

Sport as a way of life!

A thick description of athletes' everyday lives,
sports, performance enhancement and the
assessment of doping



What does elite sport mean to you?

What is doping?

How do you define it?

**Tell me about your experiences with
doping controls?**

Sport as life

Elite sport is when you go away from the health oriented sport, working towards competition. It is about performance enhancement, not just sustaining your performance. *(Int. 14, 2, swimmer)*

natural vs. artificial

This whole nutrition thing, this is not so know in Germany as it is in the US, where nutrition is very important. Well, of course there a lot of additives do play a role, but this is not such an issue here in Germany. I believe there is still room for performance enhancement there. I follow my brother in law here, when we talk about training, we talk a lot about nutrition.

Doping, well I obtain an advantage in unnatural ways for being quicker, stronger, more enduring or better concentrated, what ever is needed.

(Int 24, 30 & 91 handball professional)

Control practices as normal procedures

I live for my sport. I do everything for swimming as fast as I can. I. I would do everything for it.... well not doping, we do not talk about that. It is about the lifestyle, training, eating, sleeping, not partying. (*Int 19,44, swimmer*)

Sports' true values

The values of sports are very important. But also the principle of performance and achievement that we want in our society, but fair, with equal chances, and in sports without doping, this should be the norm. And we see this with most of our athletes, they are on our side. *(official in anti-doping fight, Int 4, 217)*

Controls and privacy?

This is like no other job. And doping, these controls are in quotation marks, harmless in terms of infringing on privacy. But they are a nuisance. But when this would be a day when my mother would be buried and then I would have control..... *(Int 25, 205, ice hockey)*

I was meeting a friend at a flea market 6.30 am. At quarter past 6 am the door bell rings and a woman from the doping control stand there. I could not pee. So she came with me to the market, where we finally did the control in a container toilet on the market. 7 am is ok, because it is early and till clean, but there are situations where it does not fit at all...

(Int 22, 140, track and field)

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citizen – athlete
rights – asset