

Interview with Jan Družina and Aikaterini Zompanaki, EUSA anti-doping ambassadors

We have met with Kate & Jan to discuss their experiences as EUSA Junior Ambassadors in the project of European Anti-Doping Initiative (EADI).

Can you briefly introduce yourselves?

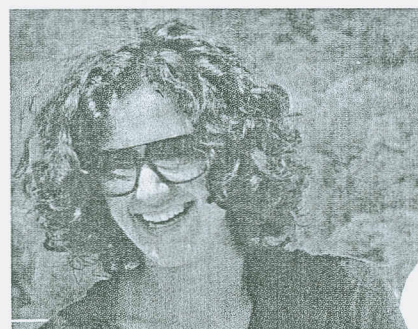
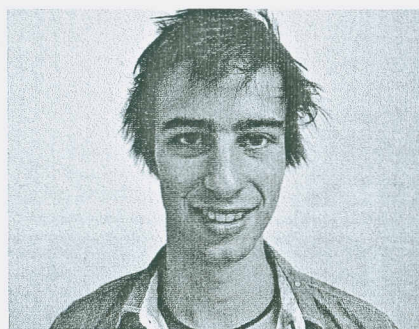
Kate: I am from Greece and I just turned 24. I am a student of the National Technical University of Athens, at the department of Rural and Surveying Engineering. Apart from the studies, I also play volleyball and -my personal favourite- beach volleyball. I have also challenged my skills from time to time in other sports, like sailing, curling, football, tennis, etc.

Jan: I'm 20 years old and I come from a small town called Logatec in Slovenia. Since my childhood I've played only one sport and I'm still doing it: Ski jumping. I've practiced this sport for 15 years now and my personal best is 187 meters in Planica this year. I'm also studying sports at the University of Ljubljana, which I really find interesting. I am also involved in University Sport, and I'm helping there as much as I can.

How did you learn about this project and how did you get involved in it?

Kate: I am a member of EUSA's Student Commission and I am really enjoying my work there. This is how I learned about the Anti-Doping Junior Ambassadors project, when they nominated me to participate on their behalf, to be trained and pass on the message of the anti-doping mentality to both them and to all the young athletes participating at the EUSA's sports tournaments.

Jan: During my studies I've noticed the call on the Slovenian University Sports Association's website to become an Anti-Doping Junior Ambassador. I really liked the topic, so I applied. When the results came out, I was thrilled to see my name on it. The next step was training and education about



doping. Five ambassadors from EUSA went to a camp in Burghausen in Germany. There were around 50 ambassadors from 9 different associations, coming from all over Europe.

Can you tell us more about the training camp?

Kate: We were trained by interesting people, who deal with doping on professional basis and we met people affected by it as well. This way we were able to build on our anti-doping mentality and adopt fair-play as a way of everyday life. And we actually realized that the game that we adore so much is in fast ruined with all those supplements. During the training, we had the opportunity to debate, to get informed, to guide our mentality and to bond with each other, embrace new cultures and habits. I did have the chance of meeting really interesting people, even to make friends and have a really great time with them in Germany.

Jan: Camp was really exciting. I've met a lot of interesting people from all around Europe. We had a busy schedule with activities pretty much all day. During the educational program we've learned more about doping, and we also got some advices about passing this information to younger sportsmen, sportswomen and their coaches. Between every lecture, we had team-building games so we could also trust each other and work as a team. In the evening, we had introductions about every country and association. And of course, we also had some parties. Everybody liked staying there, and we can't wait to visit Innsbruck in January 2012 for the final conference during the 1st Winter Youth Olympic Games.

So now that you are an "Anti-Doping Junior Ambassador", what do you do and what are the next steps?

Kate: This training as an Anti-Doping Junior Ambassador has been of a great evolvement to me. After consultation with my national university sport federation - EATE, we conducted a mini-seminar in the Athletics department of the National Technical University of Athens as well as a briefing of the participants of the annual University Panelenic Tournament. I have already passed on the message of the Anti-Doping mentality to my STC colleagues and we are planning on passing the knowledge on to students, both friends, athletes in our home countries and participants of the EUSA's sports tournaments.

Jan: In the field of university sport, we prepared some promotion and activities in printed and electronic media, and we carried additional promotion during the EUC Golf. I also joined other Slovenian ambassadors with Olympic Committee of Slovenia. We already did a lot of promotion - we had lectures for Slovenian European Youth Olympic Festival Team and also Junior Olympic Team. We were also part of world championships in rowing, that took place in Slovenia. Next, we will have lectures and workshops for high schools with sports classes and faculty of sport students about doping. I plan to continue this noble mission also after the final conference in Innsbruck, being active both under EUSA and the Slovenian Olympic Committee.

Thanks Kate and Jan for your work, and good luck with spreading positive impacts of sport!