



**GEMEINSAM**  
GEGEN DOPING

# THE ANDREAS KRIEGER STORY – HEIDI'S FARTHEST SHOT

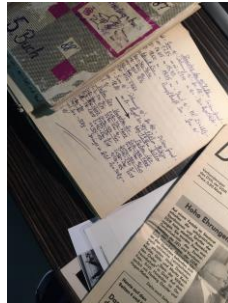
A TESTAMENT TO THE PERILS OF DOPING

# OVERVIEW

1. Preparation
2. Production
3. Website [www.andreas-krieger-story.org](http://www.andreas-krieger-story.org)
4. Reactions
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# PREPARATION

**THE IDEA** - In October 2014, NADA Germany and USADA decided to collaborate on developing a film about the life of East German doping victim Andreas Krieger.



**THE GOAL** – Our aim was to develop a film that helps the younger generation reflect on our doping history in former East and West Germany. We want to educate young athletes with this very personal story and portray the perils of doping.

This film is an integral part of NADA Germany's prevention program **TOGETHER AGAINST DOPING**.

# PRODUCTION



The film, entitled "Andreas Krieger: HEIDI'S FARTHEST SHOT," traces Krieger's past as a professional female shot putter in what was then communist East Germany.

Heidi Krieger was subjected to systematic doping in a sports environment that focused more on medals than the well-being of the athletes.

In the film, Krieger also describes his long and painful search for his gender identity.

FILM

IMPORTANT EVENTS

BACKGROUND INFORMATION

SURVEY

CONTACT

EN | DE

## ANDREAS KRIEGER

## HEIDI'S FARTHEST SHOT



WATCH THE FILM



“ 1979

At the age of 14, Heidi is sent to a special school for young athletes (KJS). It is there that she begins her career as a professional athlete in the East German sports system. She progresses quickly and then joins the SC Dynamo Berlin sports club, which trains at the Sportforum in Berlin. Heidi is under close observation and is expected to bring home medals for the East German state.

“ 1981

Heidi's coach gives her "blue pills" in addition to the vitamins she takes regularly - her first doping substances. She doesn't know what they're called; the pills are not in their original package. Heidi's coach says they will help her perform well.

“ 1986

Heidi Krieger wins gold in women's shot put at the European Athletics Championships in Stuttgart. She put her winning shot 21.10 meters.

“ 1989

The Berlin Wall falls, the Cold War comes to an end, and Heidi is still a high-performance athlete. However, two years later, at the age of 24, she ends her career because the doping substances have taken a toll on her body.

“ 1995

Heidi experiences a turning point in her life. A friend and co-worker explains the inner turmoil that she's been facing. He gives it a name: transsexuality.

“ 1998

Heidi Krieger is now Andreas Krieger - a process that has taken three years. The decision to live as a man saves his life.

“ 2002

Andreas marries a woman whom he had met at the doping trial two years earlier: "I feel like I won the jackpot. I am so blessed."

“ 2000

In 2000, those responsible for systematic doping in communist East Germany are put on trial. Andreas attends the trial and realizes for the first time that he had been inadvertently subjected to doping for many years.



“I wanted to be the first woman in East Germany to throw a shot put 23 meters.”

I wanted to go much further...”

## BACKGROUND INFORMATION



### Women's shot put: Close to 23 meters in the late 1980s

In shot put, the athlete thrusts a metal ball, known as a shot, as far as possible with a pushing motion of the arm. The sport was practiced in the antiquity using stones, which were replaced with cannon balls in the Middle Ages.

In 1860, the dimensions and weight of the shot were regulated. The first official women's world record measured 10.15 meters and was thrown in 1924. It wasn't until 1977 that a female shot putter surpassed the 22-meter mark.

A decade later, in 1987, Natalya Lisovskaya set the world record in Moscow with a 22.63-meter throw. Since then, no woman has ever put a shot further than that; 23 meters remains an unreachable goal.

### Stuttgart 1986: European Athletics Championships held in Germany for the first time

The atmosphere in Stuttgart's Neckar Stadium during the 1986 European Athletics Championships was enthusiastic. Even the athletes that didn't win medals were cheered by the fans.

The majority of the medals went to athletes from what was then the Soviet Union, followed closely by those from former East Germany,

though both countries earned the same number of gold medals. From 1972 to 1988, the Soviet Union and East Germany dominated the medal count at the Olympic Games.

### Developing athletic talent in East Germany

In East Germany, athletes were divided into three different categories (I-III) according to skill and put through a systematically structured training regime that was closely monitored from a very young age. Young athletes in group I attended special training centers and their skills were tested each year.

If they performed well enough, they were sent to schools for young elite athletes (KJS). Those who were successful went on to the highly professional and specialized sports clubs, which were at the pinnacle of the East Germany sports pyramid. Only the very best and most talented athletes in East Germany were sent to elite sports clubs like SC Dynamo Berlin.



For the communist East German state, the collective was more valuable than the individual.

Party goals were often more important than personal fulfillment.



## SHARE YOUR THOUGHTS



How do you evaluate athletes at major sports events?

- Based on the number of world records they break
- Based on the number of personal records they break
- Based on how fair they play

Vote!



How level is the international playing field for professional athletes?

1 is least level 10 is most level

Vote!

## DO YOU HAVE ANY FURTHER QUESTIONS?

We will gladly answer your questions.

Your questions will be answered as soon as possible by Andreas Krieger or Dominic Mueser (NADA – Director Prevention Department).

First name\*  Last name (optional)

E-mail address\*

Your message to Andreas and Dominic...\*

Submit message

\* = Mandatory field

The website includes a short survey and gives the opportunity to ask questions and give feedback.

We had around 5,000 visitors in the first quarter.

## EXCERPTS FROM THE MOVIE

East Germany's  
political system



High performance sports  
in east Germany



The role of  
the coach



The turning point  
in Andreas' life



Andreas' situation  
today



To implement the film in education sessions, we split the film into five different topic areas.

# REACTIONS – OFFICIAL STATEMENTS

“It is important for us to learn from the past,” says NADA chairwoman **Andrea Gotzmann**. “We are very pleased to present this film with Andreas Krieger. We want to work together to protect young athletes. With the documentation of his story, we hope to encourage them to think about the issue and to proactively and decidedly say ‘No’ to doping.”



“The clean sport community applauds Andreas for the bravery he has shown in sharing his story with us,” says USADA CEO **Travis Tygart**. “Anyone who has the opportunity to meet with former East German athletes, and to hear their stories, is reminded that we must do whatever we can to protect athletes from those who would prey on them for their own gain.”



# REACTIONS – WEBSITE COMMUNICATION

It's a very **shocking** and **traumatizing** thing to have to go through and I am happy Andreas was able to find some peace and a mission to **help us in the fight for a clean sport**. Doping really does go beyond just the athlete. **Everyone is responsible.**

The film will have a **strong impact** and I hope that athletes will be more responsible for their life.

This is a message for Andreas...I just want to say that **I admire you for who you are**. You are much more than a great man or an athlete. **I think you are a GREAT PERSON..**

An **excellent short film**, and we will certainly share it within our network and with your permission use it within some of our education sessions.

Thank you for making this **important, honest, and interesting film.**

I read the article about your life and saw the documentary. It was very interesting and gave me the chance to go with you through parts of your life. I hope you are doing well. Maybe we could meet sometime? What do you think? Best wishes, your **cousin Norbert**

**A powerful message indeed!**  
Andreas, thanks for sharing your story with us.

# REACTIONS – SOCIAL MEDIA

 **Jens Weinreich**  
@JensWeinreich Folgen

Must see: the Andreas Krieger story [andreas-krieger-story.de](http://andreas-krieger-story.de) #doping @usantidoping @NADADeutschland

RETWEETS 5 GEFÄLLT 7


03:04 - 19. Nov. 2015

 **Sport Ireland**  
@sportireland Folgen

Former doping victim Andreas Krieger shares his moving story in new film by @usantidoping @NADADeutschland [andreas-krieger-story.org](http://andreas-krieger-story.org)

GEFÄLLT 3

08:51 - 19. Nov. 2015

 **AEPSAD**  
@AEPSAD Folgen

¿Conoces la historia de Andreas Krieger? Aquí tienes su historia gracias a @usantidoping y @NADADeutschland [andreas-krieger-story.de/en/the-andreas ...](http://andreas-krieger-story.de/en/the-andreas...)

RETWEET 1 GEFÄLLT 2


03:36 - 24. Nov. 2015

 **Dt. Eishockey Bund**  
@DEB\_ev Folgen


"Heidis weitester Stoss" eine Geschichte über Andreas Krieger, ehemalige Kugelstoßerin der DDR. Wirklich sehenswert![andreas-krieger-story.de](http://andreas-krieger-story.de)

RETWEET 1 GEFÄLLT 3

04:36 - 23. Nov. 2015

 **INADO**  
19. November 2015 ·

NADA Germany and USADA launch a movie about Andreas Krieger.  
#INADO Members NADA Germany and US Anti-Doping Agency have launched today a movie about Andreas Krieger, formally Heidi Krieger, a former DDR shot putter and victim of the state-doping regime in the DDR. Watch the full movie at: [www.andreas-krieger-story.de](http://www.andreas-krieger-story.de)

 **DJK**  
19. November 2015 · Seite gefällt mir

Die Andreas Krieger Story. Der Film.  
„Prävention betrifft nicht nur den Sportler, den Politiker, den Trainer und vielleicht noch die Eltern. Es ist wirklich ein gesellschaftliches Problem.“  
Danke, Andreas!



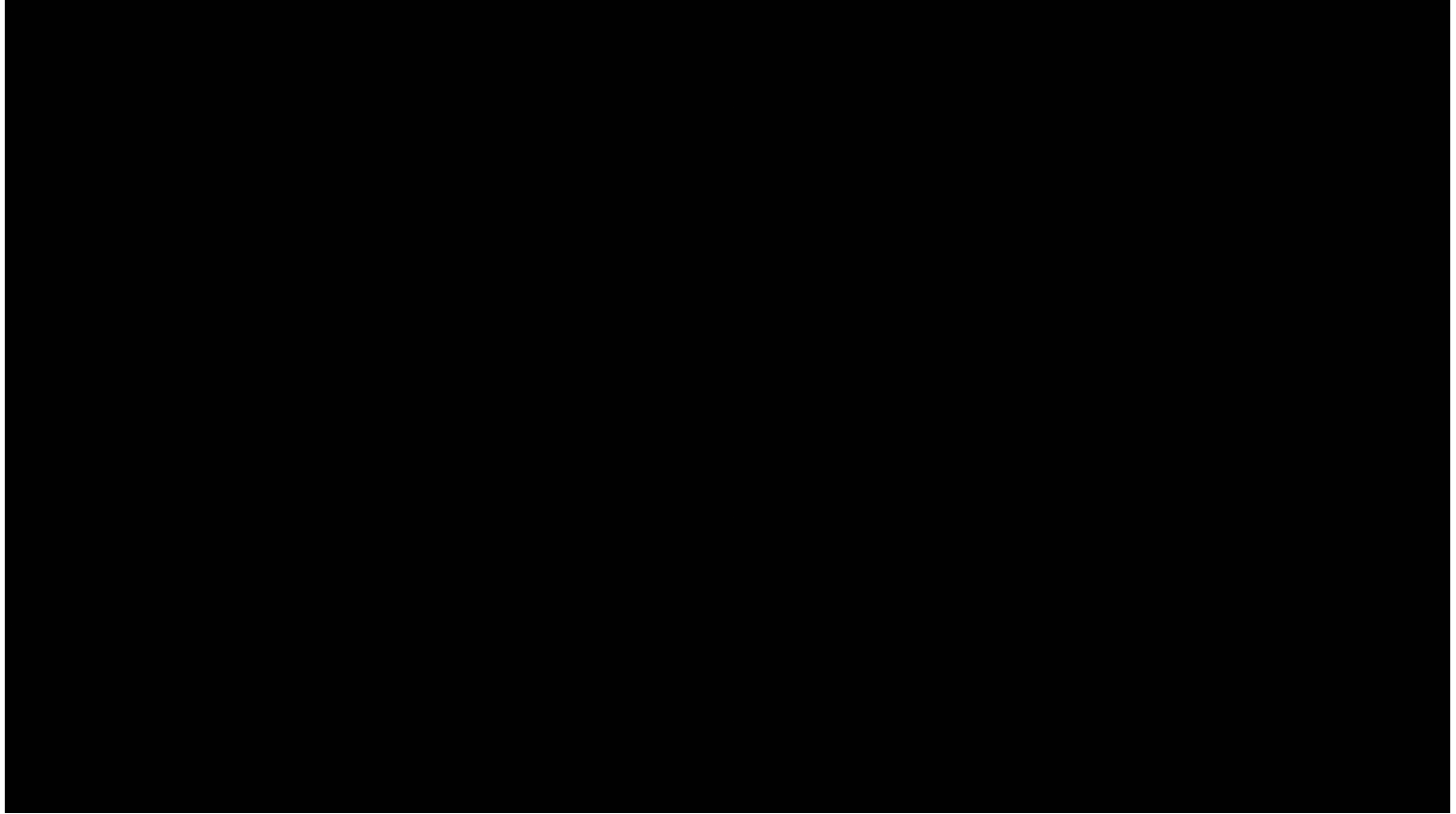
NADA&USADA / blackspark.digital (Germany),  
*The Andreas Krieger Story*

Award of Merit Special Mention:  
Documentary Short

“Congratulations!

On behalf of our entire staff and panel of judges, I am pleased to inform you that you have won an IndieFEST Global Film Award!”

# ANDREAS KRIEGER – HEIDI'S FARTHEST SHOT



# WHAT NOW?

- The film is an integral part of Germany's prevention program TOGETHER AGAINST DOPING.
- NADA Germany's collaboration with the Doping Victim Organization will be strengthened.
  - Over the past year we have been working together on an ambassador project, which will get former doping victims involved in prevention activities.
- The long-term effects experienced by doping victims are currently being studied in a joint project by two medical research clinics in Germany.
- In 2015 the German federal government set aside an additional 10 million euros to assist doping victims.



FOR MORE INFORMATION PLEASE CONTACT

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