



Dear Coaches, Educators, Parents and Fans:

My son Matt and I are very concerned about the continuing problem of illegal steroid use among athletes. Our mission is to make this generation of high school athletes “clean” from the use of steroids or similar performance enhancing products.

We have a long way to go. More than a half million high school athletes are reported to have used steroids, with young women believed to be the fastest-growing segment. Don't assume that steroids are only a pro athlete problem or not being used around you. Odds are it has reached locker rooms and bedrooms in your community. Shockingly, you can easily get them on the Internet, taken at as much as 100 times the dosage doctors would prescribe for medicinal use.

Here's the problem: Steroids are highly dangerous to your health. Some examples:

- Chronic health issues, liver damage, high blood pressure, urinary problems, heart disease, stroke and cancer.
- Unnatural physical development, including shortening of adult height, unusual hair growth, aching joints and greater chances for muscle and tendon injury.
- Serious emotional issues, including mood swings, aggression, depression, hallucinations, paranoia, problems sleeping, and suicidal feelings.
- Sexual development issues including:
 - For guys, testicular shrinkage, breast development, impotence, and sterility
 - For girls, facial hair, masculine traits, and changes to menstrual cycle

Furthermore, you can be assured that athletes who use steroids will get caught if they play at the collegiate level or beyond. They will be tested and they will be kicked out.

It's going to take all of us working together to bring an end to steroid use. That's why we have introduced a Play Clean campaign – to inform and mobilize people like you, and to help you have conversations with students about Playing Clean.

That means they will train hard, eat well and play with attitude, instead of resorting to risky steroids.

We would like you to:

1. Go to www.iplayclean.org and take the Play Clean pledge.
2. Encourage all the athletes, fans and friends you know to take the Play Clean pledge.
3. Send us photos of you, your family and your teams who have committed to Play Clean.
4. Talk about this important issue frequently among athletes you know. There are more resources on the website.
5. Tell us what else you need. We are just getting this campaign started and will need your input and support.

Please help us protect our next generation of promising student-athletes, along with the future of organized sports. Our initial goal is to have five million people to take the Play Clean pledge before the end of 2008.

Thanks in advance for helping protect the health of our athletes.

Dick and Matt Butkus