

Former Pumas Captain Spreads The Word On Anti-Doping

[Felipe Contepomi](#), IRB Keep Rugby Clean ambassador and former Pumas captain, was recently made the key-note speaker at an important anti-doping seminar organized for educating some of the top young players in his native Argentina.

The former Bristol, Leinster, Toulon and Stade Français player supports the Keep Rugby Clean campaign. The former Argentina rugby skipper was a professional player for nearly 15 years and capped 78 times for Argentina's national team the Pumas. He explained the background to Rugby's fight against doping to more than 450 young players and clearly outlined their responsibility in this context.

Contepomi said the energy that the boys exuded, their interest, spontaneity and their innocence made this an enjoyable experience for me. A qualified doctor by profession, Felipe Contepomi said he wants to pass on his thoughts on this subject, he explained how he has always believed it is right to fight for clean Rugby. He went to add that he explained to young players about the anti-doping structures and the challenge that Rugby faces today as regards [anabolic steroids](#), social drugs, and supplements and added that we sent a clear message about the absolute responsibility for everything that enters his system lying with the player.

It was pointed out by Contepomi that players in their late teens and early 20s were most vulnerable to the temptation and false information that accompanies doping. Contepomi added he is determined to give those players the tools and information they require to make the right decisions and become successful. He said players must know that reward comes from hard work and sacrifice and it is important they consider total nutrition, not just supplements and added he thinks the message was received and he hopes it will be useful to them as they hear about Rugby's values.

IRB Anti-Doping Manager Ilaria Baudo remarked Felipe Contepomi is an important ambassador in our ongoing fight against [doping in Rugby](#). Baudo remarked Contepomi has played at the highest level and knows what it takes to get there and to stay there and added he is a medical practitioner who is aware of the dangers presented by doping and what a negative effect it can have on the body. He further added When Contepomi talks to young players like this, they listen and education is a crucial element of our campaign.

Uriel Cáceres, a player with Misiones, said we all of course know Felipe from Los Pumas and it is exciting for us to meet him. He added most of the things Contepomi said he did not know and he is going to spread to the rest of his teammates and further remarked we now know we are at risk whenever we take something and that we must all take responsibility ourselves.

Gonzalo Romagnoli from Santa Fe added the talk was very good and remarked at the beginning Contepomi said it was going to be boring but it was not. Romagnoli added it's great that a person of his level can talk to us about this and it is easier for the message to reach its destination if he sends it.