

What is doping?



Doping means athletes taking illegal substances to improve their performance. There are health risks involved in taking drugs and they are banned by sports governing bodies.

The origins of doping in sports go back to the very creation of sport itself, for example athletes in ancient Rome drank herbal infusion to strengthen them before chariot races, but drug tests were introduced only 50 years ago.

Athletes have always been under immense pressure to win so they are willing to do anything for victory. Goldman's dilemma confirms this. Question was posed to elite athletes asking whether they would take a drug that would guarantee them success in sport but cause them to die after five years and approximately half the athletes responded that they would take the drug.

One of the biggest doping scandal is when Ben Johnson at the 1988 Seoul Olympics turned out to be taking steroids to help set his record time of 9.79 seconds in the 100-meter sprint. Johnson (first place) and Carl Lewis (2nd place) was stripped of their medal and the only medalist who did not fail was Calvin Smith, who took home the bronze. Their race was later dubbed the "dirtiest race in history" by the media.

There are many types of doping including anabolic steroids, hormones like Human growth hormone, diuretics and stimulants like caffeine, amphetamines.

Progression in pharmacology has always outstripped the ability of sports federations to implement rigorous testing procedures but since the creation of the WADA it has become more effective to catch athletes who use drugs. But often athletes are a step in front of antidoping agencies using new designer stimulants, which haven't previously been prohibited.

Some people say, as prosecution of doping is an impossibility, all doping should be legalised.

The downsides would be harmful long-term effects of many doping agents and all competitive athletes would be compelled to use drugs.

The level of play would be higher, but consequences would be dire.

The Free Sports of Your Countries

that everyone can join?

Why sports is so important?

Playing sports offers many personal , social and health advantages, including the development of esteem and team skills , better overall fitness and increase relationship opportunities. Moreover , for young people playing sports also reduces the amount of pressure and stress. They can also communicate , work through challenges and focus on shared goals.

The common sports in Bulgaria and in Italy are running in parks , swimming in the sea and lakes , chess playing in parks etc ...

The most interesting ones in both countries is the so called "free summer". It is available only for kids during the school vacation. The children can learn how to swim, how to climb etc ... In Italy this event organized - by church while in Bulgaria - by the government.

However there are some differences .



For example , in Bulgaria , there is an event , named "Nike +". It is to run in the park each week for about 15 minutes. The participants should be active and enthusiastic . In the end they receive a present - an original Nike t-shirt . However if they run more times they can win the biggest price - a discount about all staff in Nike shops.



While in Italy there is an association called "Oratorio", created by church . This association is a sponsor of the equipment that some sports need -volleyball , basketball etc ... the main reason of this activity is to be available to everybody .

ETHICS OF FAIR PLAY



According to International Fair Play Committee, fair play is a complex concept that comprises and embodies a number of fundamental values that are not only integral to sport but relevant in everyday life.

Fair competition, respect, friendship, team spirit, equality, sport without doping, respect for written and unwritten rules such as integrity, solidarity, tolerance, care, excellence and joy, are the building blocks of fair play that can be experienced and learnt both on and off the field.

Which means your competitor is not your enemy, it is part of the game. You must respect your competitor, you should not insult him even if you win the game. For example, in Turkey in 1989 Fenerbahce and Besiktas played in the cup final. Besiktas won the game and the cup. After the match, both teams used the same plane to go back to home. Besiktas president called the team captain and said that do not celebrate it in the plane and respect the other team.

Just like this, there are some fair play rules:

- Adapting game rules
- Seeing the competitor as part of the game
- Not abusing victory when you win and respect the winner when you lose
- Congratulate the winner

These are written rules, but of course there are unwritten rules as well. For example in football and basketball, if a player gets injured and the referee does not stop the game, you hit the ball outside because that injury might be important.

Each year football athletes, teams, sometimes federations and fans are awarded the prize by UEFA and FIFA. For instance, in 2006 German fans created a wonderful atmosphere in the World Cup so they won an award. In 2007, FC Barcelona was awarded because they rejected lucrative shirt sponsorship deals and instead carrying the UNICEF logo. In 2008, Turkish and Armenian Football Federations were awarded because although they do not have any diplomatic relationship, they made some encouraging dialogues between two countries.

In concluding, there are so many reasons to be respectful to your competitor. Also, we must learn having some fun instead of winning. Have a nice day!

