AUGUST 2025 – JANUARY 2026

antidop.af.duth.gr

MID-YEAR BRIEF

# NEWSLETTER

ANTIDOP

## SUPPLEMENT WATCH & RESEARCH

### RESEARCH & SUPPLEMENT EDUCATION

- EFAD Congress: Highlighted need for certified supplements and ASP training to prevent doping.
- ISENC 2025: AntiDop project presented at the Int. Sport & Exercise Nutrition Conference.
- EIT Food Workshop: DUTH presented game-based "training missions" to 80+ academics.
- Practical Outreach: Shared research with coaches in Belgrade and fitness instructors in Thessaloniki.

## LATEST INDUSTRY NEWS

### CONFERENCES & AWARDS

- Global Recognition: Prof. Barkoukis at 15th ICCE Global Coach Conference, Athens.
- 3rd Prize Award: AntiDop poster wins 3rd prize at 32nd Int. Conference of Sport Sciences.
- Expert Exchange: Collaboration with Seville & Thessaly Universities at Leipzig.

## MISSION UPDATES

### MISSION MILESTONES & NETWORKING

- University Outreach: Showcased at Leipzig, Münster, Frederick (Cyprus), and UNEFS (Bucharest).
- New Partnerships: Endorsed by Associatia SE POATE; UNEFS joined as an associate partner.
- Consortium Progress: 2nd meeting in Malta (MCAST) to develop education tools for coaches & staff.

*Read More on our website*

Co-funded by the European Union

## THE EVOLUTION OF CLEAN SPORT: FROM ANCIENT ROOTS TO WADA STANDARDS

Doping is not a modern phenomenon; historical records show that ancient Greek Olympians used special diets and "potions" to enhance performance. However, the tragic events of the 1960s led to the first official controls, culminating in the creation of the World Anti-Doping Agency (WADA) in 1999.

Today, WADA serves as the global guardian of clean sport, harmonizing rules worldwide through the World Anti-Doping Code. Our #AntiDop project aligns with these global standards by focusing on education and prevention. By bridging ancient values with modern science, we empower the athletic community to protect the integrity of sport and prioritize a "Food-First" approach for a safe, doping-free future.

## PROJECT CONSORTIUM

## THE ANTIDOP PROJECT IN ACTION

- Education in Cyprus: Workshop at Frederick University, raising awareness on supplement safety and clean sport values.
- Belgrade Training: Empowering 60+ track & field coaches with evidence-based anti-doping knowledge.
- Award-Winning Research: Our poster on supplement education won 3rd prize at the 5th International Conference of Sport Sciences.

*Read More on our website*

Co-funded by the European Union

## ANTIDOP: MAKING AN IMPACT

- Bucharest: Expanding our Network Dr. Vassilis Barkoukis (AUTH) presented AntiDop to researchers at UNEFS Bucharest. This successful exchange led the university to join as an Associate Partner, ensuring the project reaches their entire student body.
- Official Endorsement: During the visit, Dr. Barkoukis also met with the Vice Mayor of Bucharest (Sector 3), Mr. Enachescu. Their discussion focused on institutional support, further solidifying the project's impact in the local community.
- EFAD Congress: Focus on Supplements In Malmö, our team (R. Vanderstraeten, A. Palsma, S. Papadopoulou) presented a poster highlighting the risks of unintentional doping. They advocated for certified supplements and the "Food-First" approach for athlete safety.

## International Synergies and Scientific Outreach: AntiDop's Presence in Münster and Leipzig

Münster: Academic Outreach Anne-Marie Elbe represented AntiDop at the dvs-Hochschultag 2025. Presenting at the German Association of Sport Science (dvs) allowed us to share our findings with top-tier European sport scientists.

The new semester at Leipzig University began with a powerful symbol of collaboration! We welcomed Double-Degree students from the University of Thessaly (Trikala, Greece). Faculty and students from the joint M.Sc. in Sport and Exercise Psychology gathered to reaffirm their commitment to clean sport education and cross-border unity.

**"You have to expect things of yourself before you can do them."**
**— Michael Jordan**

*Read More on our website*

Co-funded by the European Union

# 🌍 GLOBAL OUTLOOK: THE 2026 ROADMAP

**Strategic Governance at WADA Regional Symposiums**
The World Anti-Doping Agency is shifting its focus toward the 2027 Code, hosting pivotal regional symposiums to shape the future of clean sport. The European delegation will gather in Baku, Azerbaijan on March 18–19, while the African symposium will take place in Cairo, Egypt on April 28–29. These events represent a unique opportunity for stakeholders to align with upcoming global standards.
https://www.2026baku.com/event/36a9b91a-6368-429e-a6e9-0ed08e0ad51a/welcome

**Academic Excellence at Aarhus University**
The 2026 INDR Conference remains the premier destination for high-level academic research. Scheduled for August 20–21 in Denmark, this year's gathering at Aarhus University will explore the complex sociological and ethical dimensions of anti-doping, providing a vital platform for researchers to share contested perspectives and innovative findings.
https://international.au.dk/

**Practical Impact: Clean Sport in Action**
Bridging the gap between theory and practice, the International Testing Agency (ITA) and iNADO are co-hosting the "Clean Sport in Action" forum in Lausanne, Switzerland. Taking place at the prestigious EHL Hospitality Business School, this event focuses on the real-world implementation of anti-doping programs and the welfare of the athletic community.
https://ph.au.dk/indr/indr-conference

**Policy Leadership in Strasbourg**
The Council of Europe continues its mission to monitor and evolve the Anti-Doping Convention. On March 3–4, the Monitoring Group will convene in Strasbourg, France to discuss strategic policy updates and ensure international compliance across European sport federations.
https://www.coe.int/en/web/sport/t-do



Co-funded by the European Union

# CHAMPION'S PERSPECTIVE

**World Champion Konstantinos Ritzalis discusses the power of education and the responsibility of elite athletes to inspire the next generation through clean sport.**

-The AntiDop project focuses on coaches, doctors, and parents. How well-informed do you believe these athlete support groups are today regarding doping and dietary supplements?
-Unfortunately, information regarding both doping and anti-doping is equally widespread today. While access to information is easier than ever, so is falling victim to misinformation. It is a double-edged sword: the ease of access often leads to confusion, making it difficult for support groups to distinguish between verified facts and misleading claims.
-Konstantine, you recently climbed to the top step of the podium in what was admittedly a very demanding competition. What was the first thought that crossed your mind at the moment of vindication?
-I felt a deep sense of vindication for all the endless hours I poured into my daily training. More importantly, I felt it for my family. This achievement belongs to them too, for all the sacrifices we made together and for the long periods I had to be away from them while chasing this goal.
-Konstantine, the Fitness Challenge (SpeedFit) is constantly gaining ground internationally. How would you describe it to someone hearing about it for the first time, and what is it that makes it stand out from traditional bodybuilding?
-Fitness Challenge is a globally recognized sport currently striving for Olympic recognition. It is fundamentally different from bodybuilding; it's not about aesthetics, but about performance. It's centered on completing repetitions within a set timeframe and the constant drive to achieve your personal best in every single session.

ANTIDOP

This project has received funding from the European Union's ERASMUS-SPORT-2024, under Project Number: 101184932. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them

*Read More on our website*

Co-funded by the European Union