

THE ATLAS PROGRAM



Athletes Training and Learning to Avoid Steroids

Recapturing the Healthy Mission of Sport
An Evidence Based Curriculum

Coach Manual

Property of: _____

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WELCOME TO ATLAS!

ATLAS (Athletes Training & Learning to Avoid Steroids) is designed for young male athletes involved in all types of school sports. ATLAS has been tested and proven to reduce young athletes' drug and alcohol use, while improving their eating habits and strength training abilities.

ATLAS has won numerous awards, including Sports Illustrated's first-ever Champion Award in 2006, the U.S. Model Program Award from both the U.S. Department of Health & Human Services and the Office of Juvenile Justice and the U.S. Department of Education's Exemplary Award.

ATLAS RESEARCH

More than 3,200 high school athletes participated in the ATLAS research studies through a 5-year grant from the National Institute on Drug Abuse at the National Institutes of Health. The results of ATLAS have been published in prestigious medical journals, including the Journal of the American Medical Association and the Archives of Pediatrics & Adolescent Medicine. ATLAS and ATHENA (its 'sister' program for young women athletes) are the only effective drug use prevention programs listed by the Anabolic Steroid Control Act, passed by Congress and signed into federal law in 2004.

ATLAS: A FOCUS ON HEALTH

ATLAS consists of ten, 45-minute Sessions, during which students learn the effects of drugs and alcohol on their athletic abilities and how to use sports nutrition and strength training to

achieve their goals. In essence, young athletes learn how to become better athletes without using harmful substances, such as steroids, stimulants or unregulated supplements.

ATLAS emphasizes prevention of 'steroid' use, because of its strong connection to sports. **However, ATLAS also targets alcohol and other drugs.** ATLAS focuses on 1) the consequences of drug and athletic supplement use, 2) body image perception, 3) practicing how to refuse a drug offer, 4) media awareness, and 5) sports nutrition and strength training as alternatives to performance enhancing drugs.

ATLAS participants learn how drugs affect their athletic potential. They discover how to choose food in grocery stores and restaurants to enhance their strength and provide them with high performance "fuel." Also, young athletes will practice making healthy selections at fast food restaurants and become skilled at keeping track of the number of calories and grams of protein that they need to become stronger and more athletic. Your athletes will understand the principles that underlie the major types of strength training.

WHAT HAPPENS DURING ATLAS?

During each ATLAS Session, the team will meet with students divided into small squads (groups) of approximately five students. One of the five is the identified student-athlete 'Squad Leader.' The coach uses the Coach Manual, Squad Leaders use the Squad Leader Manual and all other team members will use their Workbooks. In addition, everyone has an Athlete's Guide.

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THE ATLAS PROGRAM: **SESSION 1**

OBJECTIVES

1. Athletes will understand the normal physiology of testosterone production during adolescence.
2. Athletes will know the effects of anabolic steroid use.
3. Athletes will know the percentage of male high school athletes who use anabolic steroids.
4. Athletes will know how carbohydrate, protein and fat are used for exercise, muscle repair and growth.

PREPARATION

1. Have Squad Leaders trained prior to this session
2. Assign students to squads (if possible, four athletes and one Squad Leader for each group)
3. Post the names of squad members and their Squad Leaders prior to the first Session

MATERIALS

- Team Box (store all ATLAS materials)
- Squad Leaders need their Squad Leader Manual
- Workbooks for each athlete
- 1 balloon and 2 peanuts for activity involving 2 Squad Leaders

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INTRODUCTION TO ATLAS

SESSION 1: ACTIVITY 1 (10 MINUTES)

WORKBOOK

PAGE 1

KEY TO SQUAD LEADERS AND COACHES:



✓ WHISTLE OR CHECKMARK MEANS THE COACH NEEDS TO READ ALOUD



★ STAR MEANS THE SQUAD LEADER NEEDS TO READ ALOUD



SHADED AREAS CONTAIN INSTRUCTIONS TO READ TO YOURSELF

INSTRUCTIONS TO COACH:

Students should assemble as squads. Squad Leaders should pass out the Workbooks to squad members and have them write their name on their Workbooks.



COACH READS ALOUD

- ✓ We are beginning the ATLAS Program to help you reach your athletic goals without the use of drugs. Open your Workbook to page 1 and read the objectives for this first Session.

INSTRUCTIONS TO COACH:

Allow about 30 seconds for athletes to read the objectives.

- ✓ Now turn to page 2, ATLAS stands for "Athletes Training and Learning to Avoid Steroids".
- ✓ ATLAS has 10 sessions and will focus on three major topics:
 - Drug education for athletes
 - Strength training, and
 - Sports nutrition
- ✓ Our athletes have been divided into squads, and each squad has a Squad Leader. Squad Leaders please raise your hands. You will remain in the same squad for each session.
- ✓ If you follow the ATLAS program, you can become bigger and stronger and improve your athletic ability.
- ✓ Sport medicine scientists, coaches and athletes designed this program and it has been proven to work.
- ✓ This program emphasizes sports nutrition and three types of strength training. You can use combinations of these training styles to achieve your athletic goals.







FUELING THE ENGINE

SESSION 1: ACTIVITY 2 (CONTINUED)

- ★ Proteins repair and build your muscles.
- ★ Without enough protein, you can't build bigger muscles - no matter how hard you train.
- ★ Protein is not usually used as fuel. However, if you do not have enough calories, your body steals protein from your muscles for energy, and your muscles become smaller and weaker.
- ★ There are three requirements to build muscle: 1) workout, 2) eat carbs to fuel workouts, and 3) eat protein foods to build and repair muscles.
- ★ Page 6 has pictures of high-protein low-fat food choices. Look at these high-protein items and fill in the blanks to rank them from the most (#1) protein to the least (#6).

INSTRUCTIONS TO SQUAD LEADER:

Allow 1 to 2 minutes for your squad to fill in the blanks, then ask squad members how they ranked the foods. Ask them which food has the most and least amount of protein and inform your squad about the grams of protein contained in each food item. Let your coach know when you are done.

PROTEIN CHOICES		
		
1 cup skim milk 8 grams of protein #5	6 oz. light turkey meat 30 grams of protein #2	6 oz. of tuna in water 38 grams of protein #1
		
1 cup of baked beans 12 grams of protein #4	5 amino acid tablets 5 grams of protein #6	1 chicken leg 28 grams of protein #3

WORD SEARCH PUZZLE

SESSION 2: ACTIVITY 4 (6 MINUTES)

WORKBOOK

PAGE 16

INSTRUCTIONS TO SQUAD LEADER:

Read each clue and ask squad members to give answers. After all clues have been answered, have squad search for hidden words. When finished with this Activity, go on to Activity 5.



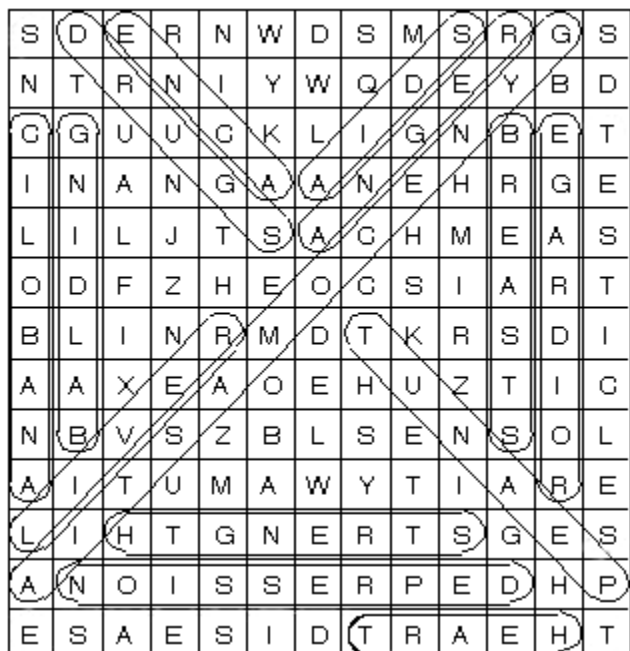
SQUAD LEADER READS ALOUD

- ★ This is a word search game. It is on page 16 of your Workbook. First we need to answer the clues, then find the words in the puzzle. The words in the puzzle can be forward, backward, and diagonal.

CLUES:

- A skin problem caused by anabolic steroid use
(ACNE)
- Those who share needles or vials to take steroids by injection are at risk for this life threatening disease
(AIDS)
- Steroid users have a hard time controlling this emotion
(ANGER)
- Loss of hair caused by steroid use
(BALDING)
- These body parts can grow on males who use steroids
(BREASTS)
- Feeling of sadness caused by steroid use
(DEPRESSION)
- Medical term describing enlarged breasts in males caused by anabolic steroid use
(GYNECOMASTIA)
- The muscle that has increased disease from steroid use
(HEART)
- Yellow eyes can occur with anabolic steroid use because of disease in this organ
(LIVER)
- Steroid users have described their testicles shrinking to the size of this snack food
(PEANUTS)

ANABOLIC STEROID EFFECTS



- Uncontrolled anger outburst associated with steroid users
(ROIDRAGE)
- One of the main reasons that people take steroids, to increase this
(STRENGTH)
- Adolescent steroid users' bodies are tricked into thinking they are fully grown, resulting in this
(STUNTED HEIGHT)
- Important male body parts which shrink as a result of steroid use
(TESTICLES)