

# *Drug Free Sport*™

*Ensuring Fair and Safe Sport  
Since 1999.*



# Education Initiatives

- **Resource Exchange Center (REC)**
  - [www.dfsrec.com](http://www.dfsrec.com)
  - Updated web portal Aug 2015
  - Access to Personal Dietary Supplement Risk Level Dashboard
  - Medication Database
  - Sports Nutrition Resources & Recipes
  - Drug Program Information
  - Opportunities for Growth & Collaboration:
    - Nutrition Handouts & Recipes
    - Mental Health Resources
    - Sports Medicine Team Resources



## The Resource Exchange Center

is a trusted nutrition, health and wellness resource, combining scientifically proven dietary information with the most up-to-date research on supplements and over-the-counter and prescription drugs.



### Log into the Resource Exchange Center!

Ask about dietary supplements, look-up medications, access athlete-centered recipes and review helpful resources on sports nutrition.

To access the REC, select your organization from the dropdown on the left. Then, enter your organization's password.

1. Select your organization:

2. Enter the organization's password:



[Get login help >>](#)

Athlete Recipe Box



# Education Initiatives

- **Sport Exchange Summit 2016**
  - Collaboration and learning for ALL partners in athlete health & performance
  - [www.sportexchangesummit.com](http://www.sportexchangesummit.com)
  - CEUs available for ATs, RDs, and NSCA professionals
  - July 12-13, 2016
  - Kansas City, MO

# Education Initiatives



- Program Highlights:
  - **Prescription Drug Abuse in Sport** (Larry Westreich, MD)
  - **Marijuana & Legalization** (Ben Cort and LaTisha Bader, PhD, CC-AASP)
  - **Sports Nutrition for Performance** (Dave Ellis, RD, CSCS)
  - **Professional Issues in Sport Psychology** (Chris Carr, PhD, CC-AASP)
  - **Effective Player Development and Engagement** (Marcus Sedberry)
  - **Transgender Athlete Awareness** (Angela Cottrell and Jonathan Pryor)
  - **Supplement Certification Programs and Safety** (Expert Panel)
  - **Drug Testing Efficacy from College to the Pros** (Expert Panel)
  - **Life After Sports** (Expert Panel)
  - **Race and Diversity Issues in Sport** (Expert Panel)