

GOVERNMENT OF JAMAICA, JADCO AND WADA

SIGN AGREEMENT FOR 2027 GAIIN AMERICAS WORKSHOP



The Honourable Olivia Grange, minister of culture, gender, entertainment and sport, and Günter Younger, director of intelligence and investigations at WADA, sign an agreement for the 2027 GAIIN Americas Workshop to be held in Jamaica. Looking on are Debby-Ann Brown Salmon (2nd left), chairperson, JADCO; Lovena Pavaday (left), intelligence and investigations administration and operations manager at WADA; and Francisco León (right), director of WADA's Latin America and Caribbean office. Standing are June Spence Jarrett, executive director, JADCO; Dean-Roy Bernard (left) and Denzil Thorpe, permanent secretaries in the Ministry of Culture, Gender, Entertainment and Sport. The signing of the joint declaration of intent took place at the Ministry's office on Wednesday, March 25, 2026.

Play True Day 2026: Jamaica Champions Clean Sport and Accountability

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EDITORIAL

A Firm Stance

Jamaica stands at a critical juncture in global sport, where the pressure to re-define competition is growing, but so too is the need to protect its core values. The Government of Jamaica's firm rejection of the Enhanced Games, articulated at the 2026 JADCO Symposium, sends a clear and necessary message: Jamaica will not compromise on fairness, health, or integrity in sport.

This position goes beyond policy. It reflects a national identity grounded in discipline, credibility, and respect for the rules that ensure a level playing field. At a time when new models of competition challenge long-standing standards, Jamaica has chosen principle over convenience.

Across the island, that commitment is being reinforced through action. JADCO's education initiatives, from its Region Four workshop in St. Ann to the expanding 2026 School Tour in St. Catherine, are shaping how young athletes understand the responsibility, decision-making, and the true meaning of fair play. The introduction of interactive platforms such as the Anti-Doping Quiz Competition further signals a shift toward deeper engagement and lasting behavioural change.

Training and Improvement

Institutional strengthening also remains key. The recruitment and training of additional doping control personnel ensures that Jamaica continues to meet international standards while safeguarding the credibility of its sporting system.

Ultimately, the message is simple but powerful. Clean sport is not sustained by rules alone, but by the everyday choices of athletes, coaches, and communities. As Play True Day 2026 approaches, Jamaica is reminded that integrity begins at the individual level.

In protecting clean sport, Jamaica is preserving more than competition. It is safeguarding a legacy built not only on excellence, but on doing things the right way.



It starts with you

JAMAICA TO HOST 2027 GAIIN AMERICAS WORKSHOP FOLLOWING GOJ/JADCO–WADA AGREEMENT



Seated l-r: Günter Younger, director of intelligence and investigations at WADA; the Honourable Olivia Grange, minister of culture, gender, entertainment and sport; Lovena Pavaday, intelligence and investigations administration and operations manager at WADA; Francisco León, director of WADA's Latin America and Caribbean office. Standing l-r: Denzil Thorpe, permanent secretary, Ministry of Culture, Gender, Entertainment and Sport; Florette Blackwood, board director, JADCO, Suzette Ison, Principal Director, Sport Policy Development and Monitoring, Ministry of Culture, Gender, Entertainment and Sport; Debby-Ann Brown Salmon, chairperson, JADCO; June Spence Jarrett, executive director, JADCO and Dean-Roy Bernard, permanent secretary, in the ministry. The event was the signing of joint declaration of intent held at the Ministry's office on Wednesday, March 25, 2026.

New Anti-Doping Agreement

The Jamaica Anti-Doping Commission (JADCO), in partnership with the World Anti-Doping Agency (WADA) and the Government of Jamaica through the Ministry of Culture, Gender, Entertainment and Sport (MC-GES), has officially signed a Joint Declaration of Intent to host the Global Anti-Doping Intelligence and Investigations Network (GAIIN) Americas Workshop in Jamaica in 2027.

The signing ceremony, held on Wednesday, March 25, at the Ministry's office, marked a significant milestone in strengthening intelligence-led approaches to safeguarding clean sport and enhancing collaboration across sectors.

Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange, reaffirmed the Government's commitment to clean sport and international collaboration, highlighting Jamaica's leadership role in advancing anti-doping efforts and protecting the integrity of athletics.

Minister Grange stated, "Jamaica has long been a champion of fairness and integrity in sport, and this partnership with WADA further strengthens our resolve to protect our athletes and uphold the highest standards globally."

She added, "Hosting the GAIIN Americas Conference reflects Jamaica's leadership in the region and our commitment to working collaboratively across sectors to combat doping and safeguard the future of sport."

WADA's Director for Latin America and the Caribbean, Francisco León, commended Jamaica's longstanding partnership with the global body. He noted, "Jamaica is a very strong partner of WADA, and JADCO is an example of what a national anti-doping organisation should look like." He noted this can only happen if there is the right leadership, and he thanked Minister Grange, JADCO's Chairman, and JADCO's Executive Director for the work being done. He also lauded the entire JADCO team, "for what they do day in day out, without you this would not be possible."

León added that collaboration remains central to progress, stating, "We cannot work outside of athletes; we must work with them to ensure we are moving in the right direction." He underscored the importance of intelligence and investigations in addressing doping at its root, rather than focusing solely on athletes.

Education is Key

Director of Intelligence and Investigations at WADA, Günter Younger, highlighted the evolving approach to anti-doping, emphasising that the first pillar is education and communication, and providing athletes with information is the first and most critical step.

He explained that while the second pillar, testing, remains essential, a more targeted approach is necessary: "Testing will always be necessary, but the question is, are so many tests necessary when there are so many negative tests?"

Describing intelligence and investigations as the third pillar, he said this is what will allow WADA to focus on those who are orchestrating doping. "Intelligence and investigations are critical to targeting real risks and reducing unnecessary testing, while protecting athletes, especially minors, from undue intrusion." He highlighted that of the eleven anti-doping rule violations, only two are detected through testing, with the rest needing to be investigated.

Younger also underscored the role of the fourth pillar, law enforcement, noting that collaboration with law enforcement is critical, as their focus is on dismantling criminal networks behind doping, not the athletes themselves.

In her remarks, JADCO's Chairman Debby-Ann Brown Salmon described the occasion as a defining moment in the global fight against doping, "This signing represents a landmark moment for anti-doping and clean sport communities and symbolises the beginning of a joint mission with our partners and key stakeholders in the fight against doping in sport."

She further emphasised the values underpinning the initiative, noting, "Clean sport is not just about fair play; it involves upholding integrity, promoting transparency, and protecting the health and rights of athletes."

Delivering closing remarks, JADCO's Executive Director, June Spence Jarrett, described the signing as a major step forward for Jamaica and the region and underscored Jamaica's global standing: "By working collaboratively with our international and regional partners, we are enhancing our capacity to detect, deter, and disrupt doping and related illicit activities."

Upcoming Workshop

Spence Jarrett said hosting the GAIN Americas workshop in Jamaica positions the country as a leader in advancing intelligence and investigation within the anti-doping landscape. "It also underscores our commitment to safeguarding athletes, upholding integrity in sport, and contributing to broader national and regional security efforts."

JAMAICA TO HOST 2027 GAIN AMERICAS WORKSHOP FOLLOWING GOJ/JADCO-WADA AGREEMENT

The GAIN Americas workshop will bring together stakeholders from law enforcement, customs, immigration, sporting bodies, and intelligence agencies to strengthen cooperation, share best practices, and enhance investigative capacity in addressing doping and related illicit activities.

The signing reinforces Jamaica's commitment to clean sport, athlete welfare, and international collaboration, while positioning the country at the forefront of innovative anti-doping strategies in the Americas.



It starts with you



GRANGE AFFIRMS JAMAICA'S COMMITMENT TO CLEAN SPORT, REJECTS ENHANCED GAMES AT JADCO'S SYMPOSIUM



Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange delivers the keynote address at the 2026 JADCO Symposium on Thursday, January 22 at the Terra Nova All-Suite Hotel in Kingston.

Rejecting Enhanced Games

Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange, says Jamaica cannot endorse the hosting of, or participation in, the Enhanced Games. The Enhanced Games allow athletes to compete using performance-enhancing substances.

Speaking on Thursday, January 22, 2026, at the Jamaica Anti-Doping Commission's Annual Symposium, Minister Grange said, "The Enhanced Games is counter to everything we believe in and promote at JADCO, and as signatories to the International Convention Against Doping In Sport and the WADA Code." She noted that the issue extends beyond rules and testing, framing clean sport as a reflection of Jamaica's national identity.

"All stakeholders must begin to see 'clean sport' as more than a regulatory issue; we must begin to see it as a matter of character,

in a sense, national character, and tied to our national development. Integrity, fairness, and discipline must be seen as central to who we are as a people and must be reflected in every aspect of our sporting culture. We must agree as a nation that when we uphold clean sport, we are safeguarding our global reputation."

The Minister's comments were supported by JADCO's chairperson, Debby-Ann Brown Salmon, who said the existence of the Enhanced Games only strengthens Jamaica's determination to uphold the highest standards of clean sport, and inspires us to continue fighting for a fair and honourable environment for all Jamaican athletes.

She noted that while new platforms and the promise of rewards may seem attractive, we must consider the long-term consequences of such choices.

GRANGE AFFIRMS JAMAICA'S COMMITMENT TO CLEAN SPORT, REJECTS ENHANCED GAMES AT JADCO'S SYMPOSIUM

"Participation in events like the Enhanced Games undermines the principles we have worked very hard to uphold. Athletes who align with such organisations risk their reputations, future eligibility in mainstream sport, and most importantly, the trust of their communities and country by far. By stepping away from clean sport, they jeopardise not only their own legacy, but also Jamaica's sporting excellence and integrity on the world's stage."

Brown Salmon noted that upholding clean sport is about more than personal achievement, adding that it's about preserving the honour, respect, and pride that the Jamaican sporting fraternity upholds.

Commenting on the symposium's theme, "Empowering Clean Sport: JADCO's Vision for Jamaica, executive director June Spence Jarrett said empowering clean sport involves promot-

ing fairness, integrity, and respect in sport. She emphasised that it is about athletes competing without performance-enhancing drugs and upholding ethical standards, adding that clean sport is crucial for maintaining the trust and credibility of sport, ensuring a level playing field for all.

"When we speak of fairness, this means athletes competing on merit, without unfair advantages. When we mention integrity and respect, this means athletes and support staff maintaining honesty and transparency and respecting themselves, their competitors, and the sport," noted Spence Jarrett.

More than 150 participants from over 30 sporting associations, federations, professional organisations, and educational institutions attended the event.





JADCO ELEVATES CLEAN SPORT EDUCATION WITH DYNAMIC REGION FOUR WORKSHOP IN ST. ANN



June Spence Jarret (left), executive director and Gillian Haughton (right), director, communication and education at JADCO share lens with coaches and student-athletes of Annotto Bay High School following the Junior Athletes Anti-Doping Education Workshop on March 4, 2026.

Building Our Youth

The Jamaica Anti-Doping Commission continues to strengthen its national youth engagement programme with a high-impact staging of its Junior Athletes Anti-Doping Education Workshop for Region Four, held on Wednesday, March 4, at the Cardiff Hotel and Spa in Runaway Bay, St. Ann.

Bringing together student-athletes, coaches, teachers, and support personnel from across St. Ann, St. Mary, Portland, and sections of Trelawny, the workshop delivered a refreshed and forward-thinking approach to anti-doping education, positioning young athletes at the centre of Jamaica's clean sport movement.

Set against the backdrop of renewed national focus on athlete development, the workshop formed a critical part of JADCO's island-wide education drive, equipping participants with the knowledge, awareness, and ethical grounding required to compete at the highest levels with integrity.

Unlike traditional lecture-style sessions, the staging embraced a more interactive and immersive format. Participants were guided through the core principles of anti-doping and encouraged to engage with real-life scenarios, ask questions, and reflect on the personal responsibility that comes with being an athlete, including how they communicate, carry themselves, and share their stories both in person and online.

Central to the discussions were the consequences of Anti-Doping Rule Violations (ADRVs), the importance of informed decision-making, and the long-term impact of maintaining clean, fair competition. JADCO representatives also underscored the role of athlete support personnel in safeguarding athletes and reinforcing a culture of accountability within sporting environments. The session reinforced a clear message: success in sport must never come at the expense of integrity.

National Quiz Competition

Adding a fresh layer of excitement and engagement, JADCO used the region four platform to spotlight its national Anti-Doping Quiz Competition, an innovative initiative designed to transform education into an interactive and competitive experience that will roll out later this year.

Targeting secondary school student-athletes, the competition challenges participants to apply their knowledge of clean sport in a structured, high-energy format. It features three rounds, beginning with a Quick Response segment, followed by a Team Challenge built around real-world scenarios, and culminating in a fast-paced Buzzer round for top-performing teams.

Questions are drawn from official JADCO resources, including its website, educational materials, the 2026 WADA Prohibited List, and nutrition and hydration guidelines, ensuring that participants engage with credible and up-to-date information.

Beyond competition, the initiative is strategically designed to deepen knowledge retention, foster teamwork, and encourage schools to embed anti-doping education within their sporting programmes.

To further motivate participation, JADCO has attached tangible rewards to the competition, including cash prizes and trophies for the top three teams. However, officials emphasise that the true prize lies in the knowledge gained and the values instilled.

The Commission anticipates that this blended approach of education and competition will significantly enhance awareness, strengthen partnerships with schools, and cultivate a new generation of athletes committed to clean sport.

The region four workshop stands as a testament to JADCO's evolving strategy, one that moves beyond awareness to active engagement and behavioural change. By reaching athletes early and presenting information in ways that resonate, the Commission is laying a solid foundation for a more informed, responsible, and resilient sporting culture.

As Jamaica continues to produce world-class athletes, initiatives like these ensure that excellence is matched by ethics, and that the nation's sporting legacy remains one defined not only by performance, but by principle.

Through innovation, collaboration, and sustained outreach, JADCO is not just educating athletes; it is shaping the future of sport in Jamaica.





JADCO EXPANDS 2026 SCHOOL TOUR ACROSS ST. CATHERINE



Jervis Neita, Sample Collection and Testing Manager, delivers a presentation on the doping control process during JADCO's first 2026 School Tour stop at Waterford High School on February 11.

St. Catherine in Focus

The Jamaica Anti-Doping Commission (JADCO) has officially launched its 2026 School Tour, continuing its mission to educate and empower young athletes on the importance of clean sport. This year's staging places a strong focus on schools across St. Catherine, with early visits already completed at Waterford and Innswood High Schools.

The tour, which builds on the success of previous engagements, brings together student-athletes, teachers, coaches, and athlete support personnel in meaningful discussions surrounding anti-doping, integrity in sport, and the promotion of healthy, drug-free lifestyles.

JADCO's School Tour remains a cornerstone of the Commission's public education strategy, aimed at raising awareness about the

dangers of doping while reinforcing the values of fairness, discipline, and accountability in sport. Through interactive presentations, students are introduced to key anti-doping principles, including the significance of compliance and the serious consequences associated with anti-doping rule violations (ADRVs).

Executive Director of JADCO, June Spence Jarrett, underscored the importance of early engagement in shaping the mindset of future athletes.

"We are proud to continue this important work in St. Catherine. Our goal is not only to educate but to inspire young athletes to embrace integrity as a core value in their sporting journey. Clean sport is not just a rule, it is a responsibility," she said.



She further noted, "When we reach athletes at this early stage, we are investing in more than just their performance. We are helping to build character, strengthen decision-making, and ensure they are equipped to navigate the pressures that can come with competitive sport."

During the sessions, JADCO representatives engaged directly with participants, creating an interactive environment where students could ask questions, share perspectives, and deepen their understanding of anti-doping regulations. Educational materials and resources were also distributed to support continued learning and to encourage students to become ambassadors for clean sport within their schools and communities.

The visits to Waterford and Innswood High have already set a strong tone for the 2026 tour, with students demonstrating keen interest and active participation throughout the sessions. The initiative is expected to continue across additional schools within the parish in the coming weeks, further expanding JADCO's reach and impact.



Students listen attentively as a JADCO representative delivers a presentation at Waterford High School.

Play True Day 2026: Jamaica Champions Clean Sport and Accountability

A Call to Play True

The Jamaica Anti-Doping Commission (JADCO) is joining the World Anti-Doping Agency (WADA) in marking Play True Day 2026 on April 17, as part of a global call for athletes to uphold integrity in sport under the theme “Play True. It Starts with You.”

Observed annually, the initiative brings together anti-doping organisations, athletes, and sporting bodies worldwide to reaffirm a shared commitment to fair competition. For Jamaica, JADCO says the message is both timely and necessary, particularly as young athletes prepare for major competitions on the national and international stage.

At its core, the campaign highlights a simple but far-reaching principle: that clean sport depends not only on rules and regulations, but on the everyday decisions made by athletes and those who support them.

When asked for his thoughts on Play True Day, Günter Younger, Director of Intelligence and Investigations at WADA, said the initiative remains a vital part of the global anti-doping effort.

“I think Play True Day is a very important initiative from the World Anti-Doping Agency because it clearly demonstrates what connects us, and that is sport. Especially for our children and young athletes, we need to ensure they understand that sport is not just about competition, it is about protecting integrity,” he said.

That message is already resonating among young athletes. Xavier Brown, a track athlete at York Castle High School, reflected on the meaning of fair play, noting that it goes beyond simply avoiding cheating.

“Playing fair is really about how an athlete sees themselves,” he said. “It’s about self-image and confidence. If you truly believe in your ability, there’s no reason to take shortcuts. Competing unfairly gives an advantage you know isn’t right.”

He added that athletes must also be mindful of the consequences of their choices, pointing out that violations of anti-doping rules can result in a range of sanctions, depending on the offence.

JADCO’s Commitment

JADCO’s work throughout the year reflects this same emphasis on personal responsibility. Through a combination of education, testing, and outreach, the Commission continues to strengthen safeguards designed to ensure a level playing field. Its school tours, symposium, athlete workshops, booth setups, and community engagements are aimed at equipping athletes with a clear understanding of anti-doping rules, including the consequences of violations and the importance of making informed choices about what they consume.

Speaking on the significance of the observance, Executive Director June Spence Jarrett said the responsibility to protect sport must be shared.

“Play True Day is a reminder that clean sport begins with the individual. Every athlete has a role to play in protecting the integrity of competition, not just for themselves, but for their peers and for the future of sport,” she said.

Among athletes, the idea of integrity is also closely tied to legacy and influence. Keshorn York, a student-athlete at York Castle High School, described fair play as a defining quality of true champions.



Play True Day 2026: Jamaica Champions Clean Sport and Accountability

"A champion is someone who inspires others," he said. "Playing true is not just about following rules; it's about protecting the integrity of your journey. When you don't play fair, you risk more than sanctions; you could lose sponsorship opportunities, and it can also have serious effects on your health."

Practical Advice

JADCO is also encouraging athletes to take practical steps to compete clean. These include checking all medications and supplements before use, remaining informed about the Prohibited List, and seeking guidance when in doubt. Athletes are further urged to be mindful of their digital presence, recognising that how they present themselves and their choices online can influence others and reflect their commitment to clean sport.

For educators and coaches, reinforcing these values remains a priority. Miss Williams of Annotto Bay High School emphasised the importance of fairness in competition and consistent guidance for young athletes.

"It's important that everyone competes on a level playing field, and that's why playing fair matters," she said. "At our school, we prioritise training and ongoing conversations with our athletes. We also remind them to be cautious with supplements and only use what is properly verified and safe."

The Commission maintains that support is readily available. Athletes, coaches, and support personnel can access guidance through JADCO's education programmes, direct consultations, and official communication channels, ensuring that no athlete is left uncertain about their responsibilities.

Since its launch in 2014, Play True Day has grown into a global movement, with increasing participation each year. For JADCO, however, the focus remains firmly local: reinforcing a culture where fairness is non-negotiable and where athletes are empowered to do what is right, even when no one is watching.

As the day is observed across the island, the message is clear: clean sport is not left to chance. It is built on knowledge, accountability, and the courage to choose integrity at every step.

SAY NO! TO DOPING



JADCO HOSTS JOB FAIR, NEW DOPING CONTROL PERSONNEL SUCCESSFULLY TRAINED



Need for Recruitment

In a decisive move that underscores Jamaica's uncompromising stance on fairness in sport, the Jamaica Anti-Doping Commission (JADCO) successfully concluded a high-impact Job Fair aimed at expanding and strengthening its national doping control team.

Held on January 31 at the Commission's Ballater Avenue office, the recruitment initiative drew an impressive cross-section of applicants, each seeking to play a direct role in protecting the integrity of Jamaican athletics.

What followed was far from routine. After a meticulous screening process, shortlisted candidates advanced to an intensive three-day training and assessment programme on the weekend of February 20-22. The training sessions were exacting, covering doping control procedures, sample collection protocols, athlete rights and responsibilities, ethical compliance, and strict adherence to the global standards outlined in the World Anti-Doping Agency Code.

By the programme's conclusion, a new cadre of certified Doping Control Officers and Chaperones had successfully met the Commission's rigorous benchmarks. Their induction marks a meaningful expansion of JADCO's operational capacity, enabling broader and more efficient testing coverage across the island.



A Bright Future for JADCO

Executive Director June Spence Jarrett described the response as a powerful affirmation of national commitment.

"The calibre of applicants was exceptional," she noted. "The individuals selected have demonstrated both competence and character. They are prepared to serve with professionalism, impartiality, and integrity, ensuring Jamaica continues to meet and exceed international standards."

The initiative forms part of JADCO's wider strategic agenda to fortify institutional capacity and reinforce its operational framework. At a time when global sport demands heightened transparency and accountability, the Commission's latest effort signals more than recruitment. It represents renewal.

In strengthening its testing team, Jamaica reinforces its longstanding reputation not only as a powerhouse of athletic talent, but as a nation steadfast in its defence of clean sport.

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.





INTERNATIONAL

WOMEN'S DAY

8 MARCH, 2026

Today, we celebrate the strength, resilience, and achievements of women around the world.

 www.jadco.gov.jm



HEALTH & WELLNESS FAIR



Friday, May 29, 2026
1 Ballater Avenue, Kgn. 10
10:00 a.m. - 4:00 p.m.

Theme:

Healthy Living: Wellness in Motion

SERVICES OFFERED:

- Nutrition consultation
- Doctor consultation
- Dental screening
- Eye screening
- Health checks: heart, blood pressure, blood sugar, BMI
- HIV test
- Jamaica Athletes' Insurance Plan



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JADCO RETURNS TO SILOAH CHURCH, DONATES SOUND EQUIPMENT, AND RECEIVES PLAQUE OF APPRECIATION



Pastor and District Overseer of the Siloah District of Churches, Reverend Dennis Banner, receives the sound equipment from June Spence Jarrett, executive director, JADCO, on Sunday, February 15, 2026.

Return to Siloah

The Jamaica Anti-Doping Commission returned to Siloah New Testament Church of God in St. Elizabeth, on Sunday, February 15, 2026, continuing its commitment to community support and recovery.

During the visit, the Commission presented the church with a sound mixer board to support its worship services and community activities. JADCO also shared gifts with children and members of the congregation, adding warmth and encouragement to the day.

In a touching gesture of appreciation, Siloah New Testament Church of God presented the Commission with a plaque, thanking the team for its generosity and continued support. The visit builds on JADCO's outreach in December, when the Commission brought Christmas cheer to the Siloah community following the passage of Hurricane Melissa in October 2025. That earlier visit focused on lifting spirits

and offering practical assistance as residents worked to recover.

JADCO remains committed to giving back and standing with communities across Jamaica, not only through its mandate in clean sport, but through meaningful acts of care and solidarity where they are most needed.



Team members from JADCO share lens with members of the Siloah New Testament Church of God on Sunday, February 15, 2026, following their divine service.

National Paralympic Day

Celebrating the strength and skill of our athletes whose unity and determination continue to inspire Jamaica



DOPE-FREE CREATIVE CORNER

True Strength Needs No Substance

The human body is remarkable.

It breathes without instruction, heals without applause,
and carries us through victories, failures, long nights, and early mornings.

Whether on the track, in the classroom, on a playing field,
or navigating the challenges of everyday life, our bodies work tirelessly to support
our ambitions. Yet in moments of pressure, some forget, this powerful vessel does not
need artificial help to endure.

In a world that often celebrates speed, strength, and instant results,
the temptation to take shortcuts can quietly creep in. A pill that promises endurance.
A powder that claims quicker recovery. A substance said to sharpen performance.
The messages are persuasive, sometimes even disguised as solutions.

But beneath the promises lies a simple truth: there is no need to dope to cope.
The real strength of an athlete, or any individual striving to succeed, is not found in
substances but in character. It is found in discipline when no one is watching,
in patience when progress feels slow, and in integrity when shortcuts appear easy.

True performance grows naturally. It is built through consistent training, balanced
nutrition, adequate rest, and a healthy mind. It develops in the quiet moments of
preparation and in the determination to keep going when things feel difficult.
Our bodies deserve that respect.

Every substance that enters the body tells a story. Some nourish and strengthen,
providing the energy needed to grow and perform. Others quietly place our health,
our careers, and our reputations at risk.
Being mindful about what we consume is not just a personal responsibility;
it is an act of stewardship.

Stewardship means caring for the body as the valuable gift that it is.
It means asking questions before taking supplements or medications.
It means choosing knowledge over guesswork and health over harmful shortcuts.
And for athletes, it means protecting the integrity of sport by competing clean.

Yet stewardship does not happen in isolation. We are part of communities, teams,
and families. The responsibility to protect one another is just as important
as protecting ourselves.

Sometimes pressure hides behind a smile.
Sometimes, someone struggling with expectations may feel that they must find an
artificial edge to keep up. In those moments, encouragement from a teammate,
coach, or friend can change the direction of a life.

True Strength Needs No Substance *(contd.)*

A simple reminder that performance should never come at the cost of health or integrity can make all the difference.

Clean sport and healthy living thrive when communities stand together. When athletes encourage athletes. When friends remind friends that their value is not measured by a result on a scoreboard or a medal around their neck.

Because in the end, victory means little if it is built on compromise. Real triumph is standing at the finish line knowing the journey was honest. It is trusting your preparation, respecting your body, and competing with integrity. It is understanding that resilience, not substances, carries us through pressure.

The path forward is clear: protect your body, guard your health, and be mindful of what you consume. And most importantly, look out for one another. The body is powerful enough. There is no need to dope to cope.

Chevauni D-P Blair

Are you a creative writer?

Do you want to be featured in the Dope-Free Creative Corner?

If so, write a poem, song, or a creative piece on anti-doping and submit via email to

commed@jadco.gov.jm.

Be sure to include your name and contact information to obtain credit for your submission.

JADCO AND YOU BROADCAST



JADCO and YOU

JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the public. The feature is aired quarterly on Television Jamaica (TVJ) and monthly on several radio stations.

The JADCO and You television programme will be aired **on TVJ** on **Wednesday April 29, 2026 at 9:30 p.m.**

JADCO and You will also be aired on the following radio stations on **Thursday, April 30, 2026:**

| STATION | TIME | STATION | TIME |
|------------------|------------|---------------------|------------|
| Mello FM | 4:40 a.m. | Newstalk 93 FM | 2:55 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 | 7:30 p.m. |
| Bridge FM | 8:50 a.m. | Kool 97 FM | 8:30 p.m. |
| Linkz FM | 10:00 a.m. | KLAS FM | 8:30 p.m. |
| Bess 100 FM | 11:00 a.m. | Love 101 FM | 9:35 p.m. |
| Gospel JA FM | 11:55 a.m. | Suncity 104 FM | 10:00 p.m. |
| Irie FM | 1:40 p.m. | Fame 95 FM | 10:35 p.m. |
| NCU FM | 1:55 p.m. | | |

JADCO'S NUTRITION CORNER

Nutrition for Young Athletes: Building Strong Bodies for Peak Performance

Junior athletes require more than just talent and training to succeed. Proper nutrition plays a critical role in supporting growth, enhancing performance, and reducing the risk of injury. As adolescents continue to develop physically, the foods they consume must meet both their athletic demands and their everyday nutritional needs.

Fuel for Growth and Performance

Unlike senior athletes, young athletes are still growing. This means their bodies require additional energy not only for training and competition, but also for normal development. A balanced diet rich in carbohydrates, protein, healthy fats, vitamins, and minerals is essential.

Carbohydrates provide the primary source of energy for training and competition, while protein supports muscle repair and growth. Healthy fats, often overlooked, are also important for long-lasting energy and overall health.

The Importance of Balanced Meals

Junior athletes should aim to consume regular, well-balanced meals throughout the day. Skipping meals, especially breakfast, can lead to low energy levels, reduced concentration, and poor performance.

A typical balanced plate should include:

- Whole grains (such as rice, oats, or bread)
- Lean protein (chicken, fish, or legumes)
- Fruits and vegetables
- Adequate fluids, particularly water

Maintaining consistency in meal timing helps to stabilise energy levels and supports optimal performance during training sessions and competitions.



Avoiding Fad Diets and Quick Fixes

With the influence of social media and peer pressure, many young athletes may be tempted to try restrictive diets or quick fixes promising rapid results. However, these approaches can be harmful, leading to nutrient deficiencies, fatigue, and even long-term health issues.

Junior athletes should be encouraged to focus on sustainable eating habits rather than short-term trends. Proper nutrition is not about restriction, but about providing the body with the nutrients it needs to perform and recover effectively.

Hydration Matters

Hydration is just as important as food. Even mild dehydration can negatively impact performance, causing fatigue, dizziness, and reduced coordination. Young athletes should drink water consistently throughout the day, not just during training.

A Foundation for Lifelong Health

Establishing good nutrition habits early sets the foundation for both athletic success and lifelong well-being. Coaches, parents, and support teams all play a role in guiding young athletes toward making informed and healthy choices.

By prioritising balanced nutrition, young athletes can maximise their potential, perform at their best, and stay healthy both on and off the field.

JADCO OUT AND ABOUT

Through ongoing outreach and engagement, JADCO is actively advancing anti-doping education across Jamaica. Recent activities include the following:

2026 Walter Rogers Age Group National Championships

The Jamaica Anti-Doping Commission (JADCO) was on site at the 2026 Walter Rogers Age Group National Championships, held February 19 to 21 at the National Aquatics Centre, National Stadium, where the team engaged young athletes, coaches, and parents through its information booth, sharing key anti-doping education resources and reinforcing the importance of clean sport and fair play at every level of competition.



2026 Corporate Area Development meet

Our team was at the 2026 Corporate Area Development Meet at Jamaica College on Friday, February 21. Athletes and coaches from Champion College, Calabar High School and St. George's College were among those who made use of essential anti-doping resources and took part in our quiz.



Student athletes from Champion College pose after completing the JADCO Play True puzzle at the 2026 Corporate Area Development Meet at Jamaica College.



The Coaches Last Chance Request Track & Field Meet

Student-athletes representing Morant Bay High School on Saturday, March 15, at Jamaica College for The Coaches Last Chance Request Track & Field Meet at Jamaica College. The Meet was created to give fringe athletes preparing for the ISSA/GraceKennedy Boys' and Girls' Athletics Championships a final opportunity to sharpen their performances ahead of the championships. Organisers say the meet has been generating a lot of excitement, particularly from smaller schools that often struggle to get competitive opportunities.



Holmwood Technical High School Anti-Doping Workshop

Student-athletes of Holmwood Technical High School listen attentively during an anti-doping presentation on Tuesday, March 17, which highlighted the work of the Commission and outlined the 11 anti-doping rule violations, among other things.



Trishanique Buckle, a student at St. Catherine High School, poses for the camera after completing the JADCO Clean Sport Word Find at the institution's annual Health and Wellness Fair on March 20, 2026.

ST. Catherine High Health and Wellness Fair

For the third consecutive year, the Jamaica Anti-Doping Commission (JADCO) partnered with St. Catherine High School for its annual Health and Wellness Fair, reinforcing its commitment to promoting clean sport, healthy living, and informed decision-making among young athletes.



Students at St. Catherine High School display the 2026 JADCO Prohibited List during the institution's Health and Wellness Fair.

JADCO OUT AND ABOUT

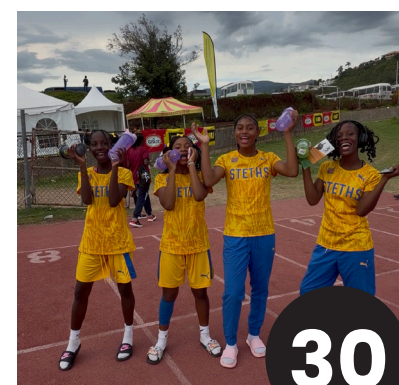
Members of the WADA team visited our offices, getting a first-hand look at our operations and facilities on Wednesday, March 25.



116TH ISSA/ GRACEKENNEDY BOYS' AND GIRLS' CHAMPIONSHIPS 2026



Olivia Grange (left), minister of culture, gender, entertainment and sport, speaks with Francisco León (right), director of WADA's Latin America and Caribbean Office. Looking on are Keith Wellington, president, Inter-Secondary Schools Sports Association and Senator Dr. Dana Morris Dixon, minister of education, skills, youth and information. In the background are Günter Younger, director of intelligence and investigations at WADA, and Lovena Pavaday, intelligence and investigations administration and operations manager at WADA.









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

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