



Irvine Unified School District

Irvine High School * Northwood High School * University High School * Woodbridge High School

Dear Parent or Guardian of an IUSD Athlete,

Our American society is founded on competition and values success. This leads to pressures producing a “win-at-all-costs” mentality. Teenagers feel these pressures and may look for the “edge.” A youth athlete may be lured into or seek out the opportunity to take a performance enhancing substance or drug even if they are illegal or unsafe. A youth athlete may also encourage others to use a performance-enhancing supplement.

The coaching staffs at each of our high schools are adamantly against the use of any performance enhancing supplements. We do not believe in "shortcuts" of any kind and we believe in doing things the "old fashion way" through proper nutrition. Many of the supplements being used are synthetic forms of testosterone that are being sold legally at nutrition stores and over the Internet. The athlete may be counseled at a health food store or at the gym that a product is “safe” without knowing that they may be ingesting a potentially harmful substance. The goal of the sales person at a nutritional supplement store is to sell product. When artificial testosterone is introduced into the body, the pituitary gland in the brain senses its presence and shuts off the supply of hormones that stimulate the testicles to make its own testosterone. The brain cannot differentiate natural testosterone from synthetic.

In recent years, energy drinks such as Redbull, Full Throttle and Monster to name a few have soared in popularity, especially among today’s youth. These drinks clearly fall into the performance-enhancing category and their use is not advised.

The side effects of using performance-enhancing supplements can have lifelong negative effects. Many of the products on the market today have not been in existence long enough to have sufficient data regarding their negative effects on the body. The Internet is a marketing tool that is not monitored closely enough so you will often see products being praised for their efficiency with little or no facts about side effects.

As coaches, educators, and administrators we would encourage you to not allow your young athlete to use any performance enhancing supplements. Every high school athlete who follows the nutritional guidelines we have given and works hard during strength sessions will have the opportunity to prepare him or her to compete. Please help us educate our athletes to the dangers of taking "shortcuts" in life.

Sincerely,

Coaches
Athletic Directors
High School Principals
Irvine Unified School District