

Parent and Student Notification/Agreement Form Illegal Steroid Use and Random Steroid Testing

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a medical doctor may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

HEALTH CONSEQUENCES ASSOCIATED WITH ANABOLIC STEROID ABUSE

(source: National Institute on Drug Abuse)

- *In boys and men*, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- *In girls and women*, development of more masculine characteristics, such as decreased breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- *In adolescents of both sexes*, premature termination of the adolescent growth spurt, so that for the rest of their lives, abusers remain shorter than they would have been without the drugs.
- *In males and females of all ages*, potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse-particularly in high doses-promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, and property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers may experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, headache, muscle and joint pain, and the desire to take more anabolic steroids.
- *In injectors*, infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

Student Certification

I have read the above information and agree that a prerequisite of my participation in UIL athletic activities is that I will, if selected, submit to testing for the presence of anabolic steroids in my body. As a prerequisite to participation, I agree that I will not use illegal anabolic steroids. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Signature

Date

Parent/Guardian Certification

I have read the above information and acknowledge that a prerequisite of my student's participation in UIL athletic activities is that they refrain from illegal steroid use and agree that, if selected, they will submit to testing for the presence of illegal anabolic steroids in their body. I understand that failure to provide accurate and truthful information could subject the participant in question to penalties as determined by UIL.

Parent/Guardian Signature

Date

Be Alert!

The University Interscholastic League (UIL) will begin a random anabolic steroid testing program for high school student athletes in the 2007-2008 school year.

Use of anabolic steroids not prescribed by a doctor, and/or use of nutritional or dietary supplements (available online and in many stores) that may contain or be contaminated with steroid-like chemicals, can cause a positive steroid test result. A positive result on a steroid test will result in a loss of eligibility for a minimum of 30 days.

Nutritional or dietary supplements include but may not be limited to:

- supplements marketed as 'pro-hormones' of testosterone (e.g.; andro; DHEA, etc.)
- numerous herbal extracts (e.g.; crysin, saw palmetto, tribulus terrestris, etc.)
- protein powders, amino acids supplements and creatine
- vitamin supplements and mineral supplements

Dietary supplements are not considered to be a food or a drug and therefore the contents and purity of these products is **NOT** tested closely or regulated by the Food and Drug Administration (FDA).

Athletes must be aware that they are responsible for everything they eat, drink and put into their body. Ignorance and/or lack of intent are not acceptable excuses for a positive steroid test result.

The UIL and TEA want to make students, parents, coaches and school administrators aware that dietary supplements can contain, or be contaminated with, steroid-like chemicals that can cause a 'positive' test result. A positive result on a steroid test will result in a loss of eligibility for a minimum of 30 days.

Contact the University Interscholastic League at 512-471-5883 or online at www.uil.utexas.edu with questions or to obtain additional information.

Student Signature

Date

Parent/Guardian Signature

Date