

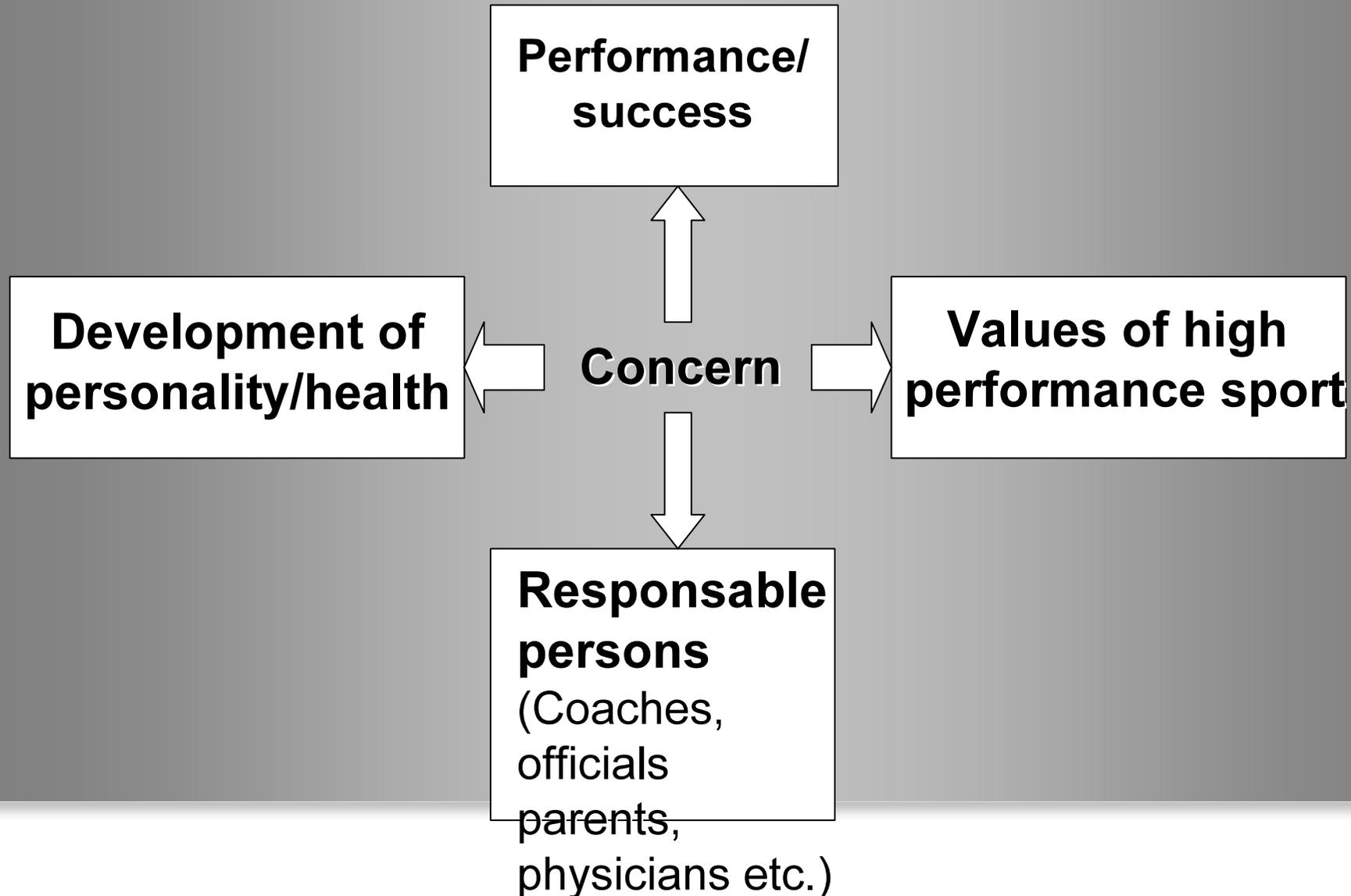
Prof. Dr. Gerhard Treutlein
Value orientated high performance
sport – do we have a chance?
Rome, 14th of may 2015



Topics

- Concern of the organized sport
- Resistance against prevention
- Approaches for prevention
- Behavioural and situational prevention
- Method of prevention: interactive
- Main topics: locate the problems, discuss them, reflect on issues,
- decide and feel responsible

What is the concern of high performance sport?



Medals

Expectations:

Country and society

Risks: Go beyond

Natural limits (The end justifies the means)

????



Development of personality

Development of the individual, accepting limits and rules

(Doping free sports)

Risk: limited success on international level

Tasks of coaches for young people

- Realize values (for ex. fair play, respect, willingness to be part of a team), tolerance, to be open to cultural developments
- Development of the personality
- Respect the rules
- Balance of educational goals and goals of performance
- Not everything that is possible should be tried
- Young athletes must learn to take responsibility for themselves and for other sportsmen

What to expect from Competitive Sports

- Honecker (GDR) 1947: Sports is not for sports, sports will be used in the end for the best of the country (Ulbricht GDR): 1955: Competitive sports is the arena for the competition between political systems
- Erbach (GDR) 1972: The many medals won by the GDR reflect the values of the socialistic political system
- De Maizière (Germany) 2015: If competitive sports is to be supported by the government it is not make sports organisations and sportsmen to feel comfortable within the society, it is to make international success possible.

**Ethics and moral stands are in conflict with the
the provision of performance**

Cheating, Doping etc.

- Competitive sports can be better than the society as a whole?
- Competitive sports as practised today (emphasis is on winning as many medals as possible) is no model for society
- Results of surveys: at least 35% of competitive sportsmen dope (Striegel/Simon, Emmrich/Pietsch). Donati 2004: 550/59 – all Italian medal winners dope
- Doping testing in Germany : Less than 1% of the samples show positive results
- Competitive sports needs a favorable public reputation but the true picture is very different.

Coubertin and many others

Citius, altius, fortius

- How sports works: no limits to performance
- High level of performance, training hours and
- intensity increased continuously etc.
- Non competitive directions of sports have no chance to be accepted or are even repressed

Principles of gymnastics: to achieve a good and healthy

- Participation is what counts and is more important than winning
- Level of performance = Health and accept the limits
- Examples in Germany: Competition sports in all schools and for all students
- Sports activities in workers' movements, Examples in Germany are DJK, Eichenkreuz

However those approaches are not the expectations of the achievement oriented society of today.

Basis for Competitive Sports in Germany

- Between 1976 and 1966 the birth rate was halved
- Significantly more disciplines in sports (Disciplines compete for talents)
- .Chances for deviating behaviours have increased

How to tackle with those problems:

- Lower number of talents in disciplines counteracted by early specializing and challenging training programs. And by doping ?
- Expectations of politics, media, public, sports itself – chances for clean and fair sports ?



Changes in the body's stature



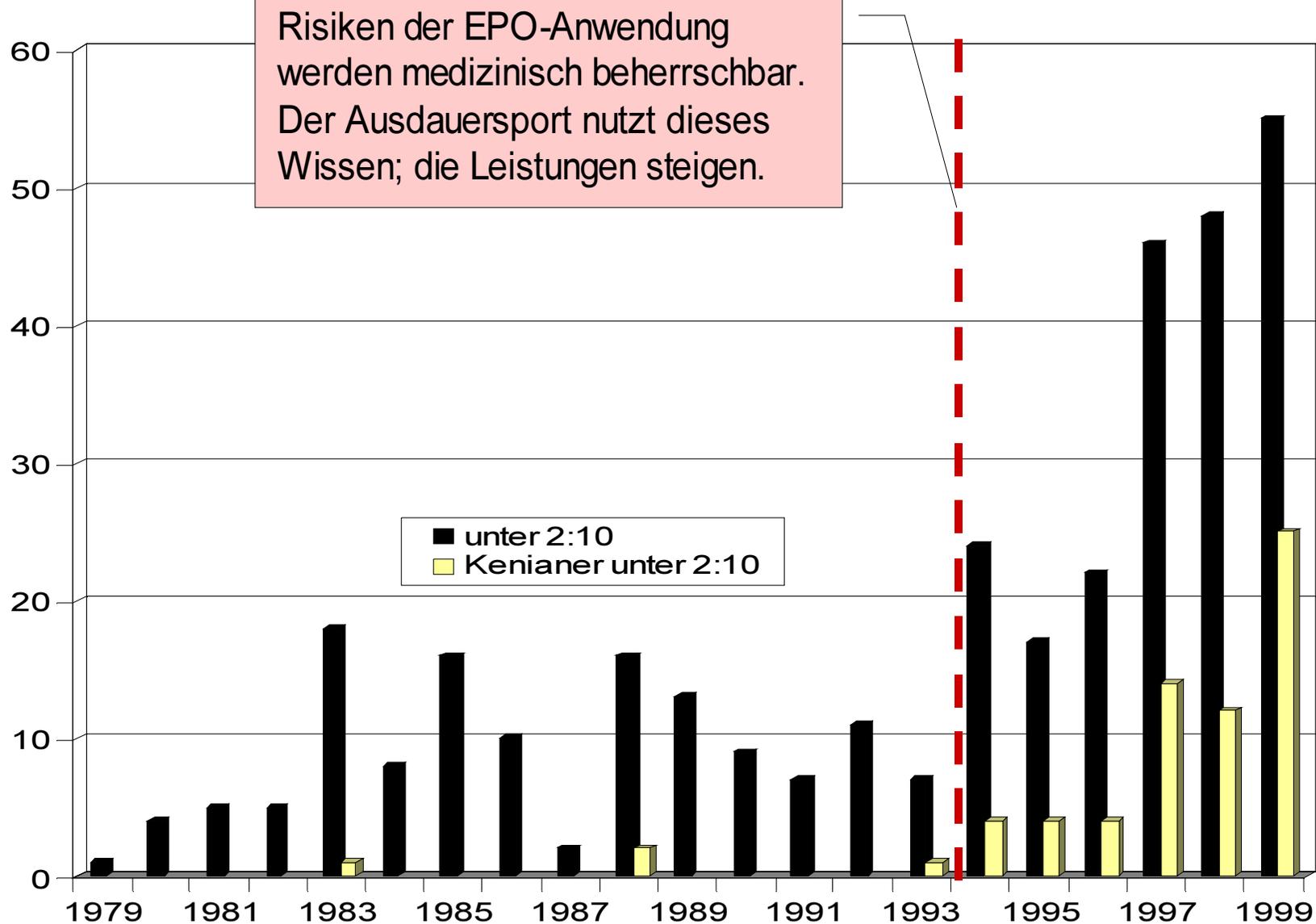
before



after

- Risks of using Epo are reduced since adverse events are better known in cycling (1994/1995). Endurance sports uses all this knowledge, performance increases significantly.
- Below 2:10
- Kenians below 2:10

Marathon Finishes faster than 2:10



keine

Bemerkungen zur Abnahme:

Heministen, Wingerkeil, Nitroprint B12, ATP Charge,
 Kreatin, Phosphor Mono, Standard, Standard, Standard-Enzym
 fisch, Vit. + Min., Talcid, Maaloxan, Panthoplex W, Sublimat
 Acosol, Naproxen, Aclovexin 2000, Jomoxid, Rescuran, GABA
 Amino 3000, Kylla relativum fisch, Santalyl, Super complete formula,
 BCAA, RSS+C, ACC 200, Pentinid fisch, Telhexal, Diclofenac retard,
 Diclofenac 75 SL, Nitafuro 100 ta, Magnesium Tomil, Nicotin 1500
 Selen, Chromium picolinate, Magnesium Oxidat, Procloprose, Repair,
 Cholopret

unter Hinweis auf die oben aufgeführten Bemerkungen bestätige ich die ordnungsgemäße Probenabnahme.

Pills as Miracles

- Young middle distance runners swallow 6-8 aspirin per day
- a lot of handball players take Voltaren (Diclofenac) before each training.

Using pills has become an everyday consumption in the society as a whole as well as in sports.

False consequences: Early specialisation, big extent of training

- Early specializing and high level competition leads to a shorter career. If specializing too early the possible performance that the sportsman can achieve due to his body's constitution may not be achieved. (Karl Feige).
- Early support of talents was not shown to lead to success. Too early support reduces the potentials of a successful performance later on (Arne Güllich)
- When entering a sports later on succes is very likely the career is relatively short- the earlier one is part of the system the earlier one is out. Most successful sportsmen are not supported too early.

The doping situation

Elite Sports:

7% of the under18 elite sport national teams admit illegal substance abuse*

ca 30% of adult athletes use illegal substances or methods**



* Striegel/Simon 2009

** Emrich ????

Conclusion

- There are more athletes who dope than the numbers of positive controls would suggest
- It is not a problem for organized sports only but for public health as well.
- Education in terms of explaining the anti-doping-rules has no effect on **doping mentality**.

Doping-Mentality

Doping-Mentality is the willingness to expand one's natural boundaries by any means, to get the best out of oneself regardless of the consequences. It can develop starting from early childhood supported by taking vitamins, supplements, pain killers or the use of pharmaceutical drugs to sustain performance.



If I don't take anything, I'm not ready to perform...

Conclusion

- decrease spendings on conventional controls and analysis
- increase spendings for research and prevention
- use the taxpayer's money for dopingprevention, anti-doping campaigns for under 18's and for amateur athletes
- implementation of anti-doping laws in elite sports

Conclusion

- prevention has to start early
- non-specific for children: promoting healthy lifestyle, building self-efficacy and selfconfidence, enjoying sports
- specific for teenagers: information about effects/side-effects, acquiring ability to reflect, argue and decide, taking over responsibility for one's acts
- building protective barriers against unnecessary pharmaceutical drugs and advertising

Problems of the fight against doping

- Feeling of excessive demand („we have already so many tasks“)
 - Feeling of lacking competence („we don't have enough education for this task“)
 - Missing feeling for the problem („Doping plays no role in my sports or my field“)
 - Feeling of unfairness („only Germany is so stupid“)
 - Doping issues need to be resolved by major sports organisations
 - No chance against developing doping mentality
- (Singler 2011, 115ff.)

Problems of the fight against doping

➤ **Sport is friendship and reliability**

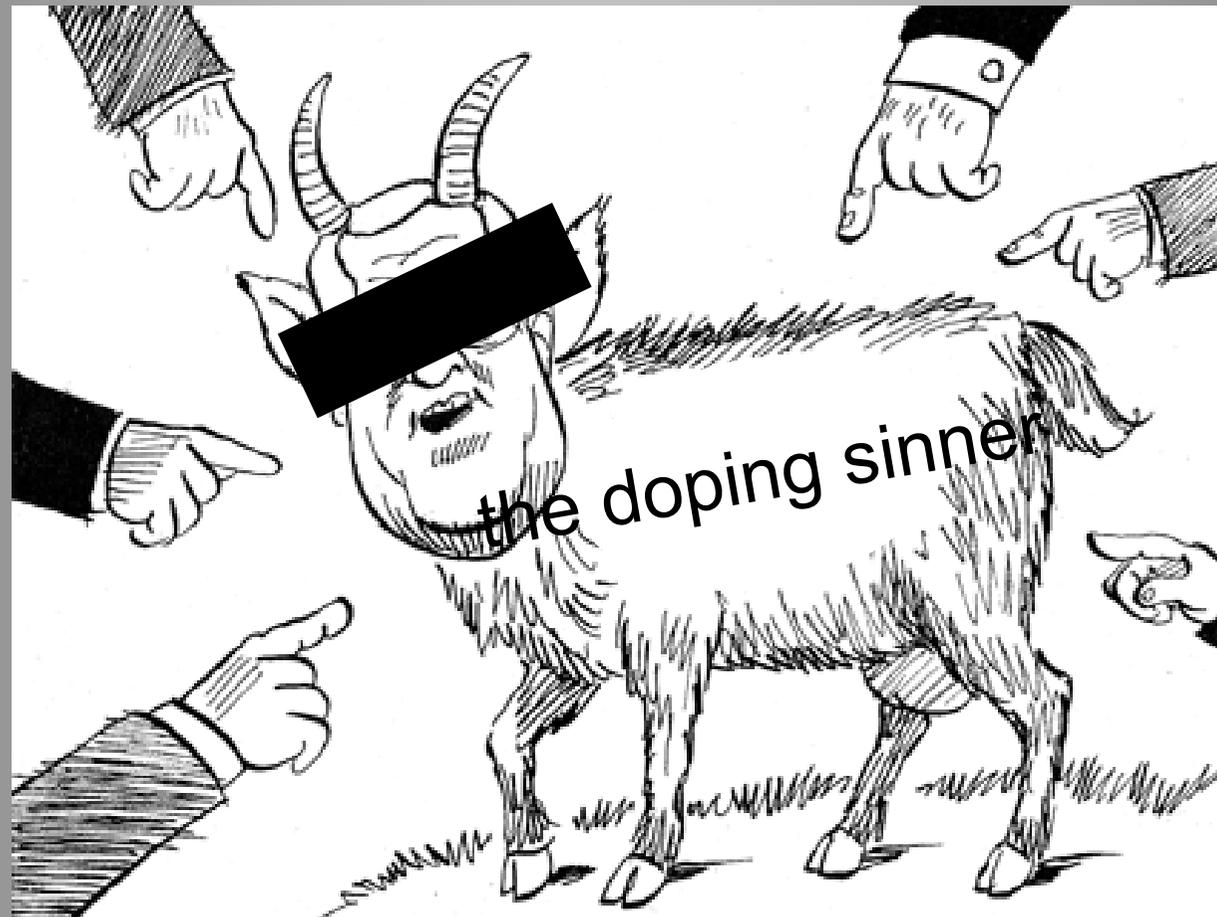
- One does not hurt a friend or causes problems for him or her even if he or she did something awfully wrong!?!?

➤ **fascination of the sports can blur the view!**

- Love to the sports one does (accusations considered making family)
- Fascination to a sportsman or woman (protect our idols!)
- Doping cases will be treated as single cases (but the system around one is clean ...)

Respect the rules??????

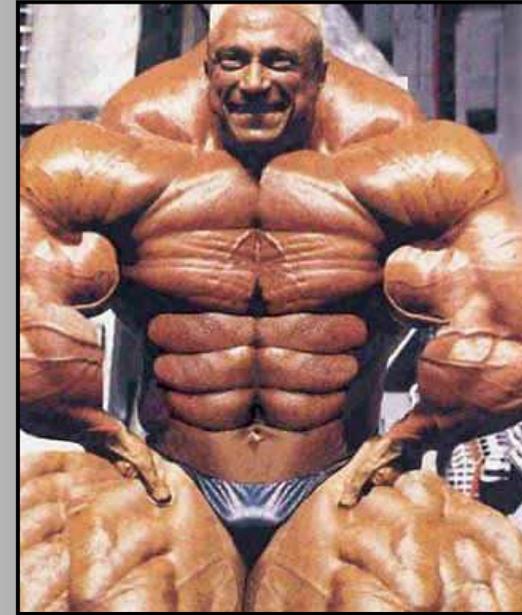
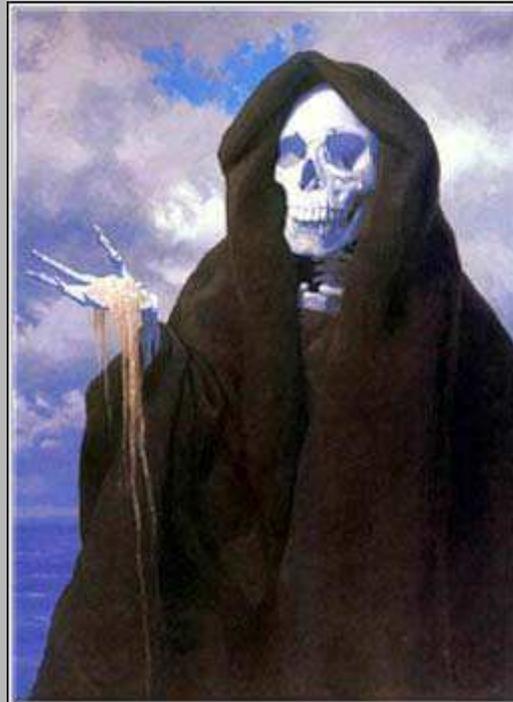
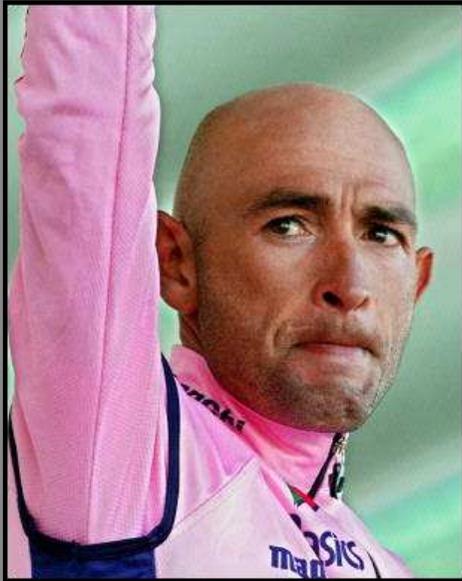
Individualise the problem



Key messages for doping prevention

- **Yes to high performance sport and success, no to abnormal obsession with appearance and success**
- **Respect illness**
- **Being able to win and to lose**
- **Encourage own reflections and decisions**
- **Communicating recognition, appreciation and reliability not only in situations of success!**

Concept of creating fear



**„Doping impairs
health!“**



Instruction based on a moral attitude



**„the one who dopes is
evil“**

Education and information (short lecture)

Doping is :

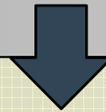
- betray, manipulate etc.

major issues often: action and side effects:

How to proceed: Oral presentations, activities well received by the public

The Heidelberg Approach

Reflect, argue, discuss, decide, being responsible



Perform sports so that the body stays in balance, that all activities make sense considering the whole life span
Maturity

- To use natural resources
- To prepare children and teenagers to situations of temptation
- Teach how to deal with situations where high performance is tried to achieve, limits of performance and failures

**Conditional
prevention**

5. Layer:
International Community

4. Layer:
State/Society

3. Layer:
Sports unions

2. Layer:
Club/Environment

**Behavioural
prevention**

1. Layer:
Athletes

The Mature Athlete

he is informed, can reflect over himself and argue; feels responsible for his decisions

respects the whole lifespan

doing sports meaningfully and with your body in mind by taking the whole span of life into account.

and goes for a dual career

if you have alternatives you don't have to take all the risk.

performance enhancing by any means



“In 1976; an outsider of the federation offered to the swimmers representing West Germany a method to improve the position of the body in the water; according to him, it could help the swimmers be faster. The method consisted in pumping air inside the intestine through the anus. Several high-ranking specialists evaluated the method and the head of the commission for high-level sports, Mr Helmut Meyer, gave that information to people who might be interested. The famous specialist in sports medicine, Prof. Dr. Nöcker tested the method himself. Another famous doctor, Prof. Dr. Keul, president of the scientific commission of the national Olympic committee said that this method was not detrimental to the swimmer’s health. Dr. Donike, who later became the director of the national doping control centre in Cologne, confirmed that the method was not against the existing doping rules. The responsible for the high-level sports in the German ministry was ready to give the DM 250 000 (around €125 000) the creator of the method was asking for. The heads of the Federation agreed to a DM 100 000 (about € 50 000) fine if confidentiality was breached (if information was leaked to the media). The general secretary of the national Olympic committee, Mr Walter Tröger, and the general secretary of the German Sports Federation (DSB), Mr Walter Gieseler, had been informed. The doctors of the West-German Olympic team offered to help pump the air through the anuses of the swimmers. Only one of the heads, Mr Fallak, spoke against using this method. The other people in charge pressured the heads and the coaches into using it. Very few of them refused.

Settings of temptation

- transferring to a new club
- failure in performance
- serious injuries
- competitors who dope
- being afraid of social death

Task: Preparation to settings of temptation

The concept of Junior Ambassadors for doping prevention

- Have influence on the peer group
- Be model for a sportsmen life of honesty in sports
- Inform, sensitise, consult
- To motivate to think about the consequences
- Make public teaching and learning material
- Collaboration with anybody active in doping prevention

Major issues

- Regain consciousness of the problem
- Food supplements and pain killers
- Development of doping mentality
- Advices how to act and react in situations of pressure or temptation

Goals

- To motivate to organize workshops on prevention in sports organisation, sports clubs and schools
- Suggestions for content and methods to be used
- Involve oneself in the planning of the event
- Make clear statements in the fight against doping
- To be aware to be a model for the youth

Examples

- **Lukas Monnerjahn (24 years):** Anti-doping training for coaches and functionaries – DJK (catholic sports federation)
- **Moritz Belmann (23 years), Florian Ellmann (26 years):** Antidoping training for young athletes and coaches – Judo
- **Helen Diederich/Lea Saur (23/22 years):** Prevention actions on the occasion of the Mannheim Marathon (more than 400 participants)
- **Benjamin Heller (26 years):** Responsible of the German athletics federation (DLV) for young anti-doping ambassadors
- **Naima Wiczorrek (21 years):** Responsible of the Schleswig-Holstein cycling federation for anti-doping actions (young ambassadors, education/training etc.)

▪ = bottom up development!

**Accept physical
limits**

**Fair
Play**



**Experience
is more
important
than the
result**

**Christian value
orientation**

Some recommendations how to act

- Clear position of politicians und functionares to the public:
Clean sports are more importantg than top level results.
- **Education of doping prevention specialists**
- Prevention bottom up
- Abuse of medicaments and doping – not only a problem of the
organized sport
- Clear regulation by a antidoping law, limitation of of
advertising by pharmaceutical companies
- No advertising for alcool and or games of chance
- Promotion of research for doping prevention

Donati's Demand for Competitive Sports

- Not only educate to champions but to fun in practising sports
- Doing sports and having job or studying at the same time
- Consider your own improvements as a success.

■ **Thanks for attending!**