

**Report of the  
University Interscholastic League  
to the Texas State Legislature**

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**To Fulfill the Requirements  
Set Forth by HB 3563,  
79th Regular Session, 2005**

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# INTRODUCTION

Excerpts of HB 3563, passed during the 79th Texas Legislature, 2005.

shall

# ACKNOWLEDGEMENTS

This report could not have been completed without the participation of a number of individuals and entities. First is the UIL Legislative Council. The Legislative Council is a peer elected group of school superintendents that is an essential part of the governance structure of the UIL. Any new activity or rule must be presented to the Council who will pass or reject the proposal. In addition, the Council directs the annual Superintendents Survey from which a large amount of data for this report was culled.

Next is the UIL Medical Advisory Committee. The Medical Advisory Committee was created in September 2001, in collaboration with the Chairman of the Legislative Council, Dr. James Terry, Superintendent of Mesquite ISD, former Texas State Commissioner of Education Jim Nelson and current Texas State Commissioner of Education Dr. Shirley Neeley. The purpose of this committee is to examine the health and safety of students involved in interscholastic activity participation. It is the goal of the committee to work cooperatively with the UIL Standing Committees and the Legislative Council to address sports medicine issues as they impact rules and the health and safety of participants.

Thanks also to Dr. Albert Hergenroeder, Professor of Pediatrics and Dr. Connie Wiemann, Associate Professor of Pediatrics with the Baylor College of Medicine in Houston for their assistance with interpretation of data from the steroid survey.

Additional thanks to Dr. Liang Liu from the Community Mental Health and Substance Abuse Services section of the Texas Department of State Health Services for her willingness to share data on these important issues.

# INTRODUCTION

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According to excerpts of HB 3563, passed during the 79th Regular Session of the Legislature in 2005:

(c) The league shall:

(1) develop an educational program for students engaged in extracurricular athletic activities sponsored or sanctioned by the league, parents of those students, and coaches of those activities regarding the health effects of steroid use; and

(2) make the program available to school districts.

(d) During the 2005-2006 school year, the league shall conduct a survey regarding the extent of illegal steroid use by high school students, including students engaged in extracurricular athletic activities sponsored or sanctioned by the league. The survey must be designed to determine:

(1) the number of high school students found by school districts to have possessed or used illegal steroids;

(2) the number of school districts that test high school students, including students engaged in extracurricular athletic activities, for the presence of illegal steroids in the students' bodies; and

(3) any other information the league considers indicative of illegal steroid use by high school students engaged in extracurricular athletic activities.

(e) The league shall:

(1) cooperate with an appropriate public or private entity to study the effectiveness of the educational program required by Subsection (c);

(2) develop a plan for testing students engaged in extracurricular athletic activities sponsored or sanctioned by the league for the presence of illegal steroids in the students' bodies; and

(3) not later than December 1, 2006, file a written report with the legislature regarding:

(A) the results of the survey required by Subsection (d);

(B) the results of the study required by Subdivision (1); and

(C) the plan for testing students required by Subdivision (2).

The following pages will include a description of the University Interscholastic League and its programs, an overview of the educational initiatives undertaken by the UIL, as well as the additional information cited in the above reference to HB 3563.

# ABOUT THE UIL

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## *Purpose*

“The UIL has always stood firm in the belief that student activity participants are the best resource our country has to offer. By providing an opportunity for Texas students to showcase their talents and pursue their dreams, the UIL plays an important role in creating the productive citizens of tomorrow.”

— Bill Farney, UIL Director

The UIL is the governing agency supervising all extracurricular activities for high school and junior high students in the state of Texas. Extracurricular activities help develop a student into a responsible individual and set the stage for success later in life. The objective of the UIL is to provide healthy, character building, educational activities carried out under rules providing for good sportsmanship and fair play for all involved.

Although the UIL does not provide a contest for every individual, it does fill the need for one with the physical and intellectual capacity to excel in activities beyond the classroom. Schools are more aware of societal changes than the average person because they deal with students on a daily basis and no group more accurately reflects changes in society than teenagers. Therefore the cooperation of schools with the UIL is important to the program. School administrators, teachers and citizens across Texas support the UIL, keeping their responsibility to ensure the rules and regulations of the agency are followed during all competitions.

## *History*

The University Interscholastic League was created by The University of Texas at Austin to provide leadership and guidance to public school debate and athletic teachers. In 1901, with the approval of the Board of Regents, Dr. S.E. Mezes, president of The University of Texas, organized and formed the Extension Bureau. He appointed Professor Charles Ramsdell to investigate the need for a high school athletic organization. After talking with public officials, Professor Ramsdell suggested organizing an Interscholastic Athletic Association. The proposal was approved and the UIL's two parent organizations – The Debate League of Texas (DLT) and the Interscholastic Athletic Association (IAA) – became operational.

In 1913, the DLT and the IAA merged to form the University Interscholastic League (UIL), which was centered in the Bureau of Public School Services, then became a part of The University of Texas Extension Division. Today, the UIL operates under the jurisdiction of the Vice-President for Community and School Relations at the University of Texas at Austin.

The UIL has grown into the largest interscholastic organization of its kind in the world. The voluntary membership, non-profit organization exists to provide educational extracurricular academic, athletic and fine arts contests. The initials “UIL” have come to represent quality educational competition administered by school officials on an amateur and equitable basis.

## ***The Largest***

One out of every two high school seniors participates in a UIL contest prior to graduation.

Almost two million students grades 2 through 12 participate in one or more UIL contest each year.

The UIL supplies participants with three different areas of competition. These three areas include 33 literary and academic events, 11 music categories, and 23 athletic events. Along with being the oldest scholastic program of its kind in the world, the UIL also serves a larger geographic area, schedules a greater variety of contests, holds more meets, and enjoys a greater school membership than any similar organization in existence.

The UIL and the state of Texas field more high school baseball, football, volleyball, basketball, and track teams than any other state.

The largest competitive drama program in the world is governed by the UIL as well as sponsoring the largest state high school journalism association. The Interscholastic League Press Conference hosts more high school journalists than any state in the United States.

## ***The Finest***

The UIL Prescribed Music List is recognized internationally as one of the most comprehensive music repertoire lists in existence.

Virtually every UIL contest has been used as a standard by which excellence is judged nationally and internationally. While many states only offer athletic competition for their students, the UIL offers the most comprehensive literary and academic program in the nation. There are 67 different events students can complete in athletically, creatively and intellectually. The UIL is so highly respected that each year outside groups ask the UIL to sponsor contests, so they can take advantage of the UIL structure and guidance.

The UIL has been able to enjoy the expertise of many of the nations finest educators, who serve as judges and contest directors, and have access to university resources. This means that participants are able to use some of the finest facilities the state has to offer.

The UIL also developed The Texas Interscholastic League Foundation. This is a scholarship fund set up to help participants continue their education after high school. Founded in 1954, the TILF has awarded more than \$21 million in college scholarships to over 15,000 UIL State literary and academic meet participants.

## ***The Strongest***

School officials create contest rules because they understand best the nature of educational competition. The UIL rules are adopted and altered by member school administrators. It is the responsibility of these professionals to ensure that the overall education of participants is protected. The superintendent is responsible to the local school district and makes sure that each contest remains purely amateur and educational.

Participation in the UIL is a privilege for deserving high school students. The goal of the UIL is to provide healthful, character building experiences that teach participants teamwork, sportsmanship and individual responsibility. Through UIL competition, students learn grace in defeat and humility in victory.

Administrators constantly confer with coaches, teachers, contests sponsors, and others in an attempt to find ways to make the UIL experience more educationally valuable. The rules of the UIL are adopted by all member schools and monitored closely by administrators.

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# EDUCATIONAL INITIATIVES

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At its core, the UIL is an educational institution. As such, the initiatives undertaken by UIL in reference to the important issue of substance abuse, particularly illegal anabolic steroids, are educational in nature.

Following is a listing and short description of the many educational steps and programs in which the UIL has been involved that have been designed to increase awareness of the dangers of illegal anabolic steroid use and abuse.

### ***North Texas Steroid Summit***

In February 2005, the UIL was instrumental in presenting the North Texas Steroid Summit. The Region 10 Education Service Center, in conjunction with the Drug Enforcement Administration (DEA) and University Interscholastic League (UIL), hosted a one-day summit to provide educators with information regarding anabolic steroid abuse in North Texas schools. Over 500 educators participated in this summit.

### ***National Institute on Drug Abuse***

In the summer of 2005, the UIL worked with the National Institute on Drug Abuse (NIDA) to provide 3,000 anabolic steroid education posters to the school coaches of Texas. These posters were distributed to coaches at the summer coaching school

meetings of the Texas Girls Coaches Association and the Texas High School Coaches Association.

The UIL is working to deliver the NIDA's Steroid Education Public Service Announcements to the majority of print media and broadcast media outlets in Texas. The NIDA's "Game Plan" is the latest installment in their "Keep Your Body Healthy" campaign. "Game Plan" encourages young men and women to work hard and not "cheat" by using anabolic steroids, thereby exposing themselves to the negative side effects associated with these drugs.

### ***Make the Right Choice***

The UIL has supported the National Federation of State High School Associations (NFHS) in their development and implementation of the "Make The Right Choice" anabolic steroid education initiative. With this new campaign, the NFHS and UIL have taken a proactive role toward nationwide anabolic steroid awareness. As a means of addressing the growing problem of steroid abuse in our nation's high schools, the NFHS has developed a multimedia educational initiative called "Make the Right Choice." The initiative entails three items: a DVD containing two videos, two brochures and two posters.

The DVD contains two 10-minute videos. The first video is directed toward coaches and students, while the second one is directed toward parents. The videos include interviews with Indianapolis Colts head coach Tony Dungy and Kansas City Chiefs quarterback Trent Green. Finally, former high school, college and semi-professional football player Ric Dye shares his story of negative side effects he suffered from long-term steroid abuse.

The brochures include medical information about anabolic steroids, including quick facts and side effects, as well as measures that parents and coaches can use to deter steroid use. The posters are directed toward specific genders. The boys version includes a photograph of a young man with a severe case of back acne that could result from steroid use. For the females, we took a slightly different approach by using a photograph of a girl with back acne, as well as a shot of a girl with facial hair. Superimposed over those two shots are written examples of possible negative side effects for girls. With support from member state high school associations, such as the UIL, the NFHS believes that the multimedia package of DVDs, brochures and posters will help educate high school administrators, athletic directors, coaches, parents and students on anabolic steroid abuse.

### ***New UIL Rule***

The UIL has instituted a rule that requires the parent/guardian of each high school athlete in Texas to be provided with annual access to the UIL Parent Information



Manual. The Parent Information Manual includes detailed information on anabolic steroids, nutritional supplements (including Creatine and Androstenedione) and the potential negative consequences associated with their use.

The parent/guardian of each high school athlete in Texas along with each high school athlete, as required by HB 3563, must annually sign the UIL Illegal Steroid Use Parent and Student Notification/Agreement Form. This form details Texas state laws in reference to the possession of illegal anabolic steroids and provides information on the health consequences associated with illegal anabolic steroid use. The student and the parent/guardian must have read the information and agree that a prerequisite of participation in UIL athletic activities is to refrain from illegal anabolic steroid use.

### ***Providing Information***

The UIL provides schools with news and information on grants, education initiatives and other pertinent information regarding anabolic steroid and nutritional supplement education and awareness.

The UIL has added banners to its Web site to further educate, parents, coaches and students on the issue of illegal anabolic steroid use.

### ***Medical Advisory Committee Measures***

The UIL Medical Advisory Committee developed and UIL mailed to all schools a comprehensive survey for schools and coaches. The survey was completed in December 2005 and included questions relating to the following:

- How many schools currently test students in their school for anabolic steroids (whether alone or in conjunction with an overall testing program)?
- What anabolic steroids are they testing for (smart panel or full panel)?
- What is the penalty structure for positive tests?
- What is the appeal process for a positive test?
- If they are not testing for anabolic steroids, why?
- If they are testing for anabolic steroids, what are the costs associated with their anabolic steroid testing program?
- How are they paying for their anabolic steroid testing program?
- If they are testing, what have been the results of their testing program (i.e., number of positive tests)?
- Who should be in charge of making the decision on an anabolic steroid testing program, the local school district or the UIL?
- Do they feel that anabolic steroid use is a problem in their school?
- What issues or obstacles have they faced in the development, implementation and conduction of their anabolic steroid testing program?

The survey was returned and tabulated with results presented to the UIL Medical

Advisory Committee at its April 2006 meeting. The results of the survey are presented and discussed in the report to follow.

### ***Steroid Education Program***

The UIL developed a Request for Proposal for an additional Steroid Education Program in June of 2006. The proposals have been returned and the contract has been awarded. This education program and its goals and objectives will be detailed in the Focusing on the Future section later in this report.

### ***STAR Sportsmanship Program***

The UIL has collaborated with several other state education organizations, including the Texas Association of School Administrators, to receive a \$250,000 grant for a pilot project for yet another statewide steroid education and decision making program, through Learning Through Sports called the STAR Sportsmanship Program. According to Learning Through Sports, today's high school students are faced with a constant barrage of media, numerous technology devices, negative models of behavior by pro athletes and a culture that advocates a "win at all cost" mentality. These influences are impacting the attitude and behavior student-athletes are bringing to the field, the court and the classroom.

In STAR Sportsmanship, high school students learn how to deal with difficult situations; how their actions affect others; the warning signs of steroids and other illicit drug use; why it's better to put the team first; and how to talk to a teammate about drugs.

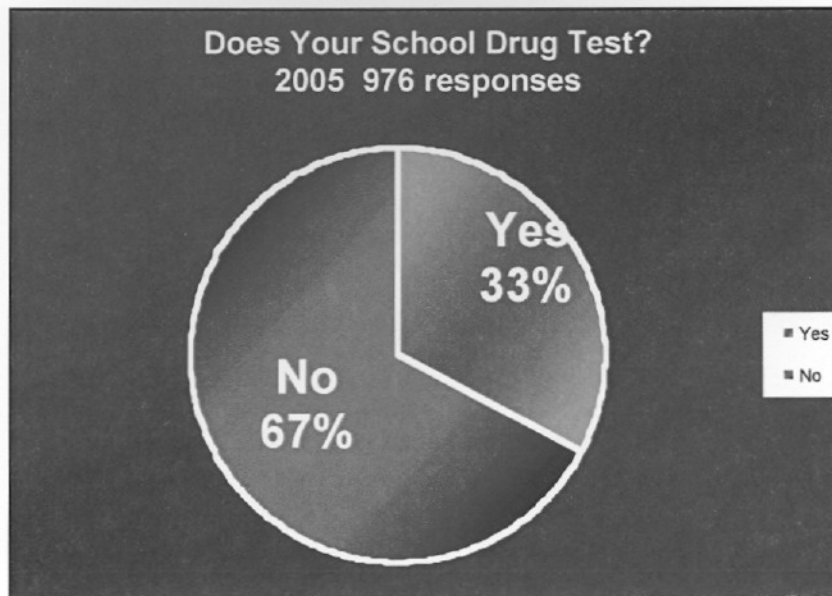
# 2005 SURVEY DATA

The UIL Legislative Council annually surveys UIL member schools on issues pertinent to the business of the League. The issues of drug testing and specifically testing for steroids are now a permanent part of that annual Superintendents Survey.

Results of those surveys, specific to drug testing in schools are presented and discussed along with the comprehensive steroid survey for schools and coaches developed by the UIL Medical Advisory Committee. This survey was completed in December 2005 and included questions relating to the following:

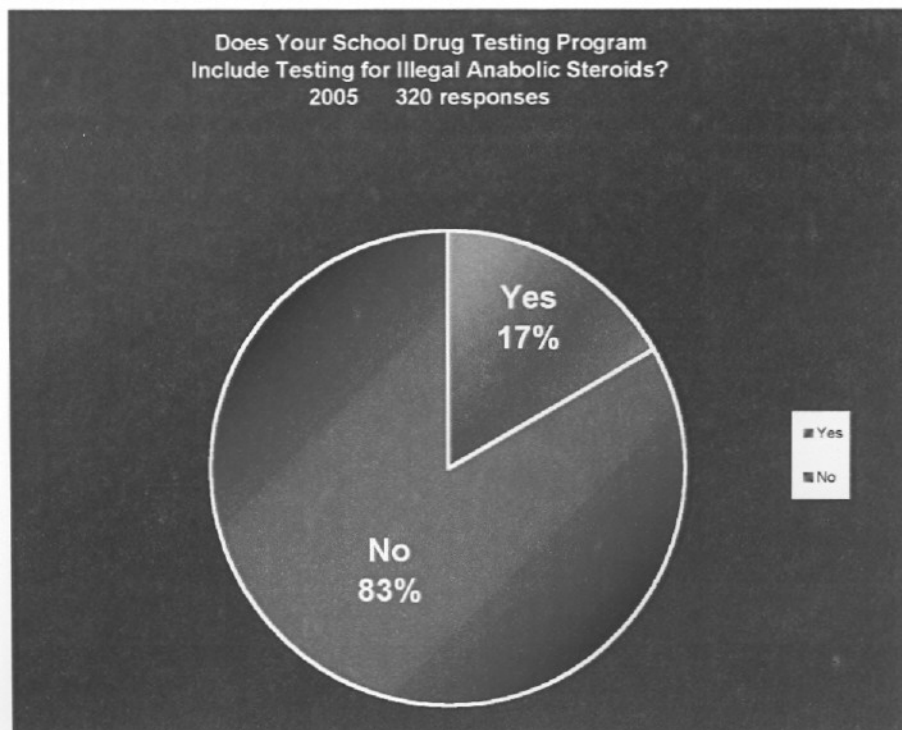
- How many schools currently test students in their school for anabolic steroids (whether alone or in conjunction with an overall testing program)?
- What anabolic steroids are they testing for (smart panel or full panel)?
- What is the penalty structure for positive tests?
- What is the appeal process for a positive test?
- If they are not testing for anabolic steroids, why?
- If they are testing for anabolic steroids, what are the costs associated with their anabolic steroid testing program?
- How are they paying for their anabolic steroid testing program?
- If they are testing, what have been the results of their testing program (i.e., number of positive tests)?
- Who should be in charge of making the decision on an anabolic steroid testing program, the local school district or the UIL?
- Do they feel that anabolic steroid use is a problem in their school?
- What issues or obstacles have they faced in the development, implementation and conduction of their anabolic steroid testing program?

The 2005 Superintendents Survey inquired whether or not the responding school drug tested their students. The results of that survey indicated that of the 976 respondents, 320 indicated 'Yes' they drug tested their students while 656 indicated 'No' they do not drug test their students.

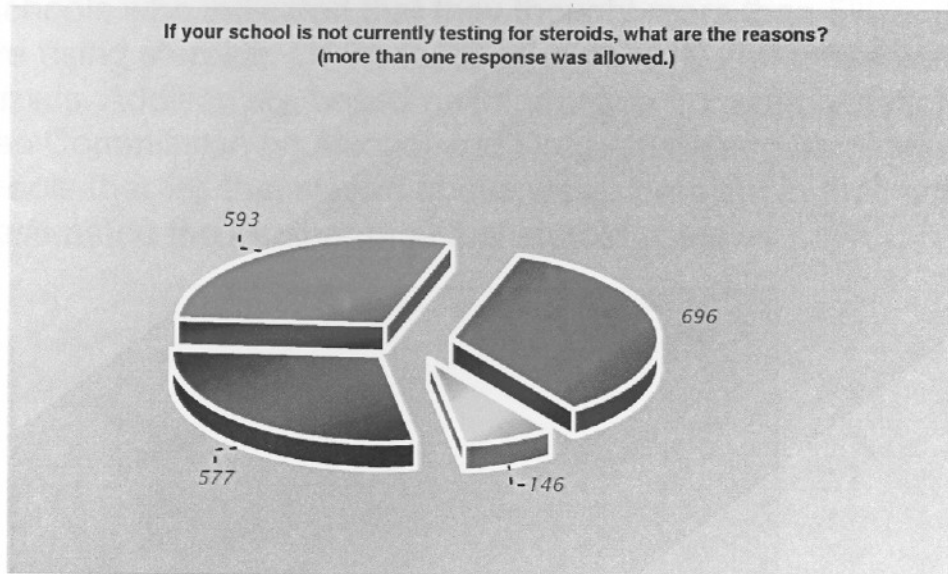


The UIL Medical Advisory Committee Survey was specifically designed to gather information regarding the issue of steroid testing and student use and school administrator perceptions of the problem. The following charts show the results of the survey relating to those items.

In relation to steroid testing, of the 320 schools that indicated 'Yes' they drug tested their students, 53 of those reported that their drug testing program also included testing for illegal anabolic steroids.



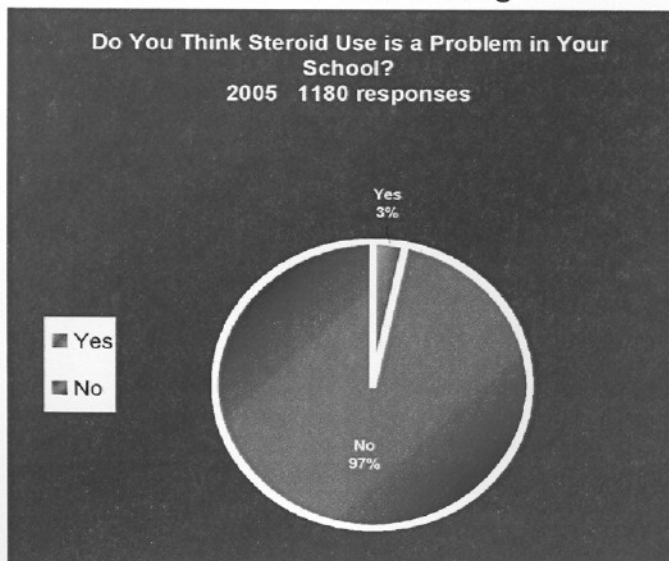
When inquiring about steroid testing, the Medical Advisory Committee felt it would also be appropriate to inquire as to the reason why schools that were not steroid testing their student participants had decided on that course of action. As you will see from the chart below, the survey included four options, and schools were allowed to answer with more than one response.



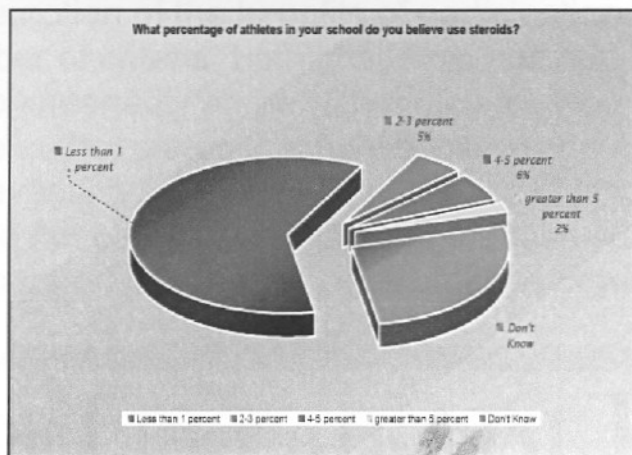
■ Cost ■ No Policy Developed ■ Do not feel it is a problem in our school ■ Other

According to the data, the 53 schools who indicated their drug testing programs included testing for illegal anabolic steroids administered over 4,100 steroid tests in the 2005-2006 school year. Of those over 4,100 steroid tests administered by those 53 schools, only one (1) positive test was reported in the survey.

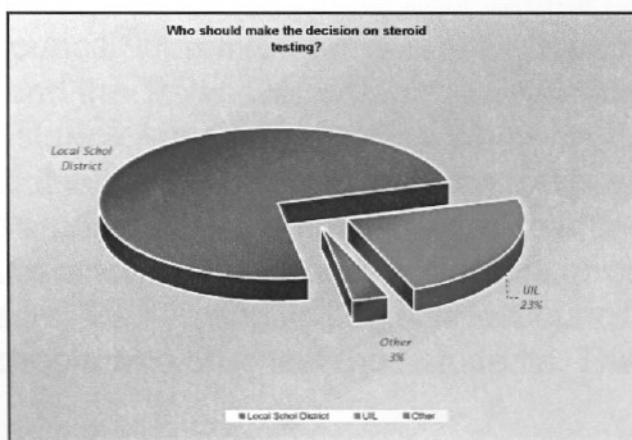
Perceptions of the problem of steroid use vary depending on circumstance. The UIL Medical Advisory Committee survey inquired about the perceptions of survey respondents concerning the problem of steroid use in their school. Survey respondents indicated overwhelmingly that they did not think there was a problem with steroid use in their school. Of the 1,180 respondents, 39 felt that steroid use was a problem in their school. An interesting aspect of this is that of the 39 respondents who indicated that they felt steroid use was a problem in their school, only one of those schools was testing athletes for steroids at the time of the survey.



Further, the study asked the respondents to estimate the percentage of athletes in their high school who use illegal anabolic steroids. As is evidenced from the chart below, the majority (61% or 769) of the 1,180 respondents felt that less than 1% of the athletes in their school were utilizing illegal anabolic steroids. According to the survey, there were 26 schools who indicated that they thought more than 5% of the athletes in their school were using steroids. Of those 26 schools, only 2 of those were testing their students for steroids. Additionally, based on information from many national reports (including the Texas Commission on Alcohol and Drug Abuse and Monitoring the Future) many of the schools that felt that steroid abuse was a problem in their school more than likely overestimated the number of actual steroid users.



Lastly, the survey asked the respondents who should be responsible for making the decision on steroid testing of high school athletes, the local school district, the UIL or some other entity. An overwhelming majority, 868 of the 1,184 respondents, felt the decision should be left to local school district officials. 277 respondents felt the UIL should be in charge of making the decision and 39 felt that the decision should be made by someone other than the local school district or the UIL. The 'other' category contained responses on who should make the decision on steroid testing including parents, the Legislature, the Texas Department of Health and most commonly, whoever was going to pay for it.



# CONCLUSION OF UIL SURVEY DATA

According to the Texas Department of State Health Services (TDSHS) 2004 School Survey of Substance Abuse Among Students: Grades 7-12, "2 percent of all secondary students reported they had ever used steroids, and less than 1 percent had used steroids during the month before the survey. While the overall usage rate for steroids held steady, the lifetime or current use of steroids by eighth and eleventh graders increased in this survey from two years ago (p. 21)." Data, including the TDSHS survey noted above support the notion of the benefits of participation in extracurricular activities in relation to a number of criteria, both academic and non-academic. The UIL and its member schools wholeheartedly agree with the conclusion reached by the above mentioned study, whose author states that "while extracurricular activities appear to be a protective factor in preventing substance use, the use of alcohol, drugs, and tobacco by these students should not be ignored. Substance abuse education and prevention efforts need to be incorporated into the activities of these organizations (p. 60)."

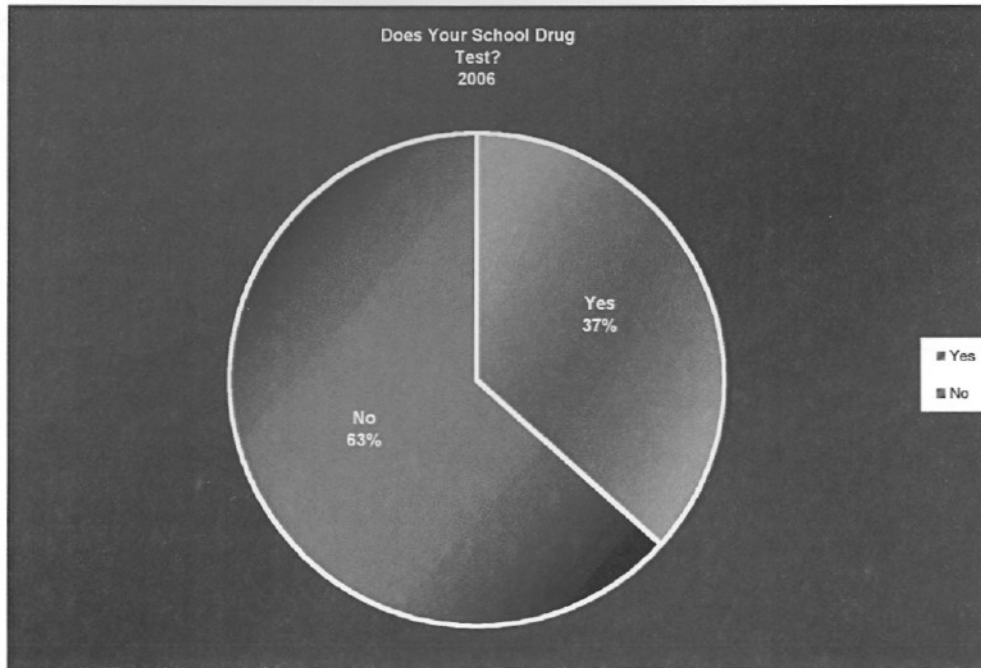
## RESULTS OF EDUCATIONAL INITIATIVES

As referenced in a previous section of this report, at its core, the UIL is an educational institution. As such, the initiatives undertaken by UIL in reference to the important issue of substance abuse, particularly illegal anabolic steroids, have been educational in nature. While it is sometimes hard to quantify the direct effect of any educational program, looking at data before the program was implemented and after the program was implemented can be a useful evaluation tool.

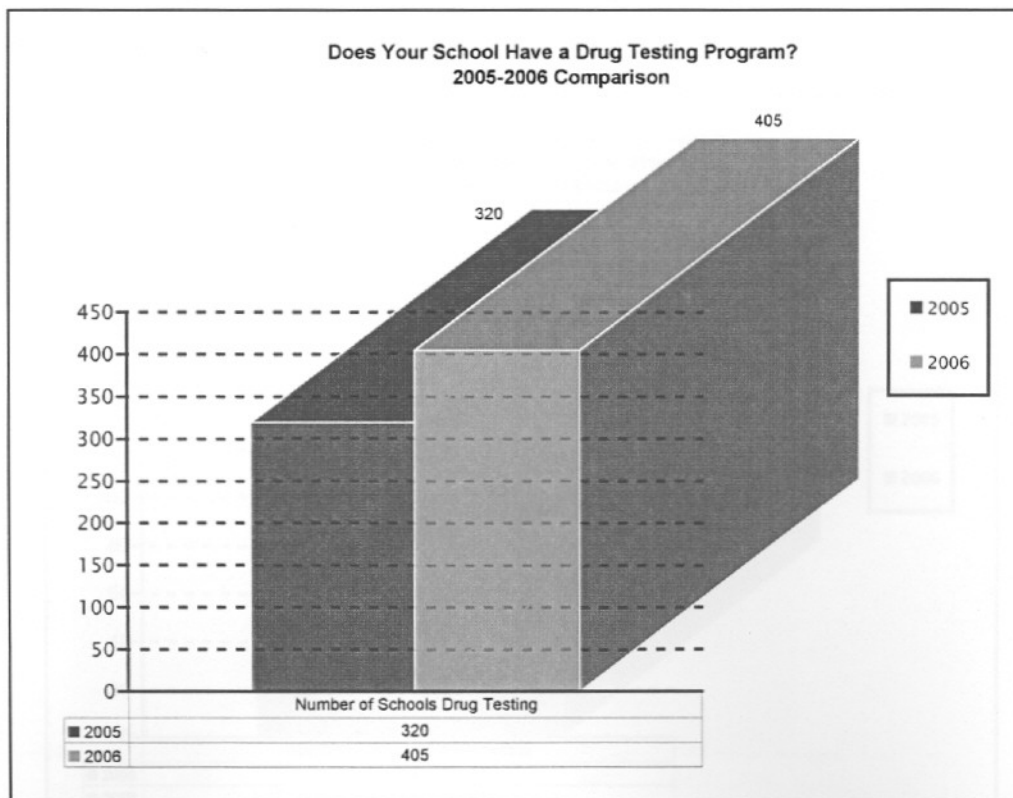
For this section of the report, UIL has gathered data from a number of different sources in an effort to quantify the effects of the educational campaign, including the annual UIL Legislative Council Superintendents Survey, the annual UIL Medical Advisory Committee Survey and the Texas Department of State Health Services 2006 Texas School Survey of Substance Abuse Among Students: Grades 7-12 which has just recently been completed. It is the belief of UIL that the data presented below illustrates the tremendous concern among school administrators, teachers and coaches about the important issue of substance abuse, whether steroids or other illicit substances.

For more than 4 years, the UIL and its Legislative Council have been collecting data on the number of schools who drug test their students. The 2006 UIL School Survey

inquired whether or not the responding school drug tested their students. The results of that survey indicated that of the 1,106 respondents, 405 indicated 'Yes' they drug tested their students while 701 indicated 'No' they do not drug test their students.

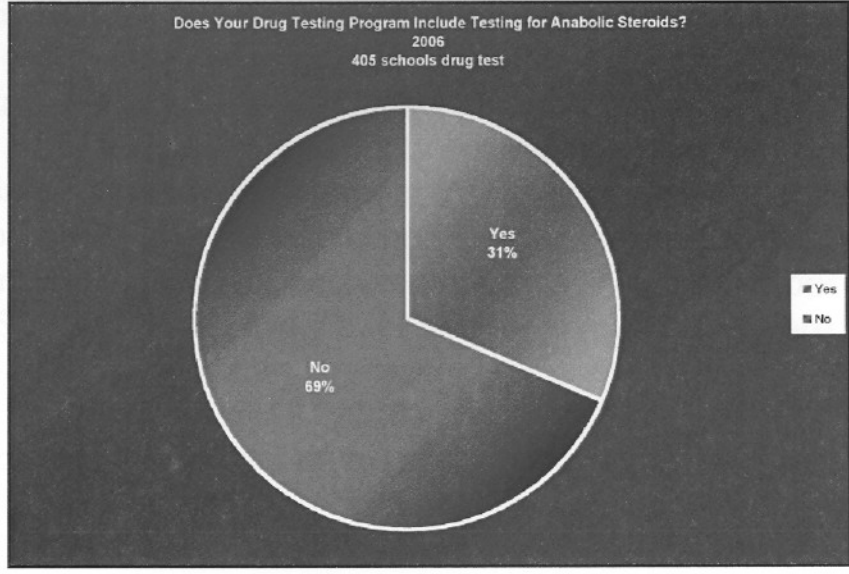


As you will see from the chart below, this is a significant increase over the previous year. The survey indicates a 25% increase in the number of schools who drug test their students.

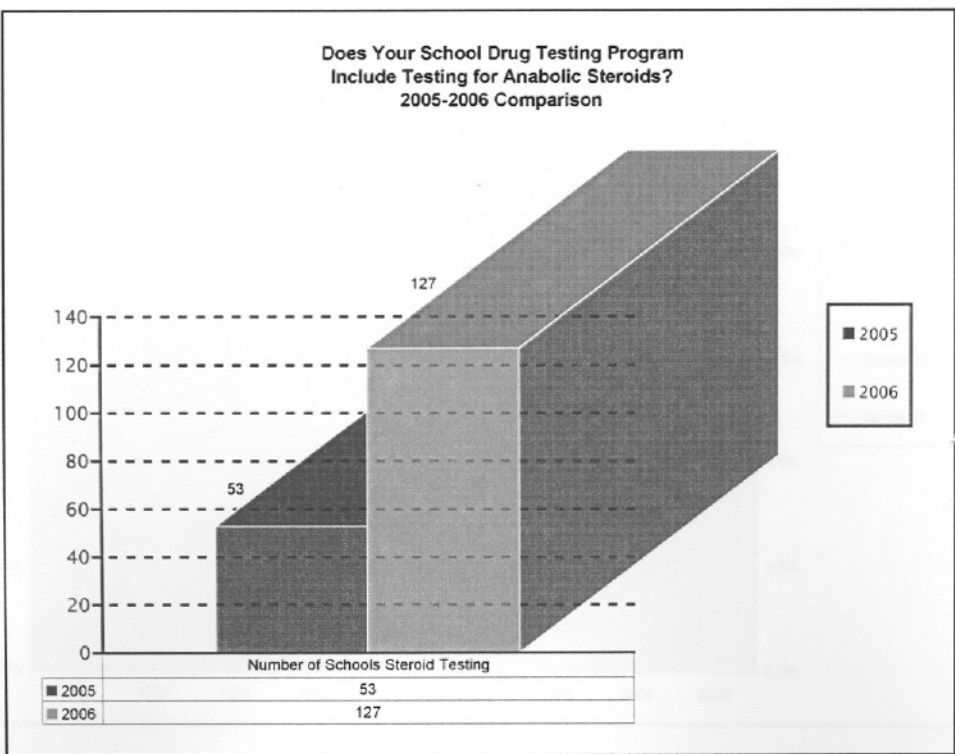




The UIL school surveys for 2006 were also designed to gather information in relation to the issue of steroid testing in schools. You can see from the results presented below how important this issue has become with schools in Texas. In one year the number of schools who are testing their students for steroids has increased more than 100%, from 53 in 2005 to 127 in 2006.



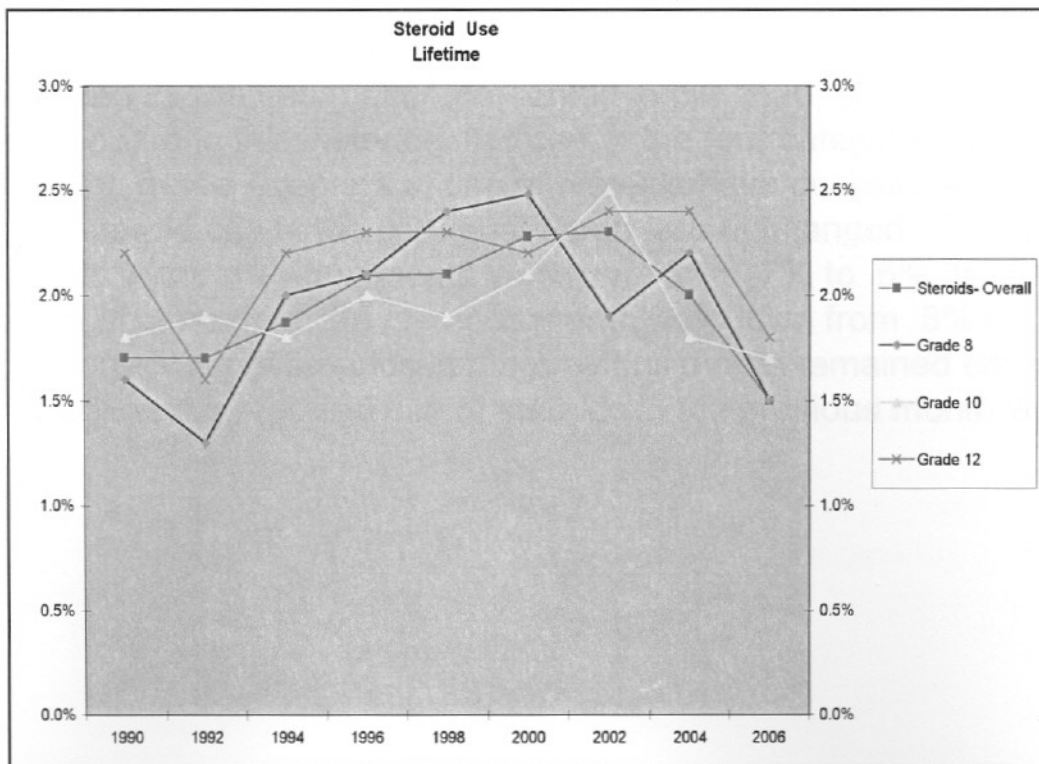
As you will see from the chart below, this is a tremendous increase over the previous year. As indicated in the section above, the survey indicates a more than 100% increase in the number of schools who included steroid testing as a part of their student drug-testing program.



While it is important to see that the focus on education has led to an increase in the number of schools who feel the issue is important enough to implement a testing program, it is more important to determine if the education program has had any direct effect on student behavior. In order to make this determination, the UIL will rely on work that has been referenced throughout this report, the Texas Department of State Health Services (TDSHS) School Survey of Substance Abuse Among Students: Grades 7-12. Every two years, the Texas Commission on Alcohol and Drug Abuse (now the Texas Department of State Health Services), in conjunction with the Public Policy Research Institute at Texas A&M University, conducts a statewide survey of drug and alcohol use among students in secondary and elementary schools. Since its inception in 1988, at least 738, or 60 percent, of the public school districts in Texas have participated in this project, and 3.5 million secondary and elementary surveys have been administered. The 2006 Texas School Survey results for secondary students were based on the responses of more 141,000 students in grades 7-12 sampled from approximately 80 school districts in the state (TDSHS, 2006).

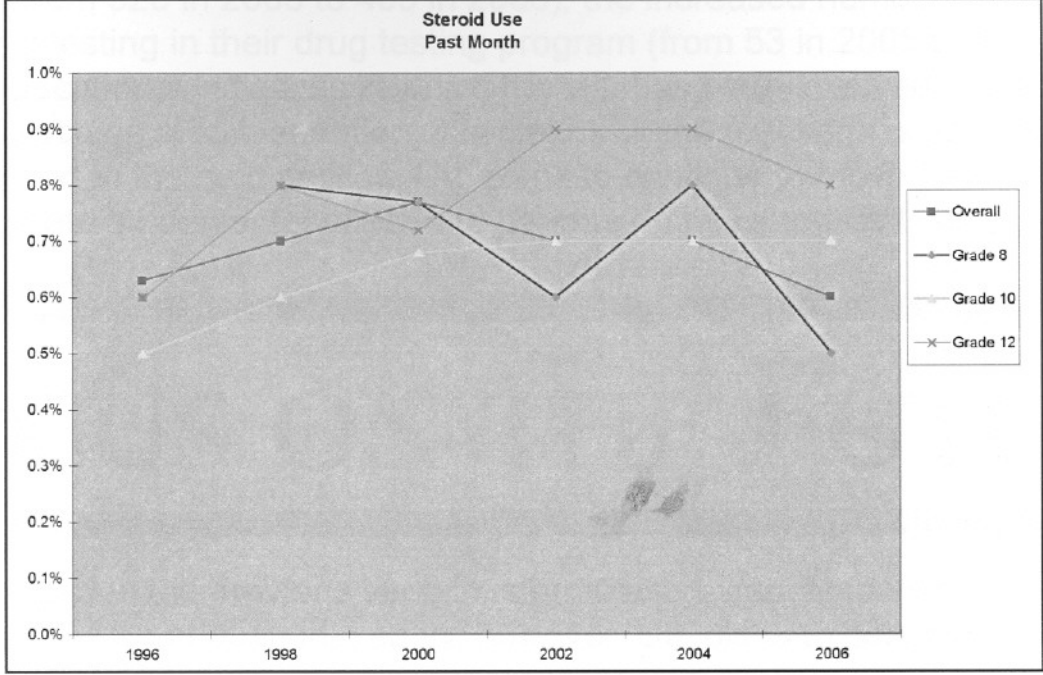
As indicated from the results of the above referenced survey, steroid use among students is down almost across the board, significantly so in some cases. Steroid use in the survey was broken down into two separate categories, whether the respondent had ever used steroids in their lifetime, and had they used steroids in the month previous to the survey.

The chart below shows a visual picture of the results for the question, has the respondent used steroids at any point in their lifetime?



As evidenced by the information presented in the chart, steroid use is down across the board in this instance. In all four categories listed - overall, 8th grade, 10th grade and 12th grade – reports of use of steroids has decreased. Overall, the reported use of steroids was down from 2% to 1.5%; for 8th graders the reported use of steroids was down from 2.2% to 1.5%; for 10th graders the reported use of steroids was down from 1.8% to 1.7% and for 12th graders the reported use of steroids was down from 2.4% to 1.8%.

The chart below shows a visual picture of the results for the question, has the respondent used steroids at any point in the month previous to responding to the survey?



As evidenced by the information presented in the chart, steroid use is down almost across the board in this instance. In three of the four categories listed - overall, 8th grade and 12th grade – reports of use of steroids have decreased. In the tenth grade category, steroid use in the previous month was unchanged. Overall, the reported use of steroids in the previous month was down from .7% to .6%; for 8th graders, the reported use of steroids in the previous month was down from .8% to .5%; for 10th graders, the reported use of steroids in the previous month remained constant at .7%; and for 12th graders, the reported use of steroids in the previous month was down from .9% to .8%.

# CONCLUSION OF EDUCATIONAL INITIATIVES

From the data, it is clear that steroid use across the board is down from 2004 to 2006, the time period encompassed in this report. While there could be several reasons for this drop in reported use of steroids among adolescents, the end result is that fewer students appear to be exposing themselves to the dangers of these substances. Whether the decrease is a result of the increased number of schools that are drug testing students (from 320 in 2005 to 405 in 2006), the increased number of schools that include steroid testing in their drug testing program (from 53 in 2005 to 127 in 2006), the various educational initiatives in which the UIL has been involved in the last year, or other factors such as media attention, it is clear that the message is getting out. However, as provided in the next section, UIL plans to continue to move forward in its endeavor to educate students, teachers and parents on this important issue.

## FOCUS ON THE FUTURE

As indicated in the previous section, steroid use by adolescents is down from previous years. As an educational entity, however, UIL plans to continue to move forward with programs designed to increase awareness of the various issues surrounding the health and safety of student participants. The UIL has actively sought a partner for the development of an additional comprehensive anabolic steroid and nutritional supplement education and awareness program to include DVDs, Power Point presentations and brochure materials. The education program will be used to educate UIL member schools and their students on the dangers of steroid use, the illegal nature of steroids, and all other pertinent information regarding the use of anabolic steroids and nutritional supplements.

The UIL solicited proposals for selection of a vendor to develop and provide a steroid education program, which includes a video, to be used by UIL member schools, coaches and students. The UIL required the contract to be with a qualified and experienced vendor who has worked in health education settings to develop and produce an effective steroid education program and video.

**Expectations of any partner included the following:**

- Demonstration of understanding of public school settings, and more specifically understanding of health education;
- Demonstrated capacity for assembling crew and equipment necessary to produce said educational video; and
- Demonstrated ability to produce video within the timeframe allowed.

**Additionally, it was expected that any production team would meet the following criteria:**

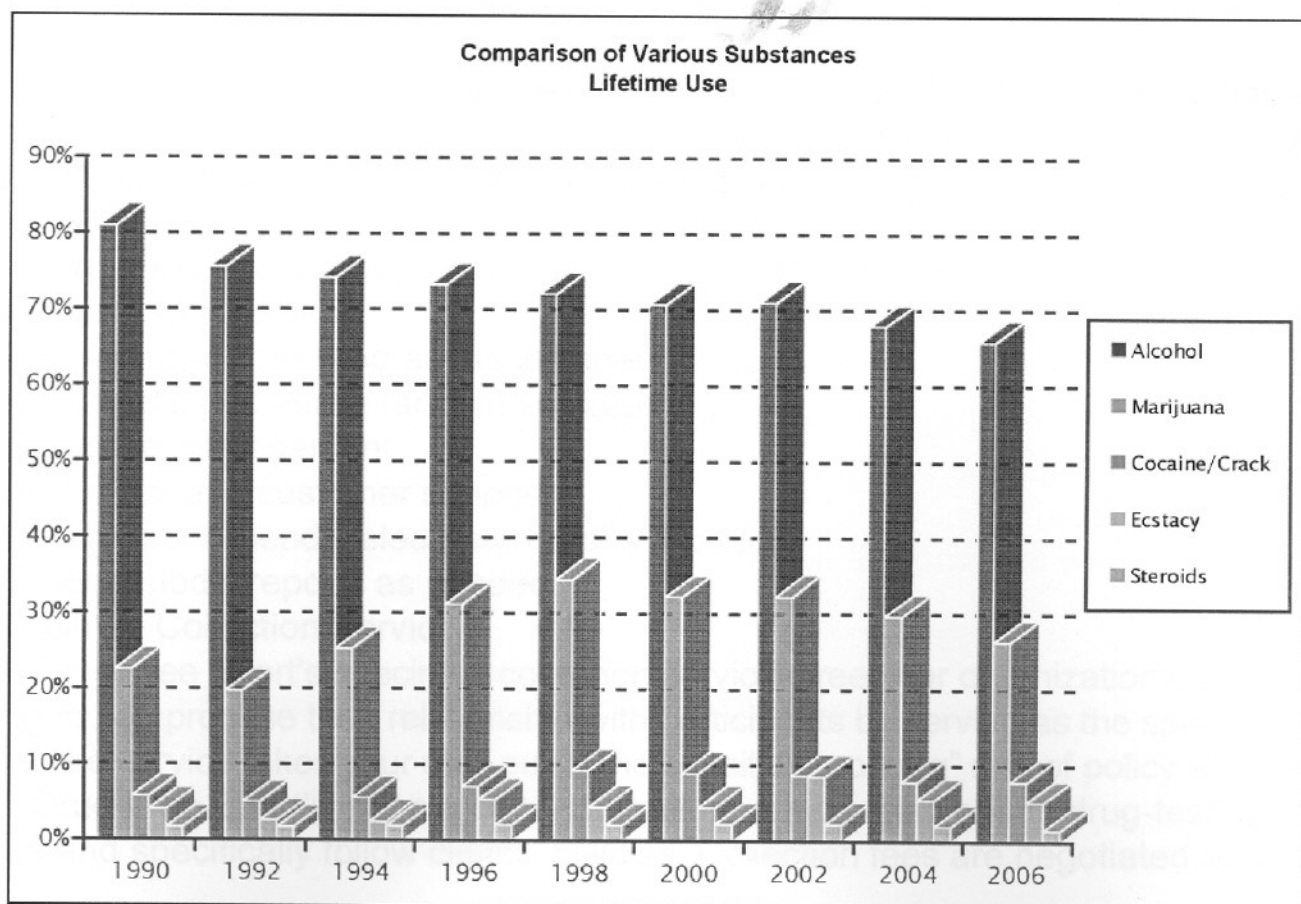
- A principal member of the production team must have advanced scientific and/or medical training regarding the physiological effects of anabolic steroids. For example, a principal member of the production team must hold a Ph.D. or M.D. in Physiology or Sports Medicine and be recognized internationally as an expert.
- A principal member of the production team must have experience in conducting focus groups. Furthermore, they need to demonstrate experience in drawing valid conclusions based upon accepted health-behavior models.
- A principal member of the production team must be expert in "sports nutrition" in order to address the issue of pro-hormones in dietary supplements and their anabolic and negative health effects.
- A principal member of the production team must have an established and formal position (i.e. with monetary compensation) with an athletic program competing in the sports of football or basketball at the professional and/or collegiate NCAA Division I level.
- It is expected that a principal member of the production team have experience in coaching education as evidenced by previous work for the Texas High School Coaches Association.

The UIL has recently awarded the contract for this program to a group headed by Dr. Edward Coyle, from the University of Texas. Dr. Edward Coyle is a professor in the Department of Kinesiology and Health Education, and is the director of the Human Performance Laboratory at the University of Texas at Austin. Dr. Coyle is an expert speaker on carbohydrate and fluid supplementation, fat metabolism during exercise, and factors that determine endurance performance ability, especially in elite cyclists. Dr. Coyle has researched various aspects of exercise physiology, including exercise effects on skeletal muscle and cardiovascular function. He has published more than 100 scientific articles in top journals, including Journal of Applied Physiology, American Journal of Physiology, International Journal of Sports Medicine, and Medicine and Science in Sports and Exercise.

In 1999, at the 5th International Olympic Committee (IOC) World Congress on Sport Science in Sydney, Australia, Dr. Coyle delivered a keynote lecture. He is the North American representative of the "Sports Nutrition Working Group" for the International Olympic Committee. He was editor-in-chief of the International Journal of Sports Medicine and is a fellow of the American College of Sports Medicine and the American Academy of Kinesiology and Physical Education. He is active in the American Physiological Society and a member of the American Society of Clinical Nutrition.

Dr. Coyle received his bachelor's degree in physical education from Queens College in New York City, his master's degree in exercise physiology from Ball State University, and completed his doctorate in animal physiology from the University of Arizona, and post-doctoral training at Washington University Medical School.

This program is planned as the first in a series of educational activities in which UIL will be involved. This project focuses on steroids and nutritional supplements, however, as research shows, there are many other substances with which students are involved that can be just as dangerous as steroids. The chart below, from the 2006 TD-SHS School Survey, indicates that historically steroids represent one of the least used substances by adolescents.



The UIL will continue to work with leaders in their fields to bring educational materials to the schools, administrators, coaches, parents and students. With continued dedication and focus toward the education of all the involved stakeholder groups, it is our hope to see a continued decrease in the use of dangerous and illegal substances by the school children of Texas.

# DRUG TESTING PROGRAM

In early 2005, the UIL contacted the National Center for Drug Free Sport in reference to drug testing and the related issues that go along with testing. Drug Free Sport was founded in 1999 by Frank Uryasz who was director of sports sciences for the National Collegiate Athletic Association (NCAA). Their executive staff has more than 50 years of cumulative, professional experience.

Drug Free Sport was created because there was no national entity that focused on the specific needs of sports organizations. Many organizations tried to do their own testing, using inappropriate workplace drug-testing models. Sports organizations needed specific, student-athlete targeted testing, as well as independent program management.

In 2001, Drug Free Sport started the Dietary Supplement Resource Exchange Center, (REC) as a confidential hot line and Web site to answer athletes' questions about dietary supplements and banned substances. Subscribers include NCAA, the National Football League, and the International All-Around Weightlifting Association.

Drug Free Sports drug-testing services consist of three components:

## 1. Administrative Services

- Pre-administrative program assessment
- Confidential, objective random selection
- Database management
- 24/7 client and customer support
- Secure, user-friendly electronic results reporting
- Other periodic reports as needed

## 2. Specimen Collection Services

Drug Free Sport's specimen collection services free your organization's staff from having to compromise their relationship with participants by serving as the specimen collector. The service takes your staff out of the sensitive "policing" role of policy enforcer.

Drug Free Sport's independent contractors are certified sports drug-testing collectors and specifically follow clients' policies. Collection fees are negotiated based on

testing volume — the more tests per test date, the lower the cost per test.

Drug Free Sport equips collection crews and the drug-testing area with all necessary materials and forms to conduct specimen collections. Drug Free Sport procures, stores and transports all supplies and specimens for testing.

Drug Free Sport can also provide on-site collection training services to facilitate in-house collections

### 3. Specimen Analysis

Testing for drugs of abuse is relatively straightforward. The standard for drug testing is the immunoassay screen, a quick method of determining the presence or absence of a drug or metabolite in a urine specimen. A positive screen is followed by confirmation using gas chromatography or liquid chromatography with mass spectrometric detection (GC/MS or LC/MS), a very specialized procedure that specifically identifies the drug and/or metabolite. Although other biological specimens (e.g., hair, oral fluid) are being used for drug detection, urine continues to be the specimen of choice. Laboratories have extensive scientific basis for the testing methodology and scientists have developed extremely sophisticated instruments and procedures utilizing urine specimens to effectively detect drugs.

Sports drug testing is a unique area within this field. Both the scope of testing provided and the analytical techniques applied are among the most sophisticated in the field. When testing for performance-enhancing substances (e.g., anabolic steroids, EPO), analysis must be performed at highly specialized laboratories.

Drug Free Sport contracts with Substance Abuse and Mental Health Services Administration (SAMHSA) and WADA certified laboratories to provide clients with the highest quality and the most sophisticated science and technology available for the detection of drugs and other substances commonly used by athletes today. Through these partnering efforts with highly qualified laboratories, Drug Free Sport offers several drug-testing panels specifically designed to address drug use in sport. In addition, Drug Free Sport will work with a client to customize drug-testing panels as needed. Below are drug-testing panel options. Most panel prices include screening and confirmation of presumptive positive tests. Screen negative results are available within 24 hours of receipt at the laboratory and confirmed positive results are usually available within 36-72 additional hours.

Following is the proposal submitted to UIL by the National Center for Drug Free Sport.



# *Drug Free Sport*

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## Anabolic Steroid Testing Program Service Proposal

Presented To



University Interscholastic League

May 2, 2005

**THE NATIONAL CENTER FOR DRUG FREE SPORT, INC.**

810 Baltimore Avenue  
Kansas City, Missouri 64105  
816/474-8655 (phone)  
816-285-5068 (fax)  
[www.drugfreesport.com](http://www.drugfreesport.com)

## Anabolic Steroid Testing and Education Services Proposal

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## I. Summary of The National Center for Drug Free Sport, Inc.

The National Center for Drug Free Sport, Inc. (Drug Free Sport) is an athletic drug testing and service company. As the premier provider of drug prevention services for athletic organizations, Drug Free Sport provides strategic alternatives to traditional drug prevention programs. Drug Free Sport is much more than a laboratory and specializes in sports drug testing and related services only.

Drug Free Sport's staff leverages its vast experience in the field of drug prevention and testing to develop comprehensive, yet customized, cost-effective programs to protect the best interests of athletes and organizations. Services include full program audits, policy design, development and review, educational programming for athletes and athletics staff, complete drug-testing services including specimen analysis through certified laboratories, sports drug-testing sample collections and all phases of administration from random selections to detailed results reporting.

Having earned the reputation as the industry leader in developing drug prevention programs for athletes, Drug Free Sport is the official administrator of the NCAA drug-testing program and the Minor League Baseball drug prevention program. Services are currently provided to a wide variety of amateur and professional athletic organizations committed to providing a drug-free environment in sport.

Drug Free Sport staff boasts a combined knowledge base embodying more than 50 years of drug prevention policy development and implementation. Clients can be assured of expertise and quality of service at all times.

### A. Staff at Drug Free Sport

#### Frank D. Uryasz, CAE

- President of Drug Free Sport with over fifteen years of senior management experience in not-for-profit educational and athletic organizations.
- Former NCAA Director of Sports Sciences where he established the NCAA's national drug-testing program.
- Professional history includes Academic Advisor for student-athletes at the University of Nebraska.
- Completed Master's in Business Administration and Bachelor of Science at the University of Nebraska. He is also a graduate of the Fast Trac program, an entrepreneurial development program through the Ewing Kauffman Foundation in Kansas City, Missouri. Mr. Uryasz holds certification as a Certified Association Executive (CAE) through the American Society of Association Executives.
- Chairman of the Joint Commission on Sports Medicine and Science and a graduate of the Betty Ford Center Professional in Residence Program. He is a former member of the U.S. Olympic Committee Anti-Doping Committee. A member of the Drug & Alcohol Testing Industry Association and a Certified Professional Collector Trainer.

**Cindy A. Thomas, MS, ATC**

- Director of External Operations with over 20 years of experience in collegiate athletic training, academics and athletics administration.
- Former NCAA Assistant Director of Sports Sciences where she assisted in administering the national drug-testing program.
- Completed Master of Science degree in physical education with specialization in athletic training from Indiana State University and a bachelor's of science from Longwood University.
- Professional activities have included involvement in campus and state consortium drug-free initiatives, consortium/third party management coursework, committee and task force contributions as a member of the National Athletic Trainers' Association and a member of the Drug and Alcohol Testing Industry Association (DATIA).

**Chris Nordby**

- Director of Sports Drug Testing with over 10 years of experience in the drug testing industry and customer service.
- Former supervisor of toxicology sales administration at Clinical Reference Laboratory
- Completed Bachelor of Business Administration at Baker University.
- Member of the Drug and Alcohol Testing Industry Association (DATIA).

Other executive staff members include Andrea Wickerham, JD who serves as NCAA Drug-Testing Programs and Legal Relations Director and Chris Guinty, Esq., Director of Professional Sports Drug-Testing Programs. Drug Free Sport has 15 full-time staff members. Additional information about our staff can be obtained at [www.drugfreesport.com](http://www.drugfreesport.com).

**B. Drug-Testing Collectors**

Drug Free Sport has an established network of specimen collection crews who are committed to working in sport drug testing through Drug Free Sport. The crews serve as independent contractors with Drug Free Sport. Each crew has a crew chief who is a certified sports drug-testing collector and participates in continuing education annually through Drug Free Sport. Crew chiefs select and train their crew members. The crew chiefs are a well-educated, diverse, dedicated group of individuals with years of experience in sports drug-testing specimen collection.

**C. Laboratories**

Drug Free Sport has working relationships with national sports drug-testing laboratories and other accredited laboratories that provide SAMHSA certified testing services or WADA accredited services and will negotiate with appropriate laboratories to accommodate a client's drug-testing needs.

**D. Services offered by Drug Free Sport**

Drug Free Sport is a member of the Drug and Alcohol Testing Industry Association (DATIA). DATIA is a non-profit association of over 1,000 members representing all aspects of the drug and alcohol testing industry. Drug Free Sport's offices are located in downtown Kansas City, Missouri. The offices provide on-site secure supply storage and distribution operations. Fifteen full-time staff members work exclusively on sports drug-education and drug-testing administration. Staff members are available 24 hours per day, 7 days per week for drug-testing support.

Drug Free Sport provides service to organizations that desire to develop, administer and/or evaluate drug-testing operations. Drug Free Sport functions within three service areas:

**Program Review/Development**

Drug Free Sport provides consulting services related to the review, development and evaluation of drug education and testing programs. The purpose of these programs is to deter the use of prohibited drugs. These services include needs assessments, current program evaluation, participant surveys, program/policy design, program marketing, consensus building, staff training and post-development evaluation. Drug Free Sport's services benefit the organization by reducing program start-up time, eliminating expensive training and overhead costs, reducing costly administrative mistakes, and providing sound information to decision-makers.

**Education/Lecturing/Speaking**

Drug Free Sport provides experts in the area of drug testing in sport. The purpose is to educate athletes about drug use/abuse and policies that affect their use of substances. Such lectures deter the use of these substances by athletes. Educational programs provide value by protecting athletes against mistakes that cause loss of access for the individual to his/her sport or activity. These services include participant orientation sessions, athletics staff and student-athlete educational sessions and incorporate small group discussions and activities. Drug Free Sport offers expert speakers who qualify for NCAA Speakers Grant funding.

**Program Administration**

Drug Free Sport can administer all phases of a comprehensive drug-testing program by providing athlete random selections, specimen collections, laboratory analysis, training/education, database management, results reporting, report generation, expertise support and budget development.

**II. Proposed Services for the University Interscholastic League**

**A. Policy Review & Development Consulting Services**

Drug Free Sport offers clients the unique service of reviewing current drug-testing policies and procedures free of charge. Limited recommendations will be made based on such initial review. Drug Free Sport will not accept a new client without first reviewing and approving such client's respective drug-testing policies. Drug Free Sport will

provide assistance with policy writing and program development to the University Interscholastic League. The fees associated with these consulting services are included in the following quotes for anabolic steroid testing. Policy consulting includes:

- Assisting client in addressing policy recommendations;
- Complete program/policy development; and
- Post-development evaluation and annual review.

These services can be provided with or without on-site visits and can be completed via telephone conversations and electronic transmissions. The organization's legal counsel must review all final recommendations from Drug Free Sport.

## B. Drug-Testing Program Administration

### 1. Laboratory Analysis

Drug Free Sport will follow the University Interscholastic League's developed drug-testing policies. The University Interscholastic League or its members will obtain and keep on file signed consent forms on all student-athletes subject to drug testing. Drug Free Sport will utilize an appropriately accredited laboratory to test for any of the substances identified as banned in the University Interscholastic League's written policies. The University Interscholastic League will have the option to select from three anabolic steroid testing panels (listed below). Specifically, the customized panels listed below are panels the University Interscholastic League may wish to utilize in its anabolic steroid deterrent efforts.

### 2. Panel Options

SMART (Sports Monitoring Addressing Real Threats) drug-testing panels are designed to target substances specific to sport (e.g., ephedrine, anabolic steroids) at low detection levels. Accredited laboratories will screen all samples and confirm positive screens, except when utilizing aggregate-results-only testing. Aggregate results testing will provide objective data to determine the extent of anabolic steroid use by student-athletes participating in the University Interscholastic League's athletic programs. Aggregate testing will only involve screening of single samples and aggregate results reporting. In other options, positive tests will be confirmed and reported quantitatively. Turnaround times vary depending on drug analysis and confirmations on positive screens, but the typical turnaround time for results when testing for anabolic steroids is ten days after arrival at the laboratory. Anabolic Steroid testing is currently completed at a World Anti-Doping Agency (WADA) accredited laboratory.

Panel prices include collection beakers, sample kits, custody and control forms, other collection supplies and overnight shipping of samples to the laboratory. Panels include the following:

#### SMART Anabolic Steroid Panel

Substance:	Cut-Off:
Boldenone	20 ng. /mL
Methenolone	20 ng. /mL
Methyltestosterone	20 ng. /mL
Methandienone	20 ng. /mL

Nandrolone	20 ng. /mL
Stanozolol	20 ng. /mL
Epitosterone	> 200 ng. /mL
T/E	> 6:1

SMART Anabolic Steroid analysis will be performed using GC/MS reporting at the cut-off levels listed above. This list consists of approximately 90% of all positive anabolic steroid test results by the NCAA through 2002.

#### Full Anabolic Steroid Panel

Substance:	Substance:
Androstenediol	Methyltestosterone
Androstenedione	Nandrolone
Boldenone	Norandrostenediol
Clostebol	Norandrostenedione
Dehydrochloromethyl-testosterone	Norethandrolone
Dehydroepiandrosterone (DHEA)	Oxandrolone
Dihydrotestosterone (DHT)	Oxymesterone
Dromostanolone	Oxymetholone
Fluoxymesterone	Stanozolol
Mesterolone	Testosterone
Methandienone	Other related compounds
Methenolone	

This panel is consistent with the NCAA banned list of anabolic agents (except THG). Analysis will be performed using GC/MS reporting at detection levels. A testosterone/epitosterone ratio greater than 6:1 will be reported.

#### 3. Confidential Results Reporting

Results will be returned to the appropriate the University Interscholastic League Conference contact consistent with its policy (via fax or secure Web-based access) with the cost included in the quoted price.

#### 4. Administrative Services

Upon request for a drug-testing event from the designated representative at the University Interscholastic League, Drug Free Sport will administer drug-testing services.

After being notified of the scheduled drug-testing event(s), the University Interscholastic League can provide Drug Free Sport with the number of athletes to select by random selection. Drug Free Sport can run computerized random selections and provide the University Interscholastic with randomly generated numbers for objective selection of student-athletes to be tested.

Drug Free Sport can issue periodic reports on testing levels and positive reports. Drug Free Sport will maintain databases sufficient to satisfy selection protocol and reporting requirements. All databases will be securely maintained under strict confidentiality policies.

5. **Professional Collection Services**

**SMART (Sports Monitoring Addressing Real Threats) drug-testing collection services** are just as important as laboratory analysis. There are many ways to "beat" a drug test during the collection process. Drug Free Sport's SMART collection services utilize professionally trained collectors who perform standard operating procedures that inhibit adulteration, substitution or manipulation through strict monitored or directly observed collections and through on-site specimen validity testing. Drug Free Sport's current independent contractor collector network consists of certified sports drug-testing collectors who specifically follow the client's policies when collecting biological specimens.

Strict monitored collections and on-site measuring of specimen pH and specific gravity will be performed when utilizing a professional collector through Drug Free Sport.

The sports drug-testing collection contractor(s) will arrive at the designated location at least fifteen minutes prior to the first scheduled collection time on the test date. The designated school representative will be responsible for notifying the student-athletes of their selection to drug test and immediately where to report. The school representative will also be responsible for set-up of the collection site according to the needs of the collection contractor and should remain at the collection site throughout the drug-testing event.

C. **Drug Education Programming**

1. **Educational Seminars**

**All travel costs**

Drug Free Sport offers a variety of topics for coaches, administrators and student-athletes or a combination thereof. The more commonly covered topics include dietary supplements, anabolic steroids, club drugs and sport drug testing policies and procedures, but other topics can be discussed upon request. **Drug Free Sport will provide a session for coaches and athletics administrators at each of five conference meetings waiving all professional fees and only charging for related speaker travel expenses.** All travel costs will be invoiced separately. Additional educational initiatives are available and can be negotiated separate from this proposal.

2. **Dietary Supplement Resource Exchange Center**

**FREE**

In addition to on-site educational programming, Drug Free Sport offers the Dietary Supplement Resource Exchange Center (the "REC"). The REC is a subscription service provided by Drug Free Sport to institutions interested in providing athletics staff and athletes with accurate and confidential information about dietary supplements and dangerous and/or banned substances.

3. **Drug Free Sport Insight Newsletter**

**FREE**

Another educational opportunity for clients is the newsletter, *Drug Free Sport Insight*. Published each quarter, this informative newsletter has been created for athletic trainers, sports administrators and the media to use in educating athletes and the general public about drug use and testing in sport.



**III. Anabolic Steroid Testing Program Options and Summary of Fees**  
(Terms: 30 days Net)

Three anabolic steroid testing options have been developed for consideration by the University Interscholastic League for deterring anabolic steroid use by Texas student-athletes in grades 9 through 12. All three options include all consulting work necessary to assist the University Interscholastic League with policy writing and complete program development and implementation. In addition, all three options include five educational sessions annually for coaches and athletics administrators at each of the League's scheduled conference meetings. All staff travel costs associated with consulting and educational programming will be invoiced separately and in addition to the charges listed below.

The anabolic steroid testing options listed below include specimen collections, laboratory analysis, supplies, shipping and results processing. Any option exceeding collection and analysis of over 10,000 samples a year will require a three year contract due to the added financial outlay for the laboratory and for Drug Free Sport.

The proposed fees for drug testing, both the collection and analysis functions, do not include the costs to The National Center for Drug Free Sport, Inc. and/or the UCLA Olympic Analytical Laboratory for arbitration or litigation involving the legality of drug testing in Texas or arbitration or litigation involving a positive drug test through the UIL's testing program. Accordingly, the UIL will agree to cover all costs for Drug Free Sport and UCLA related to arbitration or litigation in the UIL's testing program.

**Option 1-a: Full Anabolic Steroid Aggregate Results Testing Only**

This is an anonymous results-based drug-testing program designed to provide objective data regarding the extent of anabolic steroid use by student-athletes in grades 9-12 competing in the University Interscholastic League. Anabolic steroid testing will involve using the **Full Anabolic Steroid Panel** analyzing a single sample using GC/MS methodology without additional confirmation. Results will be generated in an aggregate method (no student-athlete names), thus the drug-testing program would be sanction free.

<b>30,000 Samples Annually</b> (Approximately 4% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$2,302,500</b>
<b>15,000 Samples Annually</b> (Approximately 2% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$1,208,625</b>
<b>6,000 Samples Annually</b> (Approximately 1% of student-athlete population) 1-Year Contract Required	<b>\$ 514,500</b>

**Option 1-b: SMART Anabolic Steroid Aggregate Results Testing Only**

This is an anonymous results-based drug-testing program designed to provide objective data regarding the extent of anabolic steroid use by student-athletes in grades 9-12 competing in the University Interscholastic League. Anabolic steroid testing would involve using the **SMART Anabolic Steroid Panel** utilizing a single sample without confirmation. Results would be generated in an aggregate method (no student-athlete names), thus the drug-testing program would be sanction free.

<b>30,000 Samples Annually</b> (Approximately 4% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$1,750,500</b>
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<b>15,000 Samples Annually</b> (Approximately 2% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$ 912,225</b>
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<b>6,000 Samples Annually</b> (Approximately 1% of student-athlete population) 1-Year Contract Required	<b>\$ 384,900</b>
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**Option 2: SMART Anabolic Steroid Testing**

This drug-testing program is designed to deter and detect anabolic steroid use by student-athletes in grades 9-12 competing in the University Interscholastic League. Anabolic steroid testing will involve using the **SMART Anabolic Steroid Panel** utilizing a single sample with a second aliquot from the A sample for confirmation. Individual results will be provided to the client. Positive samples will be securely stored at the laboratory for three months.

<b>30,000 Samples Annually</b> (Approximately 4% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$1,992,000</b>
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<b>15,000 Samples Annually</b> (Approximately 2% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$1,041,900</b>
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<b>6,000 Samples Annually</b> (Approximately 1% of student-athlete population) 1-Year Contract Required	<b>\$ 441,600</b>
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**Option 3: Full Anabolic Steroid Testing**

This drug-testing program is designed to deter and detect anabolic steroid use by student-athletes in grades 9-12 competing in the University Interscholastic League. Anabolic steroid testing will involve using the Modified-WADA **Full Anabolic Steroid Panel** (without THG) utilizing split

sampling with B confirmation testing available at an additional cost.\* Individual results will be provided to the client. Positive samples will be securely stored at the laboratory for three months.

<b>30,000 Samples Annually</b> (Approximately 4% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$3,165,000</b>
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<b>15,000 Samples Annually</b> (Approximately 2% of student-athlete population) Minimum of 3-Year Contract Required	<b>\$1,671,750</b>
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<b>6,000 Samples Annually</b> (Approximately 1% of student-athlete population) 1-Year Contract Required	<b>\$ 717,000</b>
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*The terms and conditions of this proposal from Drug Free Sport to the University Interscholastic League shall be valid for no more than 60 days from the date of issuance. After the 60<sup>th</sup> day, fees for services are subject to change.*