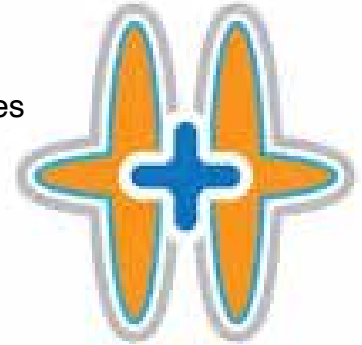


# APPEARANCE AND PERFORMANCE ENHANCING DRUGS (APEDs)

The average age that a child begins taking dietary supplements is 10.8 years old. Few people realize that these products are unregulated – that no one is verifying that what’s on the label of the container is what is in that container. As a result, some are spiked with banned substances like anabolic steroids, stimulants, and other contaminants.

Little League® parents, coaches and volunteers should be aware of the prevalence of the use of anabolic steroids and other Appearance and Performance Enhancing Drugs (APEDs) among today’s young athletes. Most adults are unaware that so many of our children are either knowingly or unknowingly ingesting drugs like these. That “there is no way that my child would ever use APEDs.”



**TAYLOR HOOTON  
FOUNDATION**

That’s exactly what the parents of former 16-year old Taylor Hooton (former Little Leaguer®) thought. It wasn’t until he died just past his 17th birthday that they learned the truth about the APEDs that Taylor and half of his high school baseball teammates had been using. Taylor’s family formed The Taylor Hooton Foundation in his honor for the purpose of raising awareness about the widespread use of these drugs and to let adults and kids know how dangerous these drugs can be.

The Taylor Hooton Foundation is proud to offer one of our education programs in partnership with Little League Baseball and Softball. This 30-minute eLearning course, hosted by Bob Costas, is a real eye-opener for parents and is essential for every coach that is leading young people in all age groups. Please visit the course at [taylorhooton.org/llbtraining](http://taylorhooton.org/llbtraining)

For more information on the Taylor Hooton Foundation, please visit: [taylorhooton.org](http://taylorhooton.org).