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Dr. Tim Lightfoot. Well hello and welcome to the weekly edition of the Huffines Institute for Sports Medicine and Human Performance I am your host Tim Lightfoot and I am so thankful that you took the time to download us and you are listening to us today. We every week strive to bring you an interesting person from the world of Sports Medicine and Human Performance and general health, and this week is no exception. We have with Dr. Judy Sandlin with us, welcome to the Podcast Judy.

Dr. Judy Sandlin. Thank you for having me. That is a great introduction

Dr. Tim Lightfoot. Well thank you

Dr. Judy Sandlin. I 'm not sure I am that special but hey

Dr. Tim Lightfoot. Well I am not done yet

Dr. Judy Sandlin. Well go with

Dr. Tim Lightfoot. Yeah that's right, so let me tell the audience a little bit about you and why you are here

Dr. Judy Sandlin. Okay

Dr. Tim Lightfoot. And what we're going to talk about a little bit and then we'll just jump into the conversation. Dr. Sandlin is a Clinical Assistant Professor of Human Resource Development for the Department of Educational Administration and Human Resource Development; she has her PhD in Kinesiology from Texas A&M and her Bachelors from Louisiana Tech.

Dr. Judy Sandlin. Yes sir

Dr. Tim Lightfoot. I went to Northeast

Dr. Judy Sandlin. That's right we have discussed that before

Dr. Tim Lightfoot. Right down the street so we can still sit in the same room. She is currently an educational consultant for the United States Anti Doping Agency, better known as USADA; many people know it as USADA now. She is here considered a true sport education ambassador by USADA congratulations

Dr. Judy Sandlin. Thanks

Dr. Tim Lightfoot. That is a nice designation, and so we have asked Dr. Sandlin here today to talk about USADA and what she does with USADA and we're just gonna start with what is USADA's mission?

Dr. Judy Sandlin. USADA is the, again, United States Anti Doping Agency, they were formed back in 2000 and their primary focus is the testing and adjudication of Olympic-leveled athletes, Paralympic athletes, with regard to performance enhancing drugs, they do have a science branch and then they also have the outreach branch which is the education portion so that is the portion that I am involved with.

Dr. Tim Lightfoot. Well most people have probably heard about the science branch in the last seven months

Dr. Judy Sandlin. The science, the drug testing and the adjudication yes.

Dr. Tim Lightfoot. Yeah that has been quite heavily in the news recently with some athletes we will not name names at this point

Dr. Judy Sandlin. There you go

Dr. Tim Lightfoot. Because we don't really care to give them anymore media time then they have had

Dr. Judy Sandlin. There you go

Dr. Tim Lightfoot. So tell us about the educational outreach side of USADA because frankly I didn't even know about that part

Dr. Judy Sandlin. Okay

Dr. Tim Lightfoot. And I am sure a lot of people don't know about that part

Dr. Judy Sandlin. Okay well like I said USADA started in 2000 after the Sydney games in Australia and so if you can think back if you are an Olympic , if you think about the Olympics , remember the Olympics, what happened in Sydney, Marian Jones was one of the competitors there. So in October of 2000, the world Anti Doping agency began and basically each country then started their own separate branch and testing agency. Prior to that, the USOC was actually in charge of doing the testing and adjudication. So it is kinda like having the fox guard, so they sort of had two competing priorities, if you will, so in 2000 the world Anti-Doping agency started and then each country started their own and their primary focus over the first several years was to just get that testing and the management of that and the athlete education all that going. I heard about them because at the time I was teaching a drugs and society class and just because of my background in sports and athletics I always talked about the NCA, the NFL, the USOC, Major League Baseball and sort of their drug testing programs, etc. And then as I started teaching that class I also became very interesting in supplements because I had no idea how virgining the supplement industry was and is and so sort of kinda of for two fold reasons I began to be interesting in USADA, my husband and I are real fortunate that we have our summers off and we travel through Colorado and so in the summer of probably 2002 I actually met with some

of the folks at USADA and said look I am really interested in what you are doing. I talk about you in my classes and it just wasn't the right time, they didn't really follow up with me and they were still trying to figure out how we are going to educate the Olympic level athletes, how we are going to test them, how are we going to make sure that they are

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Dr. Judy Sandlin. Following the rules. So several years later I ran into some folks from USADA at an APA convention in Tampa and it wasn't uncommon for the USOC to be there or the Paralympics folks to be there, but this year USADA was there so my friends was with me and she was like Judy I have never seen you move that fast. So as soon as I saw them there I started talking to them and that was actually about the time that we were moving back to Texas so at the time, and I'm not really sure how it is now but at the time Texas was one of the few states in the country that was actually drug tested at a high school level

Dr. Tim Lightfoot. Wow

Dr. Judy Sandlin. And so I said look

Dr. Tim Lightfoot. And they're still doing that?

Dr. Judy Sandlin. Yeah I believe they are.

Dr. Tim Lightfoot. Really? Wow.

Dr. Judy Sandlin. I think, at the time it was Texas and Illinois and so anyways I kind of talked to them and said hey I am moving back to Texas I would love to get whatever you have available into Texas and as it turned out they are in Colorado Springs and we have a house in Colorado Springs. So it really makes it geographically real easy for me to go to their headquarters, go and talk. And so it really just started from there and has grown and I think that they appreciate that I was an athlete, still physically active, I am a teacher, I feel comfortable being in a gym with 80 kids with my hair on fire, one goal, one ball and some cones. And so it has really been a really good relationship in terms of me kind of helping them and getting their curriculums out and their name out and it really is a passion of mine, you know I go in and I start talking to them and they are like we want yeah we are glad you like us.

Dr. Tim Lightfoot. So is the educational side now that is throughout the United States?

Dr. Judy Sandlin. Correct

Dr. Tim Lightfoot. And how do they handle these programs?

Dr. Judy Sandlin. Well they have well at the time that I started working with them they had a junior high and a high school program and their curriculums that are free to the public. They

actually rolled out a new branch of that education program called true sport and it came out this summer so

Dr. Tim Lightfoot. So that's the true sport ambassador that you are?

Dr. Judy Sandlin. There you go, and so their website is truesport.org and all you have to do is go there and order whatever materials that you want. So the original curriculums were junior high and high school. Now there is, those have been updated, as well there is a lower, two lower elementary ones and I will say that a colleague and I actually helped them revamp those whole curriculums. So they're matched to state standards, national standards, they're free, all people have to do is order them and they're good stuff.

Dr. Tim Lightfoot. We think so much about the doping problem in elite sports, but you just said the curriculum for elementary school children? What do you tell elementary school children about that?

Dr. Judy Sandlin. Well, to me, that is actually the beauty of it is that it is really a character education program through the lens of sport. And I think back on my life and the lessons I learned from winning and from losing and from being a teammate and being coached and you know all the things I experienced and those are really important lessons that really play a role in my life now and so beyond the doping information to me the thing that I am excited about is the first chapter in every one of those curriculums is about character and its six pillars of characters and so the lower ages what you start talking about is things like you should be interested in the things you put in your body and you should only put things in your body that a trusted adult has given you so if we're talking about a medicine or a pill you don't want to take things that you don't even know what they are

Dr. Tim Lightfoot. Mhmm

Dr. Judy Sandlin. At the lower grades you can start working with refusal skills, we talk about just being physically active, making good food choices, one of my favorite chapters is the one that talks about unique you and the upper levels talks about hey I am 5'3" I am probably not gonna be the center on the basketball team but I am 5'3" for a reason because of my genes and so everybody is unique and everybody is unique because of their genes. And so you should embrace the things about yourself that are unique about you and then, from my prospective it is a really nice anti bullying message because if I feel good about me, I don't have to bully somebody else to make me feel better.

Dr. Tim Lightfoot. Right

Dr. Judy Sandlin. So

Dr. Judy Sandlin. And maybe you won't tolerate the bullying as much

Dr. Judy Sandlin. There you go. Or be strong enough to stop bullying if you see it so there is a lot of, again it's really those life lessons that we all hopefully learn at some point and it just is using the lens of sports. So the lower sports levels there is no steroids and stuff like that in those curriculums but certainly in the upper levels and a lot more in the upper levels

Dr. Tim Lightfoot. Well that's what I was gonna ask so as the curriculums progress up the grade levels and then it becomes more and more about the doping

Dr. Judy Sandlin. Absolutely, well that and

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Dr. Judy Sandlin. You know picking role models, being a role model, knowing that if you are a high school athlete you know people are watching you and so you know you need to be aware of that and then guide your life from that perspective. The decision-making and some of the upper level stuff you know gets into the illicit drugs, marijuana, you know some of the gateway drugs, energy drinks is a big issue now so the very, using an education term if I can come up with it, the scope and sequence is really good. They're very broad per level, but then if something started at the lower level but then someone started at the lower levels using them and then worked their way up through high school, they would get a pretty good education.

Dr. Tim Lightfoot. We often think of USADA as a testing and enforcement agency but why do they get into the educational outreach side of things?

Dr. Judy Sandlin. Well you know, and I will give them credit for that because I think, and I have sat in meetings where their vision is we want to put ourselves out of business.

Dr. Tim Lightfoot. Hmm

Dr. Judy Sandlin. And that is a direct quote from several people that I have talked to there, they realized that sports are important in America and so they have actually recently, within the last couple of years, commissioned a big report or big study where they looked at junior national players, coaches, parents, all the way down through little leagues and talked about you know. What do sports mean to you? And it is important to our society you know I have taught lessons about how important is sport and the first thing I usually say is pick up a newspaper

Dr. Tim Lightfoot. Right

Dr. Judy Sandlin. At least a quarter of it is probably a sports page

Dr. Tim Lightfoot. Right

Dr. Judy Sandlin. So

Dr. Tim Lightfoot. Especially here in college station

Dr. Judy Sandlin. Absolutely. So it is something that we know is really important and so they're thankfully willing to put the effort and resources into educating young people with the thought hey it would be great if we didn't need to be here if we didn't need to exist so my goal is to get the moniker true sport to be cool. It's cool to be fair, it's cool to be a good sport, it's cool to win with dignity and lose with dignity and all of those things so.

Dr. Tim Lightfoot. Well you mentioned something there that goes along with one of the questions that we have here and that is how much influence do you think sports have on shaping the natural culture overall?

Dr. Judy Sandlin. Well I think it does but of course I probably have a biased because of just my background in sports and

Dr. Tim Lightfoot. Well that is why we have you on the podcast because you have the biased

Dr. Judy Sandlin. Well there you go, so I think it is a huge influence. I have nieces and nephews that I have gone and watched games and sometimes I just shake my head about the parents and the negative influence I see that parents have and sometimes you will say oh they are trying to relive their high school days through their nine-year-old baseball player

Dr. Tim Lightfoot. Right

Dr. Judy Sandlin. So but I think it has a huge influence and again I think from an individual perspective it is those lessons that you learn but I think the other thing that comes to mind too is the influence of coaches, so I know one of the things that is happening here is the coaching academy so I am hoping to be able to do some work with that because one of the findings of the big USADA study was coaches are hugely, have a huge influence on their athletes. So if you, I don't know if you guys are familiar with Taylor Hooton, Taylor Hooton was a high school baseball player right outside of Plano.

Dr. Tim Lightfoot. Mhmm

Dr. Judy Sandlin. And I wanna say that he had a cousin that was maybe, or a relative that was a major league pitcher and he wanted to play major league baseball. He was told by a coach you need to get faster, you need to get bigger, you need to get stronger so he started taking steroids unding notes to his family and friends and they noticed some of the negative effects of the steroids on him so they got him to stop, the unfortunate thing was that he , one of the side effects of coming off of steroids is depression and he actually ended up committing suicide as a seventeen-year-old high school boy and so the Taylor Hooton foundation now is a huge partner in the whole message of drug free sport.

Dr. Tim Lightfoot. Yeah, I guess and I've heard this argument, especially over the last eight months is the nation has dealt with what is going on with that bicyclist from Austin

Dr. Judy Sandlin. Mhmm

Dr. Tim Lightfoot. And you know one of the comments that we hear is that it doesn't matter because they were all on performance enhancing drugs, they were all on PED's why should it matter if one person, if we catch one person when they are all doing it.

Dr. Judy Sandlin. Yeah and you know it is unfortunate that that is sort of a prevailing thought

Dr. Tim Lightfoot. Mhmm

Dr. Judy Sandlin. It's like that's what those guys thought they had to do to compete and I wish I had THE answer, I could tell you that I, from a health perspective

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Dr. Judy Sandlin. Certainly is not healthy for someone to take these substances, it's against the rules and rules have to guide our lives. There is some interesting material out there, Cowboy Ethics, and I am actually talking about that in my classes this semester. So it is interesting to hear people, but it is kind of the code of the West and basically the writer of those books is a, left Wall Street she got so disgusted with what was going on like with the Bernie Madoff and all that and had always been very enthralled with the West so he has written some books about the code of the West and how cowboys lived. And one of the things he talked about was you can't legislate values, because we can come up with more rules and more rules and more rules. But until someone really says look this is how I am gonna live my life, these are my principles, and these are the rules and I choose to follow them. We're gonna probably spiral lower and lower, unfortunately.

Dr. Tim Lightfoot. Yeah. It seems to be an issue of fairness. Is that kind of the back spine for all of this is we want to make sports as fair as possible?

Dr. Judy Sandlin. I think so, absolutely. I mean I think you want people who, there is a level playing field and if someone wins a contest they win because they performed better, they were better trained. We all have different abilities, you know so they worked harder so I think it is a matter of fairness, I think the issue is though that we are now at a win-it-all cost and the cost can be high, you know people's lives. You know I'm sure that cyclist is over and Austin is not having very much fun a lot of these days so, I think those are the salient issues.

Dr. Tim Lightfoot. We had a recent podcast where the issue of transgendered athletes came up and promoting a fair playing field for those individuals would mean changing the rules to some extent. And so that whole issue of fairness in sports my question is where does it stop? Because I know at one point WADA had a, the World Anti Doping Agency, had a proposal to ban altitude training because not all athletes could do altitude training. I heard one person talking about doing away with carbohydrate loading and some of these proposals seemed to become a little preposterous.

Dr. Judy Sandlin. It's true and you know I think it is interesting because I think the line, well I guess fortunate or unfortunate depending on how you look at it, it does get moved because substances go on the ban list, they come off the ban list.

Dr. Tim Lightfoot. Caffeine is one, right?

Dr. Judy Sandlin. Yeah at certain levels, even testosterone, which is a naturally occurring substance, if someone tests you high for that then that is a red flag and people are gonna question that so I think it is a dilemma because the things that I learned in exercise physiology to carbohydrate load, that is fair, right now.

Dr. Tim Lightfoot. It's a matter of nutrition and training basically

Dr. Judy Sandlin. Right, that is good training

Dr. Tim Lightfoot. Yeah

Dr. Judy Sandlin. So, to a certain extent, I don't have the answer, but I feel comfortable that people are doing research and making reasons and decisions about what is legal and what is illegal and the only thing I can think is as an athlete you have to abide by what is going on in your sport. Through the years I have always thought it was really interesting how the hubbub that everybody, that was going on with Major League Baseball but what people don't realize with Mark McGuire and some of those other guys, they weren't breaking any Major League Baseball rules at the time, there weren't any.

Dr. Tim Lightfoot. Yeah

Dr. Judy Sandlin. So they were taking legal substances, you could go into GNC and buy the stuff that they were using, they weren't breaking any rules, but in hindsight they probably faced lots of issues that they wish they hadn't.

Dr. Tim Lightfoot. Yeah. Take out your crystal ball. What do you see happening in five years? Do you think the attention that this cyclist from Austin has received? Do you think that is actually gonna change sports? Do you think that there is going to be lessening for USADA in the future or do you think there is just going to be, as they say in many places, a continuing arms race?

Dr. Judy Sandlin. Yeah, I am going to give you two answers.

Dr. Tim Lightfoot. Okay

Dr. Judy Sandlin. One is my Pollyanna answer.

Dr. Tim Lightfoot. Okay

Dr. Judy Sandlin. Because that is how I like to look at things through those rose-colored glasses. So I personally have seen more interest in the curriculums, USADA's message recently than in the years prior to me being associated with them.

Dr. Tim Lightfoot. Yeah

Dr. Judy Sandlin. So my hope would be that there is the realist in me.

Dr. Tim Lightfoot. That there is lessening for USADA?

Dr. Judy Sandlin. Correct. That people will buy into their message more.

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Dr. Tim Lightfoot. So the realist.

Dr. Judy Sandlin. The realist is the realist so all you have to do is walk out to the little league baseball field and watch probably a half an inning of a game and if it's illegal or not they're keeping score and I am not saying that the competition is bad or those sorts of things but I think that, I had a discussion with a colleague this morning, you know coaches' jobs rely on them winning so as long as that is true people are going to probably do right up to the line or over the line on what is actually legal and healthy for themselves so where I would love to think that you know you could do away with USADA, the reality is it is probably not going to happen.

Dr. Tim Lightfoot. If nothing else they would become formally entrenched over the last eight months haven't they?

Dr. Judy Sandlin. I hope so and I hope for some good reasons.

Dr. Tim Lightfoot. Yeah

Dr. Judy Sandlin. I hope people see, not as a witch-hunt, but they were doing their jobs.

Dr. Tim Lightfoot. Right yeah they were doing it to make it fair.

Dr. Judy Sandlin. Yeah I mean that is their mission and so you know they did the things that they felt like were fair to everyone not just one person or one or two people.

Dr. Tim Lightfoot. Well Judy thank you for being with us today. We're running a little bit short on time

Dr. Judy Sandlin. Okay

Dr. Tim Lightfoot. We always give our guests an opportunity to give our audience a take-home message. Do you have a take-home message for today?

Dr. Judy Sandlin. Well I think my take-home message would be to the listeners you know if you are a parent, if you are a coach, if you are going into coaching, if you are an athlete. You know really think about why you are doing what you are doing, compete hard, compete fair, if we had more time I would love to talk about the negative of health consequences of taking some of these substances because you really have to be careful with what you put into your body

Dr. Tim Lightfoot. Right

Dr. Judy Sandlin. And so be a good consumer, if you are an athlete and you are thinking about taking a substance, you know again if you are a parent or a coach be careful what you say to kids, what they think is healthy or even the dosage someone might say hey I need to take this much, but I am gonna take five times as much because its gonna be five times as better, or as good, so just be a good consumer and play fair.

Dr. Tim Lightfoot. What the kids and what you hear are two different things also, right?

Dr. Judy Sandlin. Absolutely.

Dr. Tim Lightfoot. Again, thank you for being with us today.

Dr. Judy Sandlin. Thanks for having me!

Dr. Tim Lightfoot. And thank you all for listening and taking the time to download us and visiting with us. As always, we have our weekly podcast question here, brought to us by the Producer, Kelly. Kelly

Kelly. What is a negative side effect of steroids?

Dr. Tim Lightfoot. Super question. So be the first one to send us the answer to that question, via Email to HuffinesPodcast@huku.tamu.edu and you will win one of those nifty podcast T-Shirts free of charge. We will even send it to you shipping free you don't have to pay shipping or handling charges either so there is another benefit. We hope that you are able to join us next week for not only another podcast question but for another interesting individual in the world of sports medicine and human performance and until next week we hope that you have an active and healthy week.

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