 1725mg | Arginine 2353mg |
| Isoleucine 1812mg | Histidine 1159mg |
| Leucine 3197mg | Alanine 2380mg |
| Lysine 3614mg | Aspartic acid 4028mg |
| Methionine 1164mg | Glutamic acid 5871mg |
| Cystine 422mg | Glycine 1889mg |
| Phenylalanine 1536mg | Proline 1390mg |
| Tyrosine 1328mg | Serine 1606mg |

Vitamins

| | |
|----------------------|----------------------------|
| Vitamin A 89.0IU 2% | Vitamin B 61.2mg 58% |
| Vitamin C 6.6mg 11% | Folate 60.5mcg 15% |
| Thiamin 0.6mg 40% | Vitamin B 125.0mcg 83% |
| Riboflavin 0.2mg 14% | Pantothenic Acid 2.6mg 26% |
| Niacin 14.3mg 72% | |

Minerals

| | |
|----------------------|-----------------------|
| Calcium 26.7mg 3% | Sodium 109mg 5% |
| Iron 0.6mg 3% | Zinc 0.8mg 5% |
| Magnesium 53.4mg 13% | Copper 0.1mg 4% |
| Phosphorus 449mg 45% | Selenium 73.7mcg 105% |
| Potassium 683mg 20% | |

Total Fat 22.0g (34% Daily Value)

Saturated Fat 4.5g 22%


Monounsaturated Fat 7.9g

Polyunsaturated Fat 7.9g

Total Omega-3 fatty acids 4023mg

Total Omega-6 fatty acids 1185mg

VS



**FISH OIL
SUPPLEMENT**

SUPPLEMENT:

Omega-3

Did you know that the fatty acids in many fish oil supplements are oxidized, reducing their nutritive value significantly?

Source: National Institutes of Health (NIH)

ROAD SHOW

"PROTECT THE SPIRIT OF SPORTS"

THURSDAY, AUGUST 28, 2025



MAY PEN TOWN SQUARE - 10 A.M.
SANTA PLAZA, SANTA CRUZ - 2 P.M.



BACK TO SCHOOL GIVEAWAYS



PRIZES AND SURPRISES



HOSTED BY:

JERRY D "THE VIBE MASTER"



JADCO AND YOU



JADCO and You, is a series of television and radio features which disseminate important information on anti-doping to the public.

The feature is aired quarterly on Television Jamaica (TVJ) and monthly on 20 radio stations.

The JADCO and You television programme will be aired on TVJ on **Wednesday, July 30, 2025, at 9:30 p.m.**

JADCO and You will also be aired on the following radio stations on **Thursday, July 31, 2025:**

| STATION | TIME | STATION | TIME |
|------------------|------------|---------------------|------------|
| Mello FM | 4:40 a.m. | Power 106 FM | 7:05 p.m. |
| Roots FM | 7:00 a.m. | TBC Radio | 7:30 p.m. |
| Nationwide 90 FM | 8:25 a.m. | Radio Jamaica 94 FM | 7:35 p.m. |
| Bridge FM | 8:50 a.m. | Kool 97 FM | 8:30 p.m. |
| Linkz FM | 10:00 a.m. | Music 99 FM | 8:30 p.m. |
| Bess 100 FM | 11:00 a.m. | KLAS FM | 8:30 p.m. |
| Gospel JA FM | 11:55 a.m. | Love 101 FM | 9:35 p.m. |
| Irie FM | 1:40 p.m. | Hitz 92 FM | 9:35 p.m. |
| NCU FM | 1:55 p.m. | Suncity 104 FM | 10:00 p.m. |
| Newstalk 93 FM | 2:55 p.m. | Fame FM | 10:35 p.m. |

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 them play their 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

COURSES MAY 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 MAY DOWNLOAD THE MOBILE APP 'ADEL BY WADA' WHICH IS AVAILABLE ON THE APPLE OR GOOGLE PLAY STORES.



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



Run Clean, Live Free

*There's a power in sweat, in lungs that burn honest,
in muscles that tell stories etched by discipline, not deceit.*

*In the quiet before the starting gun, when your heart taps
out a nervous beat,
there's a promise you whisper to yourself: let me be enough.*

No shortcuts.

No shadows in the bloodstream.

No borrowed victories...that taste of bitter metal.

*Because medals tarnish, but your name, your name echoes.
In rooms, on sunlit tracks, in the laughter of children who
chase your stride.*

Choose the long road.

*Let sweat be your potion, let sacrifice be your shield.
There is no greater high than standing on the podium
with a soul unburdened, arms raised not just in triumph,
but in truth.*

So run clean. Jump clean. Live free.

*Because when the cheers fade, it's integrity that lingers,
and a legacy no lab test can ever take away.*

One love!

- Chevauni D-P Blair



JADCO OUT AND ABOUT

The JADCO team continues to be devoted to raising awareness about anti-doping across the island. Below are some activities that took place this quarter:

SPORTS SUMMIT OF THE AMERICAS



Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange (2nd left) in discussion with the Minister of Sport of Ecuador and President of Ibero-American Sports Council (CID), the Honourable José David Jiménez at the start of the Sports Summit of the Americas in Montego Bay on April 23, 2025. Also pictured is Maria Belen Lara Martinez of CID (right) and Suzzette Ison, Jamaica's Principal Director of Sports.







JADCO's Executive Director, Mrs. June Spence Jarrett, is a picture of concentration as she focuses on making final touches to her presentation at the annual meeting of the Americas Council of Sports (CADE) in Montego Bay, Jamaica. Sitting next to her are Deanna Phillips, Senior Monitoring and Evaluation Officer, and Tricia Smith, Internal Auditor.



An Agency of the Ministry of Culture, Gender, Entertainment and Sport.

**Prepared by the Communication and Education Department of JADCO.
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 [Ja_antidoping](https://twitter.com/Ja_antidoping)
 [Ja_antidoping](https://www.instagram.com/Ja_antidoping)