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# Sports Stack

## HGH Testing Necessary For Sports Leagues

Written by [kylestack](#) on 8/23/2011 1:45 PM

Human growth hormone testing has been a touchy subject between professional sports leagues and its players' unions. Leagues are adamant about it to retain credibility while players argue against it because of the stream of private information teams can acquire via the test's required blood sample. Yet the push of one league – Major League Baseball – to test for HGH at its minor league level has now been justified by the recent positive test of a player. Incidentally, he became the first North American professional athlete to test positive for the substance. I think it's a victory for MLB and for any other league fighting with its players union to include it in its Collective Bargaining Agreement.



The guilty player is [Mike Jacobs](#), a first baseman on the Colorado Rockies' Triple-A squad who played parts of six seasons in the majors from 2005-10. It can't be shocking that Jacobs – or a player like him – was the one to have failed a HGH test.

Jacobs is a 30-year-old minor leaguer whose primary value as a baseball player is in his home run power. He has 100 homers in his MLB career, including 32 for the Florida Marlins in 2008. Yet his career took a nosedive soon after 2008; he played in only seven MLB games during 2010 (for the New York Mets), and he was likely becoming desperate to get back to the majors as he entered his 30s.

He claims he took HGH for a couple days to speed up his recovery from knee and back problems. Whether that was his motivation or something else incited his behavior, Jacobs' situation shows that MLB did the right thing by instituting HGH testing in the minor leagues in July 2010. They'll likely aim to do the same for the major leagues when they negotiate a new CBA with the players union this winter. The NFL and its players union are [finalizing details](#) on HGH testing with the goal of implementing it this season.

I believe athletes want drug testing to prove that most of them don't take illegal substances. A handful of positive tests can skew the perception that drug doping is commonplace. Sports leagues, always in search of winning the public opinion on controversies, must do what they can to institute HGH testing to weed out the few who actually test positive.

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