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JADCO HITS THE ROAD:

Clean Sport Message Energises Clarendon and St. Elizabeth



Team members from the Jamaica Anti-Doping Commission paused for a photograph at the first stop of the 2025 JADCO Road Show in May Pen Square, Clarendon, on Thursday, August 28.



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**WE CELEBRATE
YOU!**



MRS. JUNE SPENCE JARRETT, OD, BH(L), JP

THE JAMAICA ANTI-DOPING COMMISSION EXTENDS HEARTFELT CONGRATULATIONS TO OUR EXECUTIVE DIRECTOR, WHO HAS BEEN CONFERRED WITH THE ORDER OF DISTINCTION (OFFICER CLASS) FOR HER EXEMPLARY SERVICE TO THE COMMISSION AND THE ADVANCEMENT OF CLEAN SPORT IN JAMAICA.

Editorial

Protecting Integrity, Building Champions

As Jamaica continues to make its mark on the global sporting stage, the Jamaica Anti-Doping Commission (JADCO) remains steadfast in its mission: to safeguard the integrity of sport and protect the health of every athlete. Over the past quarter, our work has gone beyond classrooms, stadiums, and training grounds, it has gone to the heart of communities.

From the vibrant energy in May Pen Square to the reflective moments in Santa Cruz, the 2025 JADCO Road Show was more than an event; it was a movement. Parents, children, athletes, and residents did not just receive school supplies, they received a powerful reminder: *“You don’t need dope to cope.”* That message, simple yet profound, underscores everything JADCO stands for.

But our commitment does not end with one road show. This quarter, we expanded our outreach through workshops with Jamaica’s U-21 netballers, the Jamaica Scorpions, Racers Track Club, and the students of St. George’s College. Each session reinforced the message that fair play is not optional - it is essential. By engaging directly with athletes and their support teams, we ensure that knowledge of the rules, the doping control process, and the risks of prohibited substances is not just understood, but lived.

Equally important, our social media channels continue to amplify this message, reaching thousands more Jamaicans who may not have been at our events. Digital engagement ensures that the values of integrity,

discipline, and respect echo far beyond the walls of a conference room or the boundaries of a playing field.

As we look ahead, our commitment deepens. The 2025 Junior Athletes Workshops, will be held across the island, and seek to provide student-athletes with the tools needed to navigate their careers responsibly. These are the champions of tomorrow - the sprinters, footballers, netballers, and cricketers who will carry Jamaica’s name to the world. But just as important as their speed, strength, and skill will be their integrity.

True champions are not built solely on physical talent. They are built on honesty, discipline, accountability, and respect. They inspire not because they win medals, but because they show us that success earned the right way lasts a lifetime.

At JADCO, we believe that every school visited, every club engaged, and every community reached brings us one step closer to a Jamaica where sport remains a beacon of pride and fairness. Together, let us continue to protect the spirit of sport and build champions with integrity.



JADCO HITS THE ROAD: CLEAN SPORT MESSAGE ENERGISES CLARENDON AND ST. ELIZABETH



June Spence Jarrett, executive director of JADCO, joins in chorus as children in May Pen Square shout, 'You don't need dope to cope!' Also pictured are host Jerry D and Leo the mascot at the Commission's 2025 Road Show on Thursday, August 28.

The Jamaica Anti-Doping Commission (JADCO) brought excitement, education, and vital support to communities in May Pen, Clarendon, and Santa Cruz, St. Elizabeth, as part of its third annual Road Show, held on Thursday, August 28. Staged under the theme *"Protect the Spirit of Sports,"* the initiative blended public engagement, anti-doping education, and a timely back-to-school drive that left participants both informed and inspired.

With the new school term in effect, attendees received school bags, lunch kits, notebooks, and water bottles. The giveaways helped parents prepare their children for the academic year while reinforcing JADCO's commitment to youth development. Informational brochures were also distributed, highlighting the Commission's role in safeguarding fair play across Jamaica.

"We were committed to creating awareness and encouraging a culture of integrity in sports," said June

Spence Jarrett, executive director of JADCO. "This roadshow was one way we could connect directly with communities, especially young people, and share the message that success in sports, and in life, must be built on fairness, discipline, and education."

The event was hosted by popular emcee *"Vibes Master"* Jerry D, who kept the crowd engaged with fun-filled games, music, and giveaways. His lively energy ensured that the educational messages remained accessible and memorable.

The May Pen stop drew a particularly large and eager crowd. Families, athletes, and residents converged in the town square, creating an atmosphere that was lively but at times challenging to manage. The overwhelming turnout tested the distribution process of school items, though JADCO staff quickly adjusted, reorganising handouts to ensure fairness and order.

In Santa Cruz, by contrast, the tone was calmer and more controlled. The local police placed barriers to prevent vehicular traffic from passing through the venue, which allowed smoother interactions between the public and JADCO officials. Participants engaged meaningfully with the presentations, raising questions about the doping control process and discussing how clean sport principles apply to everyday life.

Beyond the distribution of supplies, the Road Show created moments of lasting impact. One parent in Clarendon expressed gratitude: *"It was so refreshing to see an organisation like JADCO giving back in such a meaningful way. The school supplies were a blessing, but the real value was in what the children were learning about doing things the right way."*

In Santa Cruz, a young aspiring athlete reflected: *"I didn't know much about JADCO before today, but now I understand why it's important to stay clean and train hard. This event showed me that discipline really matters."*

These testimonials underscored the dual value of the Road Show: addressing immediate community needs while reinforcing the long-term mission of instilling integrity and discipline in sport.

While in-person activities created a buzz, JADCO amplified the reach of the Road Show through active use of its social media platforms. Photos, videos, and live updates were shared, drawing in new followers and sparking conversations online. The strategy extended the life of the event and ensured that the message of fair play reached audiences well beyond Clarendon and St. Elizabeth.

Many online participants demonstrated an increased awareness of JADCO's work, signalling that the Commission's communication efforts were resonating.

The third staging of the JADCO Road Show reinforced the Commission's commitment to both sport and society. By pairing anti-doping education with tangible community support, JADCO demonstrated that its mission extended beyond elite athletes to families, schools, and grassroots communities.



“As we continued to engage the public, especially in rural areas, we wanted every Jamaican to understand that anti-doping isn’t just about elite athletes,” Spence Jarrett emphasised. “It’s about protecting the health and integrity of everyone involved in sport.”

With lessons learned from May Pen and Santa Cruz, and with youth workshops now completed, JADCO strengthened its position as not just a regulator, but a community partner dedicated to building a culture of clean sport, fairness, and discipline across Jamaica.



JADCO LAUNCHES ISLANDWIDE ANTI-DOPING EDUCATION WORKSHOPS FOR JUNIOR ATHLETES ON OCTOBER 1

The Jamaica Anti-Doping Commission (JADCO) will host the 2025 Junior Athletes Anti-Doping Education Workshop on Wednesday, October 1 at the Jamaica Conference Centre in Kingston, from 8:30 a.m. to 2:30 p.m., under the theme “Empowering Young Champions.”

This interactive workshop marks the first in a series of regional sessions designed to educate Jamaica’s young athletes and their support personnel about the principles of fair play, the importance of clean sport, and the health risks associated with doping. High school students from the parishes of Kingston, St. Andrew, St. Thomas, and St. Catherine are expected to participate.

The workshop will feature a presentation by Dr. Christine Fray Aiken, co-author of JADCO’s nutrition Guide for Jamaican Athletes, who will speak on the critical role of nutrition in athlete development and clean sport. Additionally, the Commission’s technical team will conduct a demonstration of the doping control process, giving attendees a first-hand look at how testing is conducted to ensure integrity in sport.

“This year’s workshop continues our mission to actively engage student-athletes and their support teams in meaningful discussions about the values of fair play, the importance of clean competition, and the long-term health risks associated with doping,” said June Spence Jarrett, executive director. “Participants will gain insight into JADCO’s mandate, the procedures behind doping control, and the collective role we all play in promoting integrity in sport.”

Following region one’s session, JADCO will host three additional workshops across the island:

- **REGION 2: Tropics View Hotel, Mandeville, Wednesday October 8**
(High schools from Clarendon, Manchester, and St. Elizabeth)
- **REGION 3: SeaGarden Beach Resort, Montego Bay, Wednesday October 15**
(High schools from Hanover, Westmoreland, St. James, and sections of Trelawny)
- **REGION 4: Cardiff Hotel and Spa, St. Ann – Monday, October 27**
(High Schools from St. Mary, Portland, St. Ann, and sections of Trelawny)

The workshops are part of JADCO’s ongoing education efforts to build a generation of informed, ethical, and empowered athletes committed to clean and fair competition.



2025 JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOPS

THEME: “EMPOWERING YOUNG CHAMPIONS”

REGISTER NOW



COMMED@JADCO.GOV.JM

 876-929-3500

 www.jadco.gov.jm

Region 1 - Kingston

Wednesday, October 1
Jamaica Conference Centre

Region 2 - Manchester

Wednesday, October 8
Tropics View Hotel

Region 3 - St. James

Wednesday, October 15
SeaGarden Beach Resort

Region 4 - St. Ann

Monday, October 27
Cardiff Hotel & Spa

8:30 a.m. - 1:30 p.m.

Lunch will be provided

ANTI-DOPING RULE VIOLATIONS AND SANCTIONS

The World Anti-Doping Code defines doping as the occurrence of one or more of the Anti-Doping Rule Violations outlined in the Code. 'Doping' is more than simply using a prohibited substance or prohibited method. Currently, there are eleven (11) Anti-Doping Rule Violations (ADRV).

ANTI-DOPING RULE VIOLATIONS

Athletes (and other individuals) are responsible for knowing what constitutes an Anti-Doping Rule Violation and the substances and methods which have been included on WADA's Prohibited List.

The following constitutes an Anti-Doping Rule Violation:

- Presence of a prohibited substance (or its metabolites or markers) in an athlete's sample.
- Use or attempted use by an athlete of a prohibited substance or prohibited method.
- Evading, refusing, or failing to submit to sample collection.
- Whereabouts failures (Any combination of three 'Filing Failures' and/or 'Missed Tests' in a 12-month period).
- Tampering or attempted tampering with any part of doping control.
- Possession of a prohibited substance or a prohibited method.
- Trafficking or attempted trafficking in any prohibited substance or prohibited method.
- Administration or attempted administration to an athlete of any prohibited substance or prohibited method.
- Complicity or attempted complicity.
- Prohibited Association.
- Acts by an athlete or other person to discourage or retaliate against reporting to authorities.

Anti-Doping Sanctions

A sanction is imposed by the Independent Anti-Doping Disciplinary Panel once an Anti-Doping Rule Violation has been determined.

Length of Sanctions

Sanctions for Anti-Doping Rule Violations may range from a public reprimand to a lifetime ban. The period of ineligibility may vary, depending on, but not limited to the following:

Anti-Doping Rule Violation

- The circumstance of an individual case, that is, the person's degree of fault or negligence, and/or the seriousness of the violation.
- The substance and whether or not it is the first time the offence is being committed.
- Aggravating Circumstances.
- Results Management Agreements.
- Multiple Violations.

The range of sanctions as stipulated by the World Anti-Doping Code includes:

1. Presence of prohibited substance/banned substance, its metabolites or markers in a sample: a reprimand and no period of ineligibility to maximum 4 years ineligibility from sport
2. Possession of banned substances or method: a reprimand and no period of ineligibility to a maximum of 4 years ineligibility from sport
3. Use or attempted use of prohibited substances or methods: a reprimand and no period of ineligibility to a maximum of 4 years ineligibility from sport
4. Whereabouts: 1 to 2 years ineligibility from sport
5. Evading, refusing or failing to submit to sample collection: a reprimand and no period of ineligibility to 4 years ineligibility from sport
6. Tampering or attempted tampering with the doping control process: a reprimand and no period of ineligibility to 4 years ineligibility from sport
7. Trafficking or attempted trafficking: a minimum of 4 years ineligibility from sport up to a lifetime ban
8. Administration or attempted administration: a minimum of 4 years ineligibility from sport up to a lifetime ban
9. Complicity or Attempted Complicity (assisting, encouraging, aiding, abetting, conspiring, covering up an Anti-Doping Rule Violation): a minimum of 2 years up to lifetime ineligibility
10. Prohibited Association: 1 to 2 years ineligibility from sport
11. Acts by an athlete or other person to discourage or retaliate against reporting to authorities: a minimum of 2 years to lifetime ineligibility

Consequences

The most common penalty for an Anti-Doping Rule Violation is a sanction imposing a period of ineligibility to participate in sport.

In addition to a period of ineligibility, there may be other consequences of committing an Anti-Doping Rule Violation. Such as:

- Automatic disqualification of individual results, including forfeiture of medals, points and prizes
- Disqualification of results in the event during which a violation occurs
- Disqualification of results in competitions subsequent to the initial test sample
- Ineligibility to compete in the next Olympic or Paralympic Games

Consequences for Team Sport

If more than two members of a team in a Team Sport are found to have committed an Anti-Doping Rule Violation during an event period, the ruling body of the event shall impose an appropriate sanction on the team (e.g., loss of points, disqualification from a competition or event, or other sanction) in addition to any consequences imposed upon the individual athletes committing the Anti-Doping Rule Violation.



LET'S TALK DOPING...

What's Doping?

Doping is when athletes use banned substances or methods to gain an unfair advantage in sport. These substances can be tablets, capsules, powders, drinks, injections or other products.

What's the Big Deal?

Some drugs can have serious side effects and damage an athlete's health. For example, anabolic steroids can cause mood swings, acne, liver and heart problems, and even premature death.

Doping in sport destroys fair play and sporting competition.

Doping Control

All athletes can be tested in and out of competition. Testing can take place anytime, anywhere.

Testing usually involves providing a urine sample under the supervision of a doping control officer. This is to ensure the integrity of the sample.

Why Do People Cheat?

Most athletes know that doping is not the right way forward, but some still take risks. Some athletes try to justify cheating by saying they are only doing what their rivals are doing. Others cheat for money, fame, or pressure from coaches, parents or friends.

Some athletes may also take medicines prescribed for genuine medical reasons without realizing that they contain prohibited substances.

Getting Caught

Athletes who are found to have prohibited substances in their bodies or who refuse to be tested can be banned from sport.

A doping violation could result in suspension, fines, disqualification, or permanent exclusion from sport.

Looking After You

If you need to take a medication prescribed by a medical doctor that contains a prohibited substance, you may apply for a Therapeutic Use Exemption (TUE). This allows you to take the medication without committing an anti-doping rule violation, provided all the criteria are met.

Play Fair

Playing fair requires honesty, commitment, and courage. It also means respecting the rules of sport, respecting yourself and others, and always competing with integrity.

- Respect the rules of sport.
- Respect yourself and don't take shortcuts.
- Respect other athletes and don't cheat.
- Have fun and enjoy being part of the action.

PROHIBITED DRUGS

There are many types of drugs prohibited in sport because of the damage they can do to an athlete's health and to fair play. Every year a new list of prohibited substances is prepared by the World Anti-Doping Agency. These drugs fall within the following categories:

- **Stimulants** may increase concentration and reduce tiredness, but they can also damage the heart.
- **Steroids** can increase muscle and strength, but they harm the heart, liver, and reproductive system and can cause sudden death.
- **Hormones** can have a variety of useful medical purposes, but they can be harmful when you are young and still growing.
- **Diuretics** may help with weight loss but they cover up the use of other prohibited drugs and can cause dehydration and fatigue.
- **Narcotics** can relieve pain but this could lead to a lasting injury.
- **Cannabinoids (Hashish, Marijuana)** can act as relaxants, but may also lead to loss of coordination and concentration.

Even if you take something by accident it is still considered doping. Ultimately, you are responsible for everything that goes into your body.

THINK ABOUT THIS

- Sport is about expressing your true self and realizing your own unique potential.
- Being successful; at sport takes the right attitude, practice, time and effort.
- Giving your natural best is always good enough.
- You will be judged on how you play, not just the result.
- You and only you are responsible for what goes into your body.



FILING WHEREABOUTS INFORMATION

Whereabouts is provided from athletes in both the Registered Testing Pool (RTP) and Lower Testing Pool (LTP). Whereabouts information is also provided by the association for athletes in the Team Testing Pool (TTP). This information indicates the location of athletes at specific times. Athletes are required to file their whereabouts information quarterly.

This information provides accurate and complete information about the athlete's whereabouts during the quarter. This includes identifying where he or she will be living, training and competing during that quarter, so that he or she can be located for testing at any time during that quarter.

An athlete will be notified by the Anti-Doping Administration and Management System (ADAMS) of the information he or she provided. ADAMS is an online database management system on which the whereabouts information is entered each quarter.

- Athletes in JADCO's Registered Testing Pool are required to identify one 60-minute time slot between the hours of 5:00 a.m. and 11:00 p.m. when he or she will be available at a specified location for testing. They are also required to submit the following information when filing their whereabouts information:
- Full address of the place where he or she will be staying overnight (e.g. home, hotel, temporary lodgings).
- The name and address of the place where he or she will be training, working or conducting any other regular activities.
- The dates and venues where he or she is scheduled to compete during the upcoming quarter.
- Current email address, telephone numbers at home and work and cellular numbers.

Athletes included in the JADCO's RTP are also required to submit whereabouts information by the following deadlines:

- For Quarter 1 which is the period January 1 to March 31, the deadline is December 15
- For Quarter 2 which is the period April 1 to June 30, the deadline is March 15.
- For Quarter 3 which is the period July 1 to September 30, the deadline is June 15
- For Quarter 4 which is the period October 1 to December 31, the deadline is September 15

Athletes have the option of filing their whereabouts information on their own or assigning a representative to assist them.

An athlete may choose to delegate the task of filing their whereabouts information to a third party, such as a coach, manager, or a National Federation. If the third party agrees to this, the athlete will need to notify JADCO in writing of this arrangement.

However, it is important to note that even if an athlete delegates the responsibility of filing of their whereabouts information to a third party, the onus is on them to ensure accurate and timely filing of the information submitted.

Filing whereabouts information is very important for athletes and there are consequences for consistently failing to submit or update your information before the deadline or failing to be at the location specified in the information provided.

These consequences, include a filing failure, which is failure to file by the deadline or providing incomplete or misleading information and a missed test which is not being at the location specified in your 60-minute slot when a Doping Control Officer comes to test you.

Please be reminded that three filing failures and or missed tests in a 12-month period may result in an Anti-Doping Rule Violation, punishable by a maximum period of 2 years ineligibility from sport.

WHEREABOUTS



Athletes are ambassadors and role models. They have an important responsibility in protecting the integrity of their sport. Part of that obligation means that you will now need to provide whereabouts details so that anti-doping authorities can better ensure all athletes **play true**.

Why Whereabouts?

Providing whereabouts is about protecting your right to clean sport. Whereabouts information gives the Anti-Doping Organization (ADO) the ability to locate athletes with no notice, which is vital to testing athletes who choose to cheat themselves by doping.

Knowing where athletes can be found for testing is crucial for ensuring effective anti-doping programs.

Who is Included?

Very few athletes are in the Registered Testing Pool (RTP) and need to provide accurate and current whereabouts information.

International Federations and National Anti-Doping Organizations are responsible for determining if you are required to provide whereabouts information or not.

What do I Need to Provide?

If you are asked to provide whereabouts information by your ADO, you may be required to provide information such as:

- home address
- training information and locations
- competition schedules
- regular personal activities such as work or school
- For those few athletes included in a RTP, one 60-minute time period a day, where you'll be available for testing, must also be provided.

Remember that all athletes can still be tested anytime and anywhere. However, for RTP athletes, a missed test may be recorded if you are unavailable during your declared 60-minute window.



Some quick facts on updating your Whereabouts



- You may be able to update your whereabouts details simply by sending an SMS to your relevant ADO or using the WADA mobile App.
- There may be consequences if you are not present without a valid reason. If you cannot be located for testing, you have the opportunity to explain why.
- You can choose to have your agent or other representative submit your whereabouts for you, but keep in mind you are still responsible for that information.
- If you are part of a team, your whereabouts information may be submitted by a coach or team official as part of your team's collective filing.

Updating your whereabouts is easy with



WADA's Anti-Doping Administration and Management System (ADAMS), is an online tool that athletes can access anytime and anywhere to update their whereabouts information, including by SMS. ADAMS is available in English, French, Spanish, Arabic, Dutch, Finnish, German, Italian, Japanese, and Russian.

ADAMS is free, easy to use, and its multi-level access control ensures the privacy and security of your information. Ask your relevant anti-doping organization if ADAMS is something they use or plan to use in the future.



JADCO EDUCATES JAMAICA PREMIER LEAGUE



Jervis Neita, acting sample collections and testing manager at JADCO, delivers a presentation on the doping control process to members of the Arnett Gardens Football Club on Tuesday, September 9.

The Jamaica Anti-Doping Commission (JADCO) has once again strengthened its outreach efforts by continuing its education programme with members of the Jamaica Premier League (JPL). This latest session was conducted with the Arnett Gardens Football Club, reaffirming JADCO's commitment to ensuring that Jamaica's athletes and support personnel are fully equipped with the knowledge to compete clean and uphold the principles of fair play.

The interactive session, held on Tuesday, September 9, focused on critical aspects of anti-doping at their home base in Arnett Gardens. Players, coaches, and support staff were guided through the doping control process, giving them a clear understanding of what to expect during testing, from notification to the collection and sealing of samples. This practical knowledge helps reduce uncertainty and ensures that athletes are comfortable and confident when undergoing testing procedures.

In addition to the sample collection process, participants were also educated on the 11 Anti-Doping Rule

Violations (ADRVs) outlined by the World Anti-Doping Agency (WADA). These violations extend beyond simply testing positive for a prohibited substance, they also include actions such as refusing to submit to sample collection, tampering with the doping control process, possession of banned substances, and complicity in anti-doping violations. By highlighting these areas, JADCO underscored the importance of athletes understanding their rights and responsibilities under the global anti-doping framework.

The session also emphasised the role of proper nutrition, supplement awareness, and the potential risks of inadvertent doping. Athletes were encouraged to make informed decisions about what they consume, to always check the Prohibited List, and to seek guidance whenever in doubt.

JADCO representatives highlighted that education is the first line of defense against doping in sport. By proactively engaging football clubs across the JPL, JADCO is ensuring that athletes are not only aware of the rules but are also empowered to make choices that protect their careers and Jamaica's sporting reputation.

The Arnett Gardens Football Club welcomed the session, noting its value ahead of the competitive season. With football being one of Jamaica's most popular sports, JADCO's ongoing partnership with the JPL plays a crucial role in reinforcing the message of integrity and clean competition.

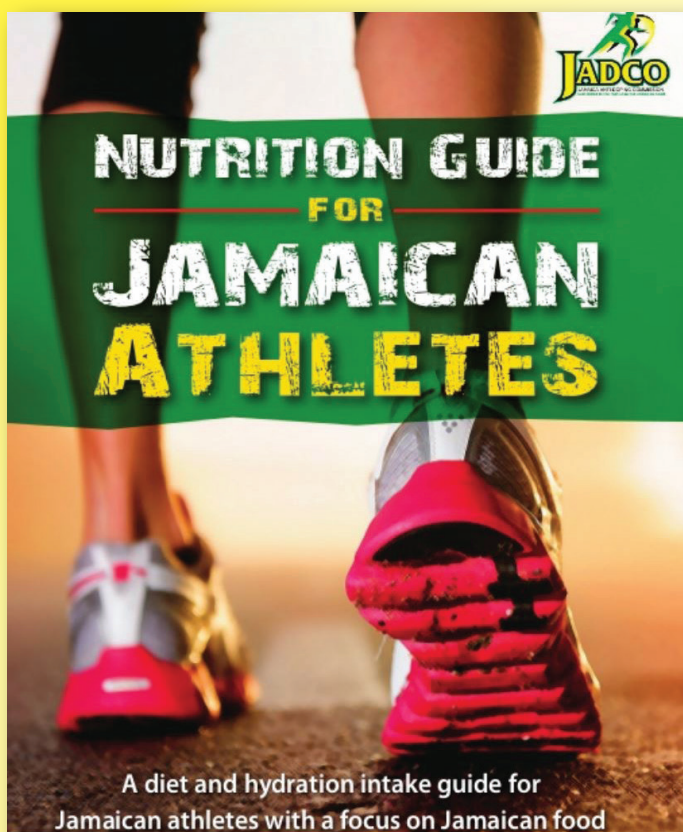




JADCO'S

Nutrition Corner

TIPS FOR FOOTBALLERS



Football is one of the world's most loved sports, and in Jamaica, it holds a special place in the hearts of fans and athletes alike. The game is played between two teams of 11 players on a field, and while spectators may see the excitement of goals, passes, and tackles, there is a lot more happening beneath the surface. Football requires tremendous athleticism - players often shift speed or change direction every four to five seconds during a match. Every sprint, kick, and tackle calls for quick reflexes, endurance, strength, and the ability to remain composed under pressure.

Because of these demands, proper nutrition is not just important—it is essential. Food fuels performance, and without the right balance of nutrients, even the most talented footballer may struggle to keep up. The Jamaica Anti-Doping Commission's (JADCO) *Nutrition Guide for Jamaican Athletes* highlights how athletes can use nutrition to sharpen their alertness, improve reaction times, sustain energy, and build the resilience needed to compete at their best.

Carbohydrates: The Power Source

For footballers, carbohydrates are the body's main source of energy. JADCO's guide recommends that during periods of heavy training, players should consume between 2.3 to 3.2 grams of carbohydrate per pound of body weight each day. This ensures that muscles have the fuel they need for repeated sprints, rapid bursts of energy, and long stretches of play. Foods such as rice, pasta, bread, yams, sweet potatoes, and fruits provide excellent sources of these carbohydrates.

On less demanding training days, or when recovering from injury, carbohydrate intake needs to decrease. At these times, footballers should aim for 1.4 to 2.3 grams of carbohydrate per pound of body weight daily. Adjusting intake helps maintain energy balance without leading to unnecessary weight gain.



Protein and Healthy Fats: Building and Repairing

While carbohydrates provide fuel, protein plays a critical role in repairing and building muscle tissue. After a tough training session or a competitive match, protein-rich foods such as chicken, fish, eggs, beans, and peas help muscles recover and grow stronger.

Fat is also important, but not all fats are equal. The Nutrition Guide stresses that footballers should choose healthy fats such as those found in nuts, avocados, and olive oil, over unhealthy, fried, or heavily processed options. Healthy fats support long-lasting energy and overall well-being.



Hydration and Heat Management



Jamaica's tropical climate means footballers also face the challenge of high temperatures during training and competition. Sweating depletes the body of water and essential electrolytes. Staying hydrated before, during, and after a match is vital to maintaining focus, preventing cramps, and keeping the body cool.

Water is the best choice, but during long training sessions or tournaments, sports drinks can help replace electrolytes lost through sweat.

Nutrition is not a one-size-fits-all approach. Each footballer's body, training schedule, and position on the field may influence their exact needs. Midfielders, for example, often cover more distance than defenders or goalkeepers, which means they may require higher carbohydrate intake to sustain their activity.

Beyond the field, good nutrition also supports mental clarity, injury prevention, and faster recovery, giving athletes the edge they need not just to play, but to excel.

The Jamaica Anti-Doping Commission encourages all athletes to take their nutrition as seriously as their training. For more detailed tips and practical meal guidelines, consult the *JADCO Nutrition Guide for Jamaican Athletes*, available at jadco.gov.jm.

By combining discipline on the field with smart choices in the kitchen, Jamaica's footballers can continue to showcase the strength, speed, and skill that make the game such an enduring part of the nation's sporting culture.

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, October 29, 2025, at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, October 30, 2025:

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



BUILDING CHAMPIONS WITH INTEGRITY

Every champion has a story. It is not only about the number of trophies won or the goals scored, but about the values that guide each step of the journey. In sport, as in life, true greatness is measured not just by performance on the field, but by the integrity that carries athletes through victory, defeat, and everything in between.

Integrity is the foundation of lasting success. It is the unseen quality that pushes an athlete to train harder when no one is watching, to respect the rules of the game, and to compete fairly regardless of the stakes. Talent may open doors, but integrity ensures that the success achieved is authentic, respected, and enduring.

At the heart of Jamaica's sporting legacy is not only the speed of its sprinters or the skill of its footballers, but also the example they set for generations to come. Building champions requires discipline, sacrifice, and resilience, but without integrity, the victories are hollow. A champion with integrity understands that how the game is played is just as important as the final score.

Building champions with integrity means:

1. Commitment to Fair Play: Competing clean, without shortcuts or prohibited substances, and upholding the spirit of the sport.
2. Respect for Self and Others: Recognising that opponents, teammates, coaches, and fans all play a

role in the journey.

3. Accountability: Taking responsibility for actions, both on and off the field.
4. Consistency: Living by principles that do not change with circumstance.

For young athletes, integrity is a guiding light. It helps them stay focused in the face of pressure, resist temptations that could derail their careers, and remain humble in success. For seasoned athletes, it becomes a legacy, proof that they not only won, but did so in a way that inspires trust and admiration.

As a nation, when we invest in sport, we are investing in more than just games, we are investing in character. Jamaica's future champions will not only stand tall on podiums but will also serve as role models whose strength comes from their honesty, discipline, and respect for the game. To build champions with integrity is to create leaders, on the field, in communities, and in the world. That is the true victory.

-Chevauni D-P Blair





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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:

JADCO EDUCATE RACERS TRACK CLUB SUMMER CAMPERS



JADCO hosted an anti-doping education session on July 17, with Racers Track Club at their 2025 summer camp at the University of the West Indies, Mona, highlighting the importance of fair play and guiding athletes through the doping control process.

JADCO PARTICIPATES IN G.C. FOSTER COLLEGE AUTISM AND SPORTS SUMMER CAMP



JADCO participated in the inaugural staging of the G.C. Foster College Autism and Sports Summer Camp on Thursday, July 17. The team engaged basketball student athletes, sharing the importance of clean sport with campers at G.C. Foster College.

JADCO BRINGS ANTI-DOPING EDUCATION TO ST. GEORGE'S COLLEGE



Student-athletes of St. George's College look on as a JADCO representative delivers a presentation on the doping control process. The session, held on Wednesday, July 23, 2025, formed part of the institution's summer school programme.

JADCO HOSTS ANTI-DOPING WORKSHOP WITH UWI MONA ACADEMY OF SPORT



Jervis Neita, JADCO's sample collections and testing manager, guides student-athlete Judeen Ebanks through the sample collection process during an education session on Thursday, September 25, 2025, while her teammates observe in the background.

JADCO EDUCATES JAMAICA SCORPIONS IN ANTI-DOPING WORKSHOP



Brad Barnes of the Jamaica Scorpions demonstrates the sample collection process to his teammates during a workshop at Sabina Park on Tuesday, September 23, 2025, as Jervis Neita, sample collections and testing manager at JADCO, looks on.

JADCO HOSTS ANTI-DOPING EDUCATION WORKSHOP FOR JAMAICA'S U-21 NETBALLERS

On Saturday, September 6, JADCO hosted an anti-doping education workshop with Jamaica's U-21 netballers at The Sunshine Chalet (Netball House), ahead of their matches in Gibraltar.



June Spence Jarrett, executive director of JADCO, delivers remarks at the anti-doping education workshop with Jamaica's U-21 netballers.



Chevauni Blair, public relations and education officer at JADCO, presents on the functions and responsibilities of the Commission during the anti-doping education workshop with Jamaica's U-21 netballers.



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

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