



Athletic Trainer

Capuchin Franciscan

October 16, 2007

To the parents of the Golden Knights,

With the onset of athletic competition we would like to take a minute to address some concerns that we as a St. Francis High School Community have. As your son(s) begin athletic competition, we want to reassure you that every precaution has been taken to preserve his health and safety. Frequent water breaks are scheduled into practices, athletes are allowed to retrieve water at any time during practice, we supply several water dispensers. In addition to this, we strongly recommend your son(s) bring water and or a sports drink with him to practice.

In addition to hydration, we would like to comment on some common dietary supplements taken by athletes. We as a SFHS Community strongly discourage the use of the following supplements for several reasons including those stated here.

- 1) **Androstenediol.** “Andro” is technically legal steroids. Andro has all the same effects and side effects as steroids however due to a tiny molecular difference it is legal to use.
- 2) **Ephedra / Ephedrine / Ephedra Alkaloids.** This is found in 2 natural herbs “Ma Huang” and “Sida Cordifolia”. This is chemically similar to the illegal drug “Speed”. It is found in supplements such as “Ultimate Orange” and “Rip Fuel”, and when used in conjunction with asthma medication, may be deadly. In November 2000, The New England Journal of Medicine stated that this supplement “increased the risk of Cardiovascular symptoms (Heart) 47% and Cerebrovascular events (Brain) 18%”.
- 3) **Phenylpropanolamine.** Is an over the counter appetite suppressant found in many supplements. In the November 2000, New England Journal of Medicine stated that they found a “High risk of hemorrhagic stroke...” with its use.
- 4) **Creatine.** Although first thought to be harmless, a recent study published in the American Journal of Kidney Disorders stated, “Increases renal disease progression”.
- 5) **Energy drinks.** “Red Bull”, “Energy”, etc. have two deterrents. The first being high quantities of caffeine thus dehydrating the athlete. Second, many contain Ephedrine.

We hope that this information makes you aware of several potential problems and how we are trying to make your son(s) athletic experience a safe one.

Sincerely,

Eli Hallak
Athletic Trainer

Terry Terrazone
Athletic Director

Jim Bonds
Head Football Coach