

STEROIDS

http://www.metacafe.com/watch/78517/steroids_use/

<http://www.break.com/usercontent/2007/4/3/the-man-with-the-exploding-biceps-264890>



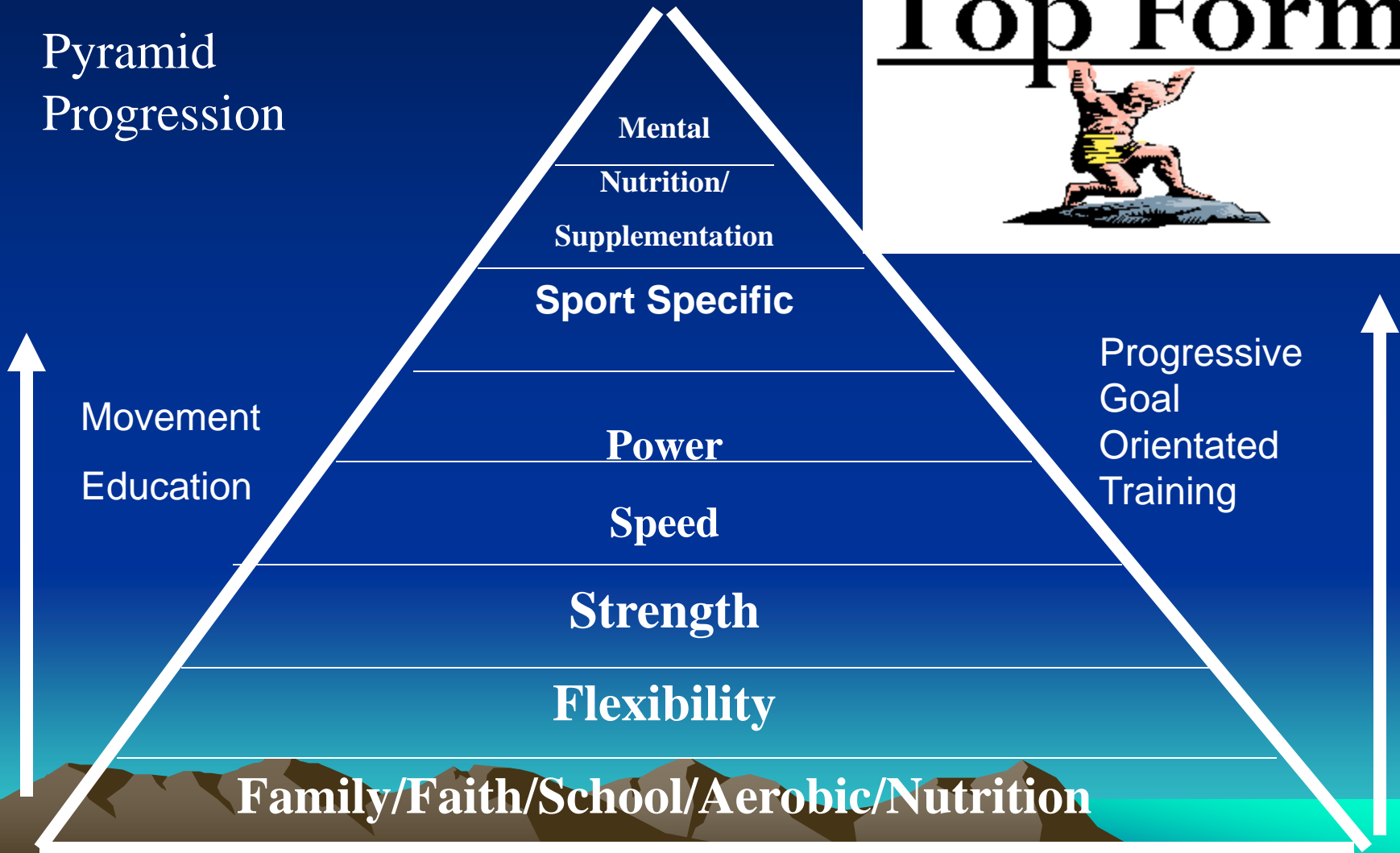
STEROIDS

- Late 1990's when I first started I saw a handful of high school users
- They were using for different reasons than today
- Today athletes are far more educated and in allot of instances far more trained
- This leads their thinking right to the top of the training pyramid



Sports Performance

Pyramid
Progression



Mental

Nutrition/
Supplementation

Sport Specific

Sport Specific

Power

Speed

Strength

Flexibility

Family/Faith/School/Aerobic/Nutrition

Movement
Education

Progressive
Goal
Orientated
Training

Which Type?

- Cortical-Steroids
 - Anti-Inflammatory
 - Cortisone
 - Prednisone
 - Hydrocortisone
 - Beta-Methasone

Ben Johnson

- Anabolic-Steroids
 - Anabolic-Androgenic
 - Dianabol
 - Anadrol
 - Maxibolin
 - Winstrol
 - *Durabolin
 - *Decadurabolin
 - *Serostim
 - THG** (Tetrahydrogestrinone)
- * Injectable....Why? Oral Ineffective
- NEW!** In Vogue to use flaxseed oil to deliver steroid thru skin! “The Clear”

Anabolic-Androgenic Steroid

(Synthetic derivatives of testosterone)

- Physical

- *Muscle growth
- Male characteristics
- Sterility
- Impotence
- Cancer?/ Tumors
- Liver Dysfunction
- Reduced HDL
- Closing of Epiphyses

- Mental

- Dependence
- Morality
- Aggression



Guess who is on these the most?

Muscle/Bone Growth

- Increased Strength???
- Amino Acid Transfer into Cells
- Increased Bone Density by Ca Distribution



Giambi/Bonds/McGwire/BALCO/ Victor Conte

- THG
 - “The Cream”
 - “The Clear”
 - Used in flaxseed oil
- Modified steroid able to slip drug-screening



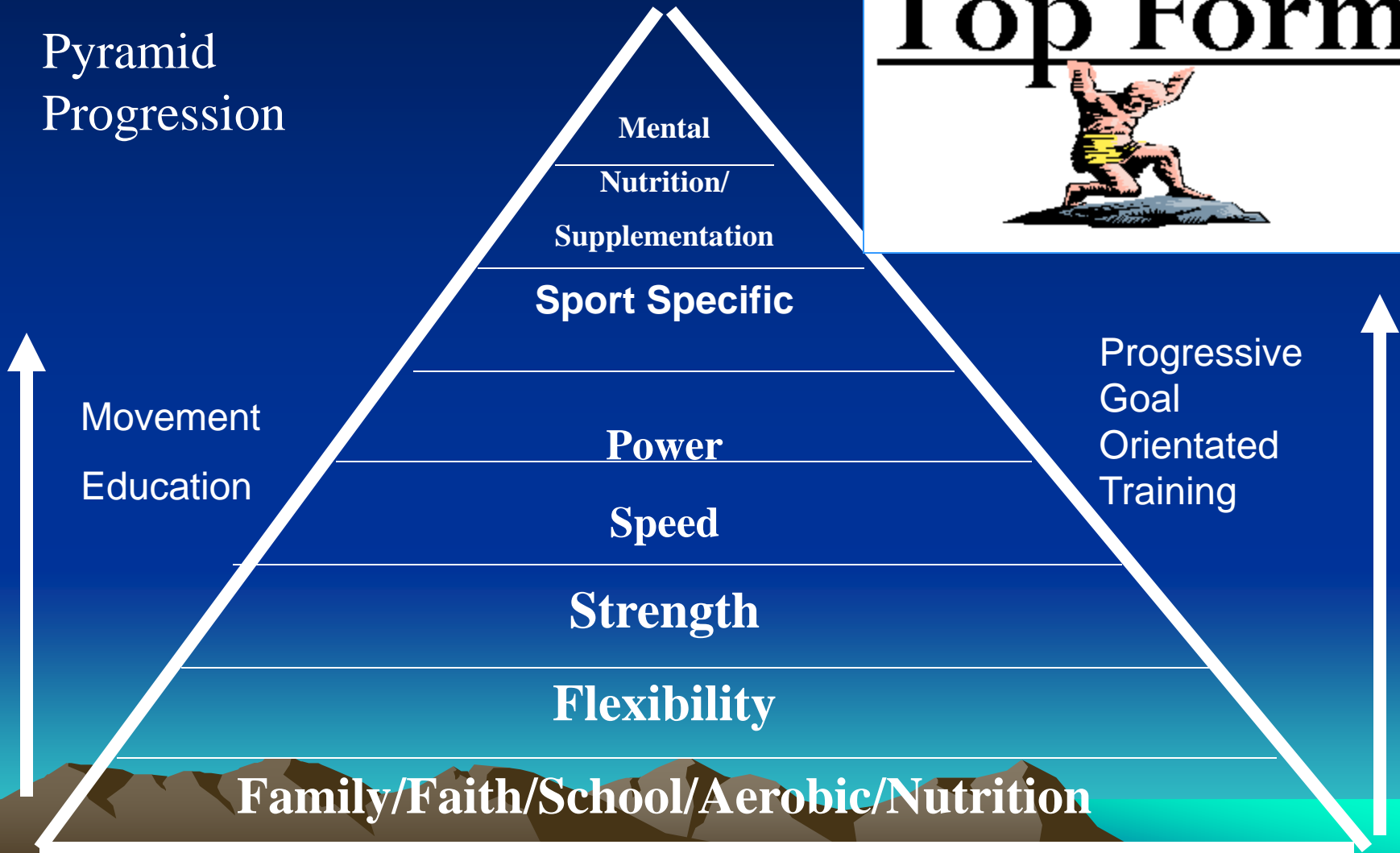
Pre/Pro Hormones

- “Andro” Androstenidione
- Infinity
 - Precursors to hormones
 - Very common..typically Amino Acids
 - NO fitness advantage
 - Marketing influence
 - Waste of hard earned \$\$
- Tren

http://www.metacafe.com/watch/cb-3wwevPDOKqe31xyEbH2s_GHTrB3TjI_w/steroids_disguised_as_supplements/

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What Can You Do?

- Delegate
- Drug/Supplement Free Fitness Program After School
- Get Sponsors on Board
- Create Pride and Enthusiasm With Rewards and Catchy Club Name
- Build It and They Will Come
 - Coaches
 - Parents
 - Athletes
 - Alumni
 - Sponsors
 - Media

