

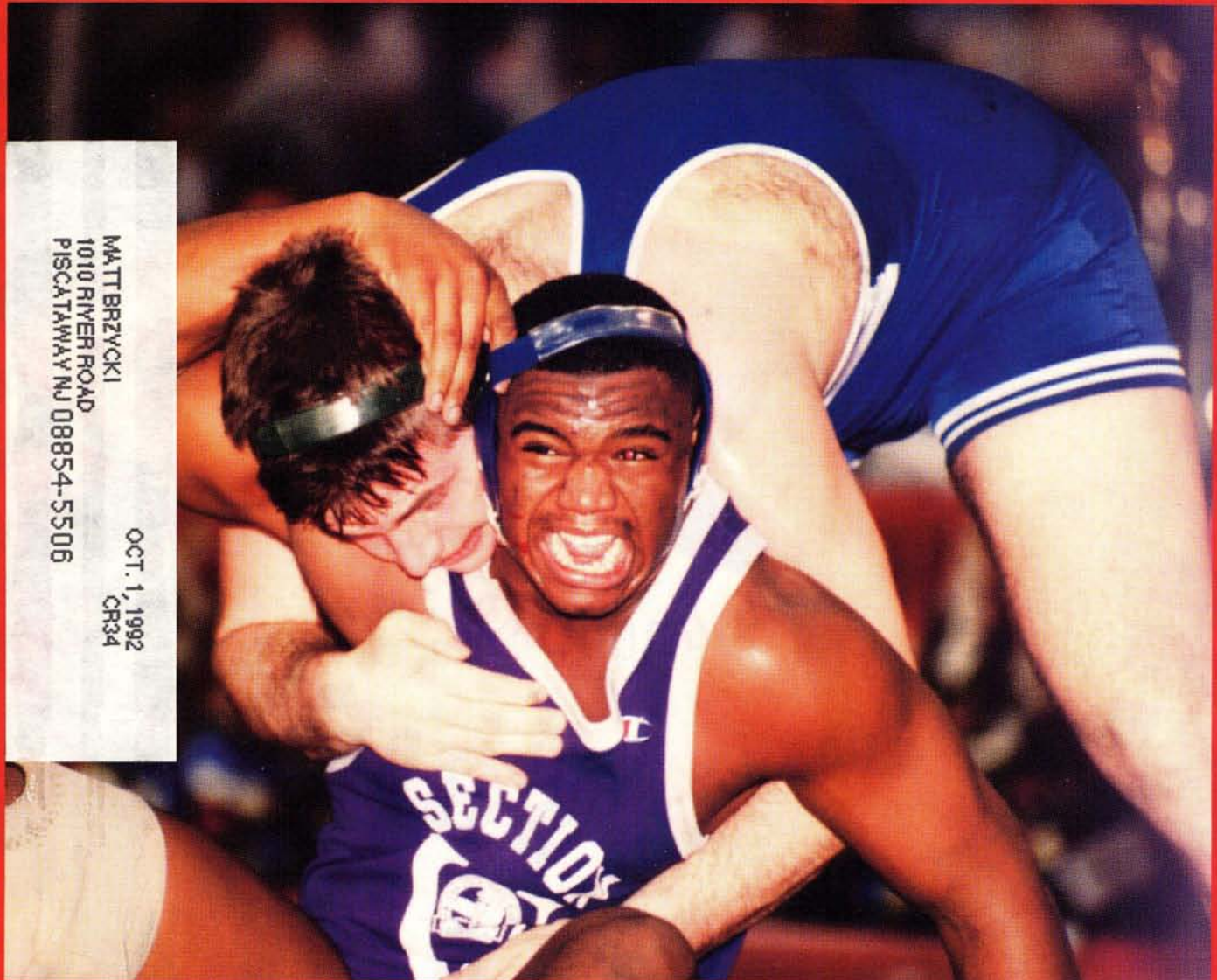


# WRESTLING USA

VOL. XXVII, NO. 1

\$3.00

September 15, 1991



MATT BRZYCKI  
1010 RIVER ROAD  
PISCATAWAY NJ 08854-5506

OCT. 1, 1992  
CR34

**1991 College Recruiting  
Steroid Use: History and Prevalence  
Dan Gable's Only Loss**

# STEROID USE: HISTORY AND PREVALENCE

By Matt Brzycki  
Strength Coach  
Princeton University

*First of a two-part series on steroid use*

**T**he problem of substance abuse is ever-present in today's society. Nowadays, one can hardly read a newspaper, listen to a radio or watch a television without being informed of the latest drug-related incidents. Substance abuse has also begun to infect many aspects of athletic competition with increasing regularity. This problem gained worldwide attention during the 1988 Summer Olympics in Seoul. Ten athletes were disqualified from competition after testing positive for one or more banned substances — mostly steroids, amphetamines and diuretics. The disqualification of Canadian Ben Johnson, a gold medalist sprinter, shocked the entire globe. His use of a banned substance (steroids) resulted in a two year suspension from international competition and a lifetime ban from his national team. Clearly, his world-record performance will forever be viewed as artificial and tainted.

## Spotlight on Steroids

Steroid abuse was a topic at the 1984 National Strength and Conditioning Association's annual convention in Pittsburgh. One of the featured speakers, Dr. Fred Hatfield, was a world-class powerlifter who was also a self-admitted steroid user. During his presentation he remarked, "Why do people use steroids? I don't know — maybe they're tired of being wimps." The implication was that steroids will somehow make a person stronger and more desirable. Needless to say, the audience was incredulous. The speaker went on to recommend nutritional alternatives and suggested a certain steroid substitute. The mention of this product brought mixed reactions ranging from raised eyebrows to suppressed laughter. Many people simply shook their heads in disbelief. [A month later, this particular product came under heavy scrutiny by the Federal Trade Commission for violations of Section 5 ("engaging in deceptive acts and

practices") and Section 12 ("disseminating false advertisements") of the FTC Act.] Shortly after a rather heated panel discussion on steroids, a small group of fitness professionals (myself included) approached the aforementioned powerlifter to question his previous use of steroids as to their subsequent effect on his health and his appropriateness as a role model for younger athletes. With a grin on his face, the athlete stated, "I haven't used 100 milligrams a day in years!" (Generally, five milligrams is considered a therapeutic dose.) His years of heavy substance abuse were quite evident in his appearance — he looked nearly 10 years older than he actually was and his eyeballs were yellowed from jaundice (a condition that results from diseased liver.)

## The Abuse of Steroids

Steroid abuse is not a new problem. In fact, anabolic steroids may have first been used in World War II. It's been suspected that steroids were given to Nazi SS Troops to make them more aggressive and less fearful of violence. Athletes of Eastern Bloc countries were experimenting with steroids (or steroid-like drugs) as early as the 1950s. In a "patriotic" response to the drug-inspired success of the Soviet athletes at the 1956 Melbourne Olympics, U. S. Team Physician Dr. John Ziegler developed the original anabolic steroid with Ciba Pharmaceutical Company . . . a move he would later regret. The steroids were given to weightlifters at the York Barbell Club in Pennsylvania who ate the pills "like candy." The rampant use of steroids, along with a

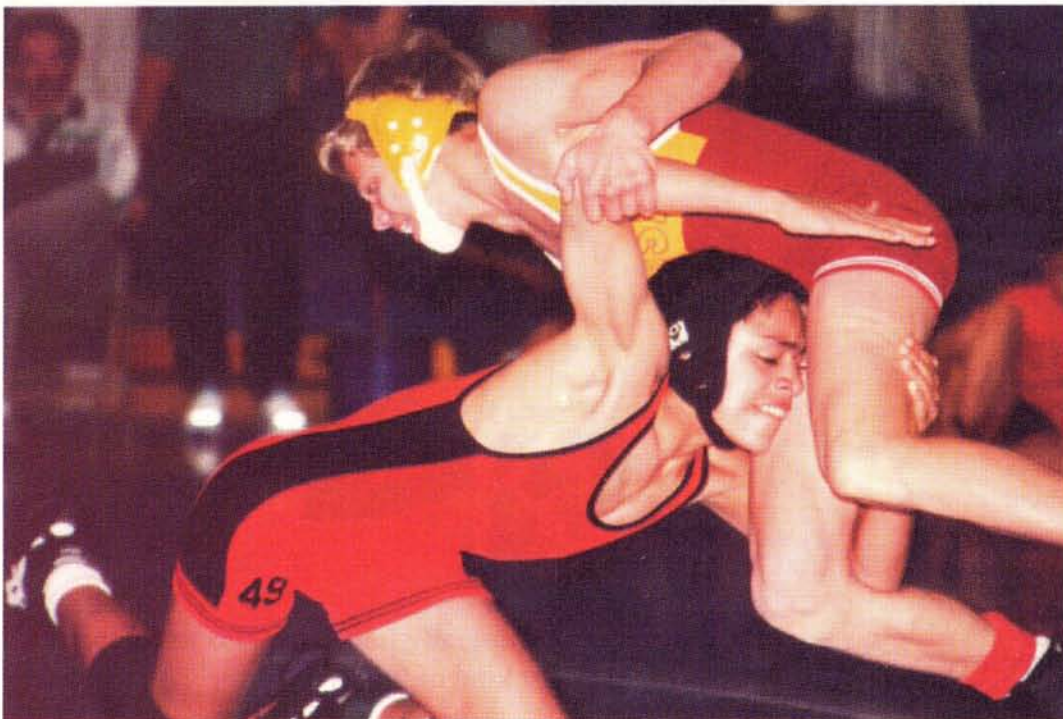


Photo - Colorado, Ryan Roark, Bush Middle School (top) won 14-1.

new generation of growth-stimulating drugs, has been rising ever since.

Initially, steroids were used by competitive athletes who were looking to accelerate their gains in strength and muscle mass with the hopes that this would improve their performance. This is still true today, but steroid use has been reaching other populations as well. Perhaps the most disheartening information deals with the number of steroid users at the high school level. One recent survey out of Penn State has suggested that 250,000 - 500,000 adolescents are using or have used steroids! Such numbers are simply staggering. The study also revealed that some individuals obtained the drugs from doctors, pharmacists and — believe it or not — veterinarians. Furthermore, an alarming 38.3 percent said that they first took the drug at age 15 or younger. Indeed, the use of steroids — and drugs in general — is reaching epidemic proportions.

### What Are Steroids?

Anabolic-androgenic steroids are synthetic derivatives of testosterone, a male

## Research Findings

The following conclusions have been drawn from research studies concerning the use of steroids:

1. The administration of therapeutic doses of steroids to healthy individuals has not been shown in itself to elicit significant improvement in maximum strength, maximum oxygen uptake, aerobic performance, lean body mass or bodyweight.

2. The research suggests that anabolic steroid administration combined with resistance training results in an increased gain in bodyweight as compared to resistance training alone. However, the current data are inconclusive concerning the effects of anabolic steroid administration on body composition (i.e. lean body mass and percentage of body fat).

3. The research also suggests that anabolic steroid administration combined with resistance training may increase maximum strength and/or power more than resistance training alone. Facilitation of strength development occurs most often in experienced weight trainers and may be the result of physiological or psychological changes.

[The next article will explore the health risks and ethics involved with the use of steroids.]

sex hormone that has masculinizing effects. These are also known as "androgenic" effects and include increased facial and body hair, a deepening of the voice and an increased libido. Steroids also have growth-

promoting or "anabolic" effects. These include increases in skeletal mass, hemoglobin concentration, red blood cell mass, calcium in the bones and protein synthesis as well as the promotion of nitrogen retention.

# Watch "Adam" Improve Your Entire Team

## THE WRESTLING TAKEDOWN MACHINE A QUALITY INVESTMENT IN YOUR PROGRAM

Isn't it time that you found out why top college, high school and club programs depend on the Wrestling Takedown Machine (WTM)? Smart coaches nationwide have invested in Adam and reaped the benefits in success.

Seventeen of the top 20 major college programs in America use the Wrestling Takedown Machine. Coaching legends such as Dan Gable (Iowa U.) Bob Douglas (Arizona St.) and Harold Nichols (Iowa St.), and star athletes such as 1980 Olympian Gene Mills endorse 'Adam' and use it in their daily training programs.

High school programs get the edge on their competitors with the WTM. Young athletes can learn takedowns properly and drill them to perfection on Adam. Coaches have written that Adam has tripled their team's takedown performance. There are over 100 WTM's in the state of Iowa, alone.

Consider 'Adam' an investment in your team's success. Booster clubs, athletic budgets and fund raisers are some of the ways you can bring the WTM to your school. No serious wrestling room should be without its own 'Adam' Takedown Machine!

### Watch "Adam" In Action

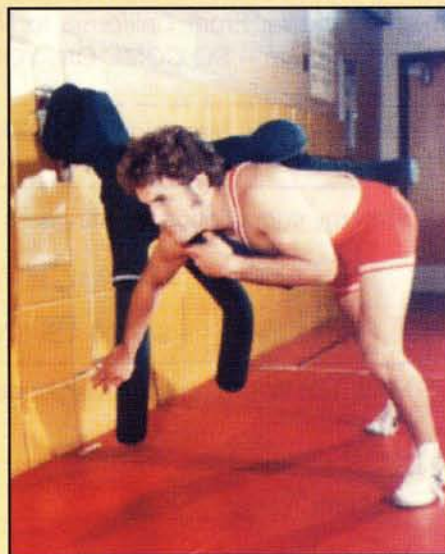
SEND FOR OUR LOANED FREE VHS  
DEMONSTRATION TAPE:

Triple A Sports Products, Inc.

4495 N.W. 1st

Des Moines, IA 50313

--- 515-282-1795 --



Adam is easy to set up and durable!

- Over 100 set-ups, takedowns and drills can be performed on Adam.
- Wrestlers can drill at slow, half or full speed - to perfect technique!
- Adam is invaluable to injured athletes who can't go full strength.