

Foreword-

It was really only a matter of time. Therefore, it came as no surprise when Major League Baseball players recently admitted that performance-enhancing anabolic steroids and other products are used to gain an edge, bulk up, hit the ball farther, recover from injuries sooner, or simply to keep a multi-million dollar job. Just one more sport to add to the ever growing list of teams and athletes who have taken these products. To perform at such a high level all the time puts tremendous pressure on athletes to keep the fans happy and the team winning.

During my years as an athletic trainer for the NFL's Seattle Seahawks, I saw it all; players willing to do what it took to pursue their dreams. This included putting potentially harmful things into their bodies, all for the promise of increased strength, speed, and recuperative ability. Players would come into the locker room with gym bags filled with dietary supplement products, ready to try the newest fat-burner, weight-gainer, or muscle-builder. I used to wonder, why risk it all by taking these products? What was driving these players?

“Taking one for the team” puts an end to the wondering. At one time, each of these pro players, along with millions of others, had been little kids playing a sport that they loved. Somewhere along the line they had been influenced by a coach, or a teammate, or a picture of an athlete holding up a bottle, that they might get better if they took this or that. And the opportunity to educate these young athletes about these products may have come and gone, simply because no one knew where to begin.

This book needed to be written for all the coaches, athletic trainers, parents, physicians, and any other person involved with young athletes to help them make the right decision about why they participate in sports.

Dr. Kirk Brown, Ph.D., ATC/L
Trainer – NFL Seattle Seahawks – 1982-86
Director of Athletic Training Programs
And Assistant Professor,
University of North Carolina at Wilmington.