



## Taking a Stand

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**H**ow many of you reading this article, either as a coach, parent, or athlete, know people who have read and signed a Code of Conduct that states their agreement not to buy, sell, use, distribute any drugs, alcohol, tobacco, or steroids? How many of you know people who sign that document and

have no intention of honoring it or did not honor it? Therein lies a big part of the problem. These Codes of Conduct have been developed to help athletes make healthy lifestyle choices to be the best they can be. Unfortunately, in our society we have a history of tolerating or turning a blind eye to people who don't keep their

word, particularly if they are successful or they can help us be more successful.

Virtually every day you can pick up the paper and read about an athlete who behaves poorly. Usually, it is an article about a professional player who cannot demonstrate maturity with regard to alcohol or drug (AOD) use. Increasingly there