

Steroids and Other Supplements

It is the position of the athletic training room that no student-athlete should take any supplements including steroids. However, many times the pressure to get bigger, stronger, and faster compels student-athletes to seek supplements that may help improve their performance. Many times supplements are taken without full knowledge of what each supplement contains. Because of that fact, we would like for every student-athlete that decides to take any form of supplement to submit in writing the name of the supplement and a copy of the label. We will do the research and find out what is in the supplement and help to determine the risks for the student-athlete.

One thing to keep in mind regarding supplements is that every supplement works to deplete the body of a hydrated state. The supplement uses the body's water in order to metabolize and in effect dehydrates the student-athlete.

Also, every student-athlete is responsible for what they choose to ingest. Due to the stringent drug testing that is performed by the State of Texas, there is a risk of testing positive for a supplement that may be purchased at stores such as GNC. That is why we strongly encourage all student-athletes not to take supplements, and for those who choose to, need to submit in writing the name of the supplement and a copy of the label.

Steroids have no place in high school athletics. The side-effects of steroid use are far reaching. To view the side-effects and the official statement by the National Athletic Trainers Association, follow the links below.

- National Athletic Trainers Association official statement on [steroids and performance enhancing substances](http://www.nata.org). . <http://www.nata.org>
- Article #1 on [steroids in youth sports](#).
- Article #2 on [steroids in the youth population](#).
- UIL statement regarding [drug and nutritional supplements](#). http://www.uil.utexas.edu/athletics/health/index.html#add_info
- Information on [steroid abuse](#). http://www.uil.utexas.edu/athletics/health/index.html#add_info