



SPORT-SPECIFIC CONDITIONING CONSULTANTS

'Sport-Specific Conditioning is our Focus, Performance is our Goal'

- PERFORMANCE NUTRITION - SPORT-SPECIFIC CONDITIONING - ATHLETE DEVELOPMENT- PERFORMANCE PSYCHOLOGY -

Press Release

8 November 2010

To: All current and future clients and partners,

Performance Training Systems Meets with Canadian Centre for Ethics in Sport

Performance Training Systems would like to announce that on 5 November 2010, Director Eric MacLean, and Director of Performance Nutrition Arwen Hodina, M.Sc, RD(c) visited the Canadian Centre for Ethics in Sport (CCES) in Ottawa, Ontario, Canada, and met with Cori McPhail, Manager, Communications and Technology, and Jennifer Keith, Manager, True Sport Engagement.

Performance Training Systems requested this meeting as a means of gaining greater exposure to, and understanding of, the Canadian Anti-Doping and True Sport programs. Performance Training Systems has long been an advocate of Clean and True Sport values, with a history of developing anti-doping and True Sport principle based education and promotion resources, however we find ourselves in a position of wanting to take a larger leadership role within our community in this regard. We requested a meeting with staff at CCES to discuss the following 5 questions within the context of being able to bring this information back to our clients, partners and friends in the training community.

Question 1: There has been much public discussion regarding discussions and their management lately. CCES's web page notes a 2009 Consensus Statement, is that available?
CCES gave Performance Training Systems a copy of the 2009 Consensus Statement, which has been referenced in PTS's 'Getting Your Head in the Game' Position Stand on Concussions in Sport and Return-to-Play Management.

Question 2: With the increase in popularity in the consumption of nutritional supplements in recreational and competition athletes, how successful has the Global DRO been in educating the public in the risks associated with supplements returning an adverse analytical finding?
The Global Drug Resource On-Line (Global DRO), an on-line database that allows users to search pharmacological and natural substances that are found in common over-the-counter and prescription medications to see if they are prohibited in their sport. CCES reports that this resource has been widely accepted in the sport community and has been successful in terms of use. Statistics regarding the use of this on-line resource are available and have been offered to Performance Training Systems upon request.

Question 3: How active has the CCES been in lobbying for greater government legislation on supplement manufacturers' consumer obligation to disclose ingredient values and contents? Have gains been made?
Currently CCES is not lobbying any political groups for greater government involvement in regulating the supplement industry. CCES maintains the position that athletes avoid supplement use altogether, and that if supplementation is pursued, the products selected have the NSF logo. (The NSF logo, a trademark of

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NSF International, a not-for-profit, non-governmental organization, is recognized as a leader in standard development, product certification, education, and risk management for public health and safety. Their NSF Certified for Sport logo is recognized as guaranteeing that the product does not contain a banned substance). CCES position parallels the World Anti-Doping Agency's, which states that the athlete is ultimately responsible for what goes in their body.

Question 4: With doping being exposed in CIS and CCAA athletics, what does CCES see as barriers within this group to increasing compliance with in-, and out-of competition doping controls and protocols? *CCES declined to comment on any particular barriers, but did disclose that CCES is in the process of developing a Task Force to investigate the issue of doping in the CIS. CCES also mentioned that together with the CIS and other stakeholders, they are meeting at an invitation-only anti-doping symposium this November to discuss the issue in greater detail and to come up with recommendations and steps to address the issue of collegiate doping in greater detail and focus.*

Question 5: How can we, as a local sport organization, become more involved in True Sport initiatives and the True Sport Movement at the community level? *The True Sport Program has a team of 'Animators', individuals working within the community responsible for engaging sport groups and organizations to promote the True Sport Athlete and Community Organization principles. The True Sport team, through the assistance of a Trillium grant, is currently in the process of developing an inventory of resources to be made available to persons and organizations who've signed the True Sport Declaration, who are looking for assistance in becoming involved. These resources can be made available upon request to Performance Training Systems.*

Our 30 minute discussion also included CCES's development of a Body Sense and Lifestyle initiative that targets coaches, parents and the training community to recognize issues associated with athlete perceptions of healthy body image. Following our discussion Performance Training Systems left feeling empowered in being able to become more involved in anti-doping and True Sport initiatives at the community level, and will look to collaborate with our current clients, partners, and friends in the training community in delivering these messages.

Performance Training Systems would like to thank CCES for accommodating our request for meeting, and would like to give a special thanks to Cori McPhail, and Jennifer Keith for their time and passion in discussing the Canadian Anti-Doping program in a CIS and CCAA context and the True Sport Movement.

Sincerely,

The Performance Training Systems Team

The CCES is an independent, national, non-profit organization. Their mission, to foster ethical sport for all Canadians, is carried out through research, promotion, education, detection and deterrence, as well as through programs and partnerships with other organizations.