

Kyle

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 **WeightWatchers** Contributor


## Sports Stack

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7/25/2011 6:02 PM

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11/3/2011 12:57:42 PM

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## NFL HGH Testing Needs Independent Approval

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Written by [kylestack](#) on 10/18/2011 4:02 PM

NFL players should get the fair and objective form of HGH testing they want in order for the NFL's HGH detection program to be approved. That starts with at least a handful of scientists who approve of the HGH testing and who hold no ties to the World Anti-Doping Agency (WADA), which is responsible for forming the NFL's testing standards. The players union, in negotiation with the NFL, says all scientists who signed an NFL-released letter approving the current proposal have ties to WADA. That needs to change.

The players union has been picky about many aspects of the program. They've even questioned the validity of the tests; their chief concern is that the methods used to establish a positive finding for HGH with athletes in other sports, such as the Olympics, is not fair to football players. WADA's form of testing measures the ratio of naturally occurring HGH in the body against a population test. The union isn't sure how that population field was formed; it believes NFL players could be at risk since their type of training and their unique bodies results in more naturally occurring HGH. One issue at a time, though.

The question of independent scientific approval is not asking much. I agree with the union here, although they are unfair to treat WADA with as much skepticism as they are. WADA is considered to be the toughest anti-doping organization in the world. They don't pull any punches when it comes to ridding the sports world of illegal performance enhancers. But the players union is correct in regards to the scientists who approve the WADA program.

For there to be certainty that HGH tests are conducted in the best interests of the players and the league, a certain number of scientists and doctors who approve the test shouldn't be affiliated with WADA. The precise number is something I can't recommend. I don't know the magic number that would please the union. But peace of mind is valuable. If the players union moves ahead with allowing its players to be poked and prodded for HGH use, I think it's vital that at least some supporters of WADA's test be removed from any relationship with the organization.

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