

Pakistan Olympic Association

PRESIDENT

Lt Gen (Retd)
Syed Arif Hasan HI(M)



SECRETARY GENERAL

Muhammad Khalid Mahmood
Cell : +92-300-9462502

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The Secretaries Generals / Directors

IMPORTANT

- National Sports Federations /
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Affiliated with POA

Chairman & Members of POA Athletes Commission

Subject: **PARENTS AND GUARDIANS: A GUIDE TO CLEAN SPORT**

Dear Madam/ Sir,

As you are well aware that Parents and guardians of young athletes have many roles. As well as being their child's number one fan, they are their taxi driver, nutritionist, psychologist. Alongside this, parents and guardians also have an important role in their child's development as a clean athlete. This requires an understanding of anti-doping rules, and just as importantly, an ability to positively influence their child's values and behaviours, which in turn can prevent doping.

I am delighted to inform that ITA is organizing a webinar (fifth of 2022) focusing on Parents and Guardians, and their role in Clean Sport on Tuesday 31 May 14:00–15:00 CET. Our very own Maj (R) Dr Lubna Sibtain, Member POA Medical Commission, IOC Certified Sport Physician, whose daughter was the first female swimmer and youngest female Olympian from Pakistan, and Ms. Jodi Brown, a former international netball player, parent, and member of Drug Free Sport New Zealand's Education Team. They will share their experiences and provide practical tips on how parents and guardians can learn about, and take an active role in clean sport.

We invite parents, guardians, all athletes, and others who work with young athletes to register themselves on the link given below to listen this very important topic:

https://us06web.zoom.us/webinar/register/WN_aGL42DYbRx6x8WEeVgAi0g

It shall be highly appreciated if you please share/ pass on this information to all athletes and their parents / guardians for the purpose.

Thanks for your understanding and cooperation.

With best regards,

Muhammad Khalid Mahmood
Secretary General POA

Copy to:-

- Lt Gen (R) Syed Arif Hasan HI(M), President POA.
- Dr. Waqar Ahmed, Chairman POA Medical Commission / ADOP.
- Dr. Syed Asad Abbas, Secretary POA Medical Commission.
- Maj (R) Dr. Lubna Sibtain, Member POA Medical Commission.
- Master File