



# Comic DRAWS

Work Package 4 - Intellectual Output 3
Release 16-12-2022























#### Hello everybody!

I am Valerio Piccioni. I have been working in the field of comics for almost 30 years. I drew for the publishing house Bonelli in the books Julia, Zagor and Dylan Dog. For publisher Delcourt I drew the graphic novel "Les pierres rouges". It is a pleasure and an honour for me to be part of the DRAWS project as a cartoonist of this comic.



















This comic deals with the 4 predisposing factors of doping, identified by the research:

- -Approach to Sport
- -Body Image
- -Environment
- -Nutrition and PAES use









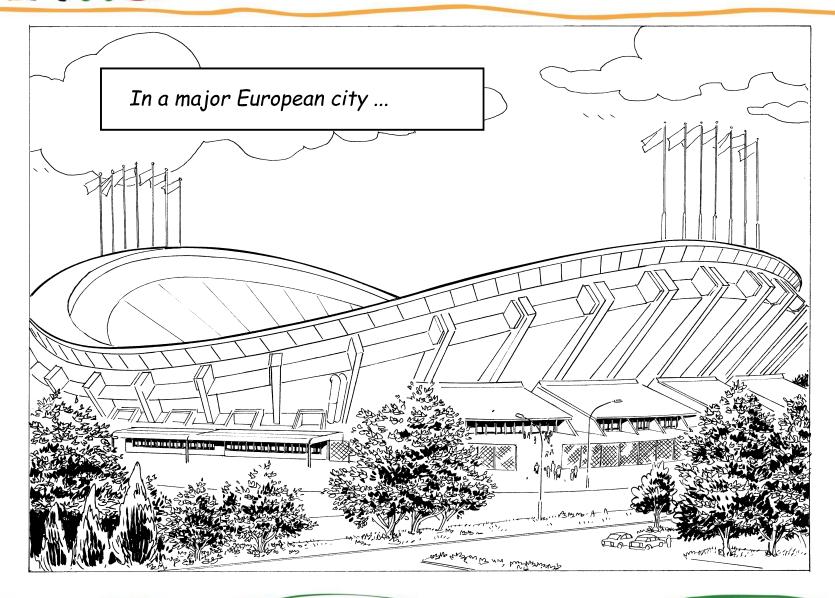
























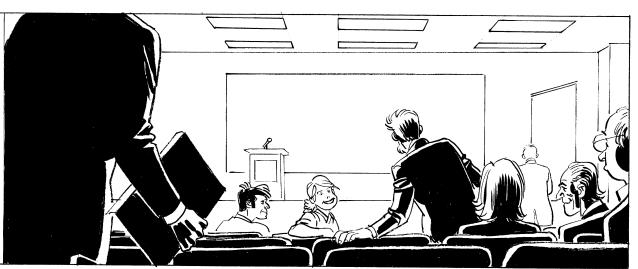














DRAWS
participants are
meeting to discuss
the findings of
this project, a
session facilitated
by some guest
speakers...















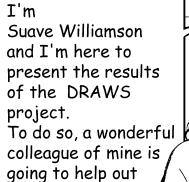














As you know, the DRAWS project aims to promote sporting integrity by fighting aganist doping among young people within recreational rather than elite-level sport, as well as countering the culture of doping found within this arena.

























Università Cattolica led the project alongside other European partners: CONI and Lega Pro in Italy; FISAF in the Czech Republic; IOTC in Greece; LUSF in Lithuania; LSFP in Latvia; LEVSKI in Bulgaria and HASK MLADOST in Croathia.







Let's now look at the results of the project: some recent studies show that doping is steadily rising especially in recreational sports



























DRAWS doesn't just capture the idea of "Doping raising awareness among youth in sport"! It's also a comic strip, which is what you're seeing right now!

This comic strip has been created with the help of young people in sport who inspired our cartoonist with their valuable input!



So, let's take a look at the first predisposing factor: Approach to sport. This theme is tackled in the story of Dario, "The Dentist" boxer













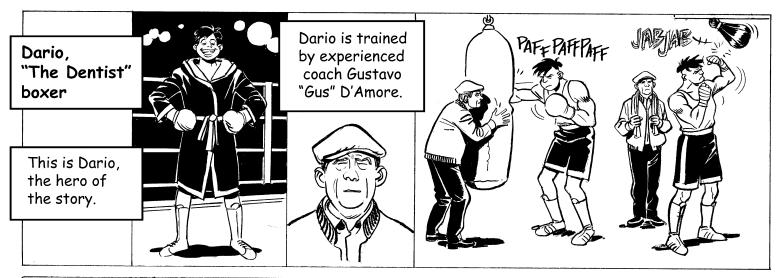




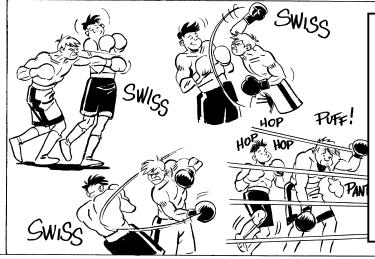








Under his guidance and an intense training regime, Dario's already excellent boxing skills became further developed.



But there
was one
thing that
Dario was
particularly
proud of: his
wonderful set
of teeth.
This is what
earned him
the nickname
"The Dentist".













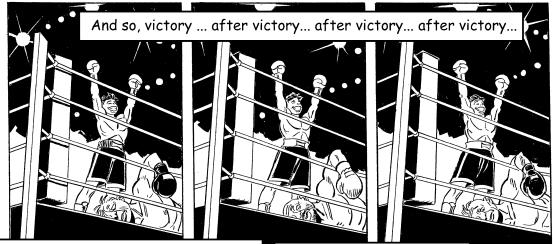














He won the title and started to think he was the best in the business!
The Goat!





















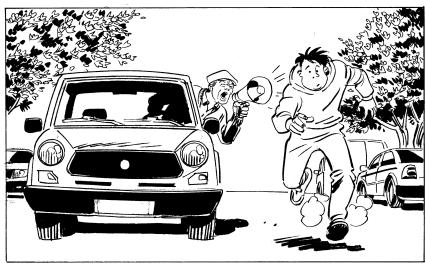






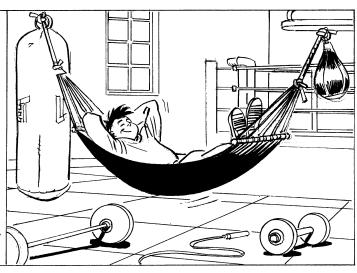
His coach tried to encourage him to behave more appropriately for a sportsman...







But Dario's popularity had gone to his head. He decided that Gus D'Amore's services were no longer necessary! After all, he was already the best!

























But sooner or later, everyone meets their match! And that's exactly what happened to Dario when he battled for the title against the fearsome Sarcio King!



On the left, we have the reigning champion, Dario "The Dentist".



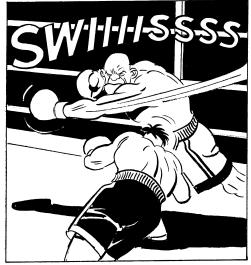
And on the right, his opponent "The Sarcio King".

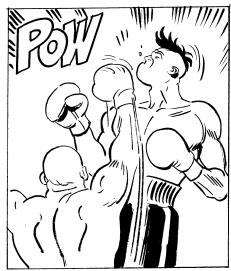


OK, I want this to be a fair and disciplined fight..



















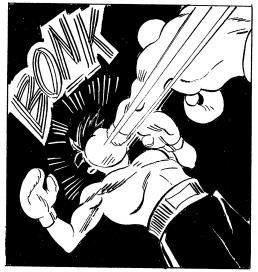




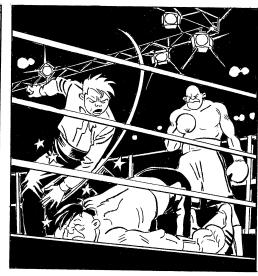




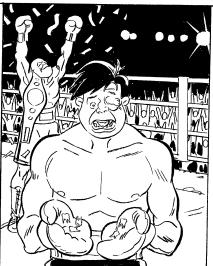




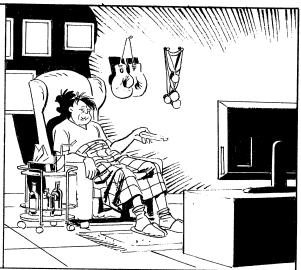




...And that's how our hero lost the match and the title! But what hurts Dario the most was that he lost his teeth.



What a loss!
What a waste
of his beautiful
smile! He felt
so miserable
that he thought
about retiring
even at such
a young age...















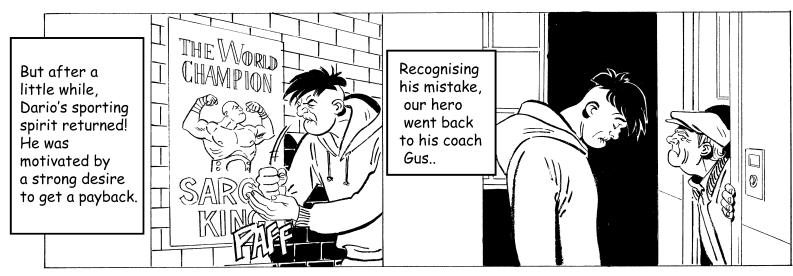




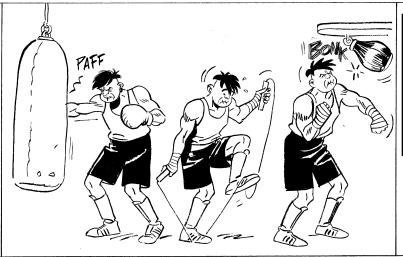








He started his training regime once again...
But after such a long time, it was hard to get back into shape..













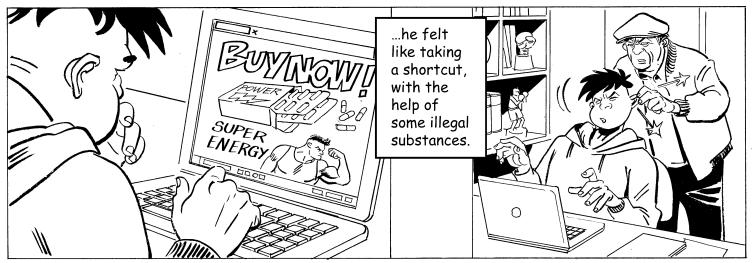












But Gus quickly made him see what a mistake he was about to make! The media coverage, the legal implications...



Not to mention the fact that in the eyes of the public, all his earlier achievements and everything he'd done in the world of sport would count for nothing anymore! His reputation would be ruined forever more!















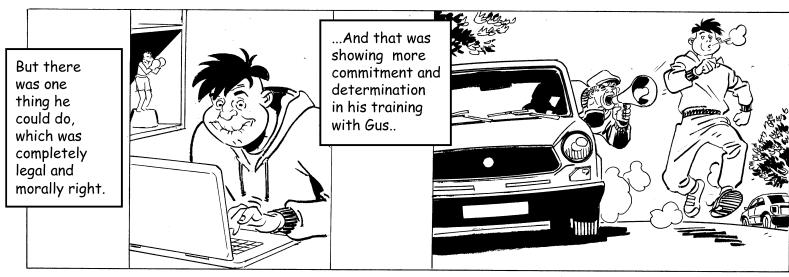




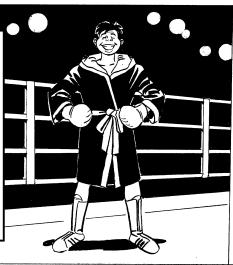








Now, Dario is back to being the sportsman he was before! He's ready to fight. He knows it will be a long and difficult journey...



...Maybe if he does well and has some luck, he could get payback. In the meantime, he'll take confidence from his new, dazzling smile, even if he needed dentures to restore it!













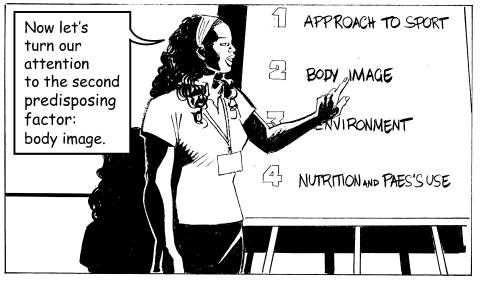




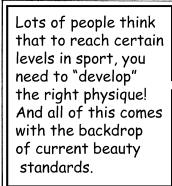














Every sport has its own physical requirements.

> We can see all of this in the following two short stories about body image.

















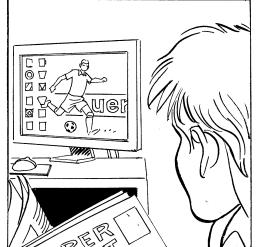




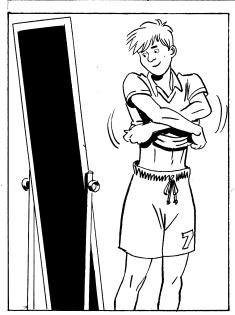


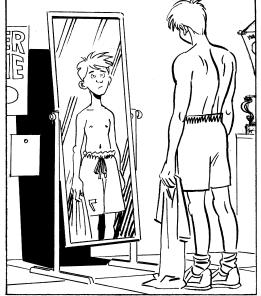




























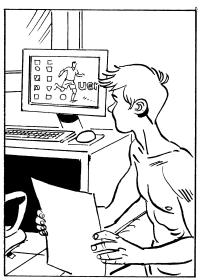


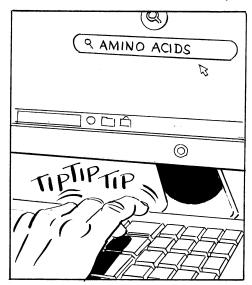


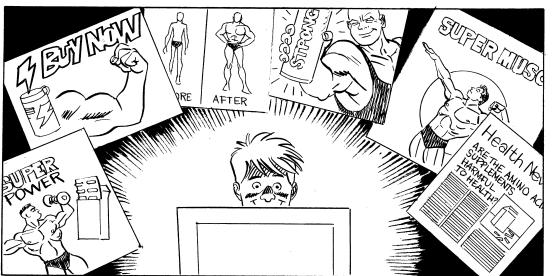






















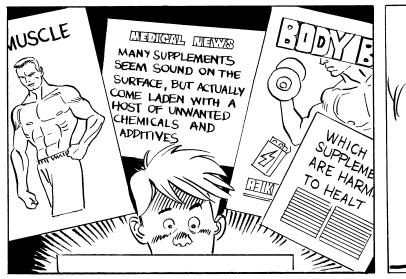


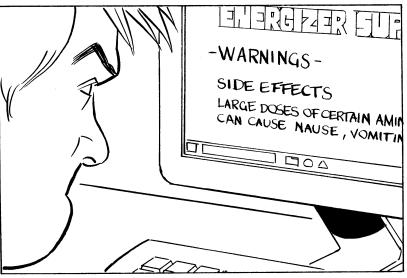
































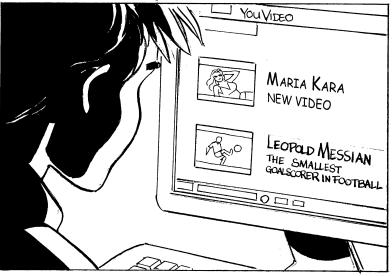




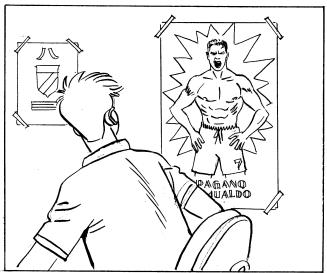


























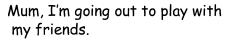




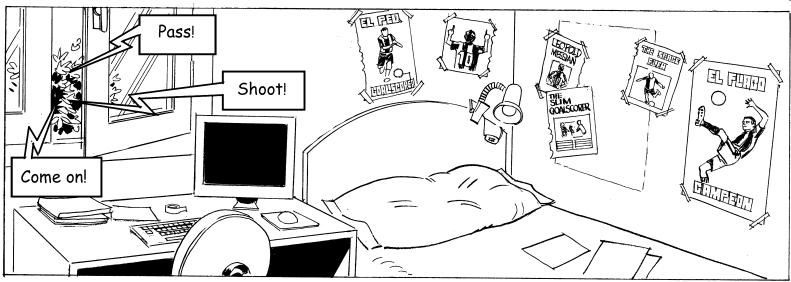
































As we have already said, every sports has its own physical requirements









Our hero,sad and dejected, returns home, convinced that he cannot play with other boys, never again









































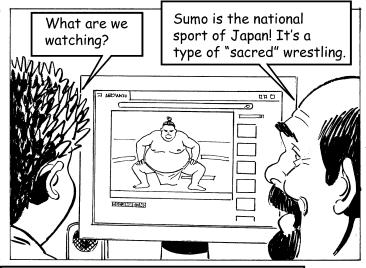












You see how in Japan the fighters are superstars! They're revered and elevated to the status of upstanding role models. Every sport has its own physical requirements and standards of beauty! There are no universal rules to determine beauty! In some parts of the world, it is still considered beauty! Do you understand what I mean?





Of course, got it!!

I want to go to

Japan! Muuuum!

I'm going to be

a sumo wrestler!



You were just supposed to speak to him, not













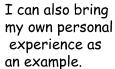




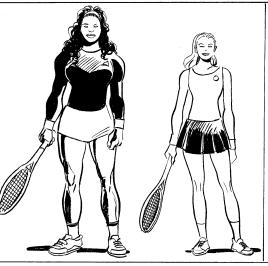




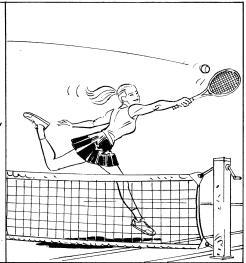






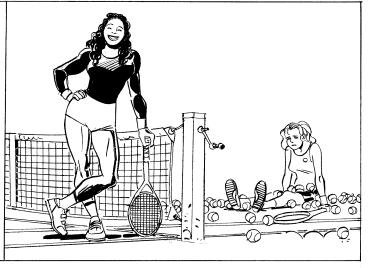


I've never embodied the ideal physique in my sport. Apart from a few exceptions, female tennis players have always had a more flexible physique.





Luckily for me, I've never paid attention to that. That's how I managed to compete at the highest level despite not meeting the classic physical requirements in tennis.























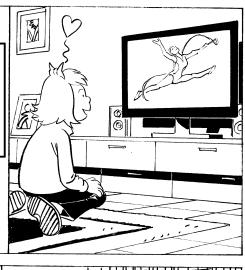


To conclude our discussion on body image, I'll tell you one more story: that of tiny Alina.





The protagonist of our story is a little girl very passionate about gymnastics



She used to be so fond of the sport that she had a scratch book full of photos of the greatest gymnasts.



Probably, that kind of love for the sport developed at Grandma Olga's, where the lady use to keep tons and tons of books and magazines showing gymnasts.

























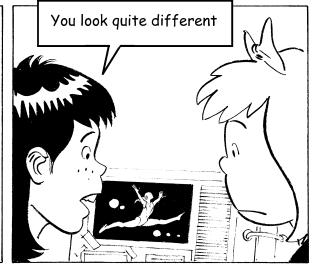


Like any other child, Alina wanted to share her passion with her schoolmates, so one day she decided to bring her scratch book at school.

































She felt devastated. She could not believe she did not look like the gymnasts of her precious album.







She was determined to get in shape and look exactly like her heroines.



She came up with a plan to lose weight: lots of training and a healthy diet.



















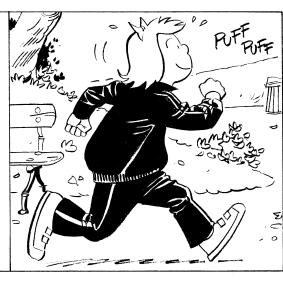








...and train more often



Quite quickly...





She realized this plan of hers was taking too long compared to her patience.























































Alina started crying and told her grandma that she wanted to look alike her heroines: the Olympic gymnasts.

























My lovely Alina, you shouldn't be listening to people who don't know what they are talking about!



Come here, I'll show you a thing. Look: not all gymnasts look like her.



This is Flavia, the shorted gymnast back then.
She is 1m33 tall.



While here you can see Alexa...
During the 2016 Olympics in Rio, she was told to be fat in social media. Instead, that was muscles. Indeed, this is a sport where you need to have a lot of muscle strength.



Look here ... she only weights 32 kg.



She is a legend in this sport. She is 47 and still competing at international level.



Well, my dear Alina, I simply wanted to show you that at the end of the day it does not matter whether one is too thin, too fat, too short or too tall. what matters is the skills developed and in case of gymnastics also grace!



Clearly, if grandma Olga



































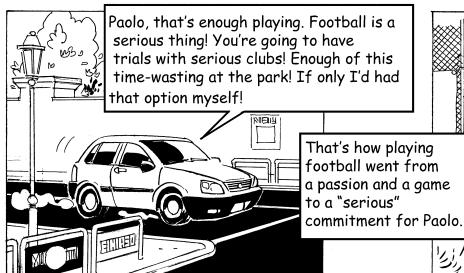


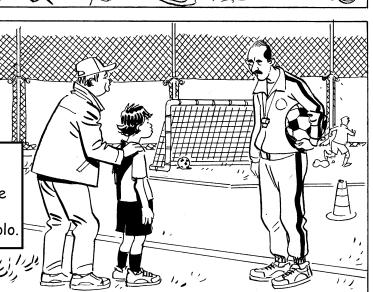
































It was the start of a dream come true for Paolo. He was set to become a wonderful footballer just like his heroes!

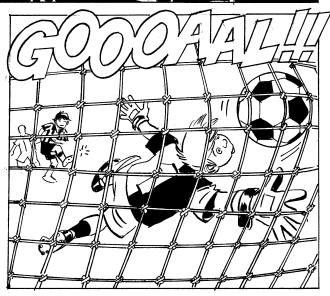


Paolo showcased his talent from the get-go, be coming a firm fans' favourite as they started calling him "the Genius".































The years went by and the Genius went up through the ranks as his stock rose.







Until he once again caught the eye of "scouts in the industry".

















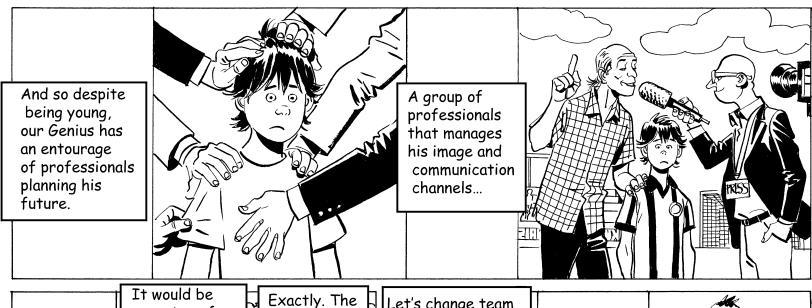




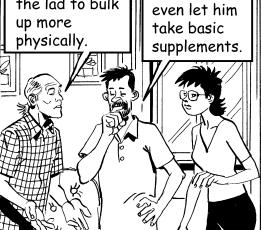








As well as the schedule for sporting committments!



Let's change team, then. After all, he's having too much fun, which means he isn't doing well! You have to suffer in order to do well.



And so the Genius changed clubs and training methods...





opportune for

the lad to bulk





coach doesn't



























the realms of normality.





















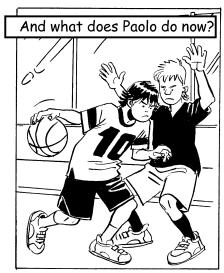


And he realised that he wasn't too bothered by it.



Paolo, the genius, stopped playing football at just 14 to the great disappointment of his parents.

























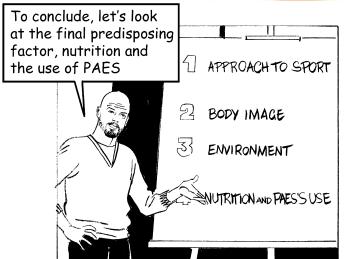


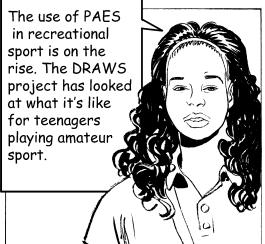




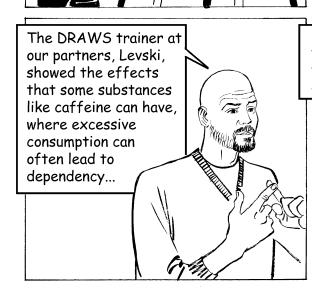


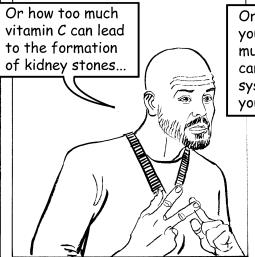


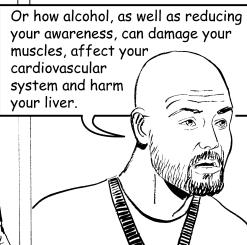


































Actually, lots of young people underestimate the side effects of certain products. That's what happened to our cartoonist, for example, with a certain energy drink...

Wow! The deadline is fast approaching and there's lots to do. I'll definitely have to work overnight.



I'm not so worried about being tired as I am about the tummy ache. I'll get from the coffee. I'll drink to keep me from falling asleep...



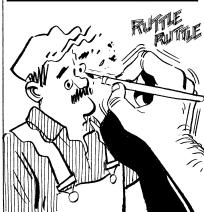
But my efforts to stay awake won't be like that this time!! I'll have the drink that makes you fly like a rocket!!



That's how the long night of work began...



But after the second drink...



Oh no!! My hands are shaking and I can't work anymore!!!



...It's not really related to sport but it's a great example: be aware of things that seem harmless. One can of this energy drink is equivalent to 12 coffees!!













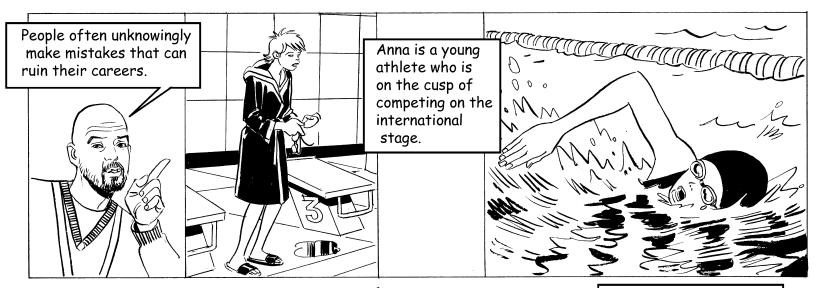












A particularly important race is coming up...























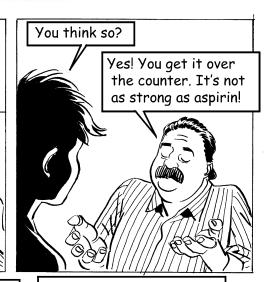






Watch out, this is Uncle Peppino. He's the typical problem-solver and giver of unsolicited advice. Every family has an Uncle Peppino, whether they admit it or not!

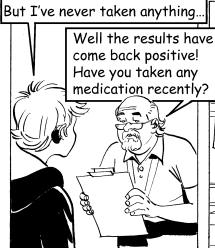




And so the respiratory problem was solved and our Anna took part in the race. She had her anti-doping test after.































As I thought... It contains this bulking agent that is a banned substance.



You have to pay attention to what you take if you're a competitor.



I didn't say that. I just meant that WADA (the World Anti-Doping Agency) continuously updates the list of banned substances.





Above all, you need to be careful when taking medicine without checking with and gaining approval from the club doctor! This even applies to commonly used over-the-counter medicine.



So pay more attention and take less advice from Uncle Peppino!

















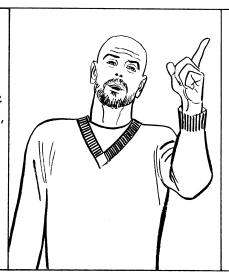








What we have iust witnessed happens in elite sport. However, what about grassroots sport? What happens there?



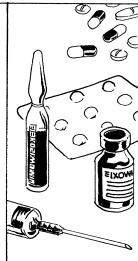
During the 1980s the wrong idea that while practicing sport there is the need intake became common sense.

what's that? for supplements For sports sake, please let's go back to PAES!!

Hey, cartoonist,

Talking of the '80s. I was thinking....

PAES are of two kinds: controlled and uncontrolled. Controlled PAES are hormones like: steroids. anabolic steroids growth hormone, and stimulants.



The use of controlled PAES is regulated by law. They are generally known as doping substances and are prohibited in elite and competitive sport.



The other type of PAES belongs to the so-called group of uncontrolled PAES. They are substances that can be purchased without the need for a medical prescription. For instance, protein formulas, amino-acids, creatine, minerals, vitamins, etc.



















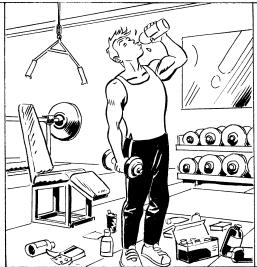




In elite sports, doctors, nutritionists, and coaches play a vital role in helping out athletes not to make mistakes.



This kind of help is not available in non-elite sports.
Anti-doping tests are not carried out.
Hence, controlled PAES use (doping) has started spreading.



The use of controlled PAES has been linked to mental and physical problems.

Even the use of uncontrolled PAES could represent a risk.



Overdosing on uncontrolled PAES or using them when unnecessary can cause serious side effects. Long term consequences are still untested.



This creates a paradox: while one thinks to be leading a healthy life, they are harming themselves instead.









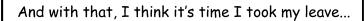












I want to thank you all, but especially...

Let us thank our partners once again And all the sportspeople and clubs that took part in DRAWS.



