

Participant Information Sheet

Performance, Genetics and Epigenetics in Young Basketball Players

To better understand how the human body works, and to help us learn how to support you in becoming a better basketball player, researchers will study your genes and carry out a series of physical performance tests (jumping, speed, agility, endurance, etc.).

What are genes? Why do we want to study them?

- Genes are like an “instruction book” that tells our body how to build and maintain all its cells. By taking part in this study, we aim to better understand the genes of basketball players and how they relate to performance and training.

Where will the genetic material come from?

- Genes are present in all the cells of our body. In this study, we will collect them from saliva samples. The procedure is very simple and painless—you will only need to spit into a tube. The sample will then be stored and later analysed in a laboratory.

What will I need to do if I take part?

If you decide to participate, you will be asked to:

1. Provide some saliva samples
2. Complete a series of physical tests (speed, agility, jumping, endurance, etc.). You are already familiar with many of these tests, as you have performed them at the beginning and end of the season
3. Take part in additional short training sessions during the season

What will happen in these sessions? Will I need extra time?

No! These sessions will take place during your normal team training time.

- You will complete 2 short sessions per week, each lasting about 30 minutes, over 8 weeks



- These sessions will include exercises focused on:
 - Balance
 - Agility
 - Strength
 - Speed
 - Jumping

What if I no longer want my samples to be used?

- You can ask for your samples to stop being used at any time during the study.
- This request can be made by your parents/guardians, or by you once you turn 18.

Will I receive anything for participating?

- You will not receive financial compensation. However, by taking part, you will contribute to research that aims to better understand how to help improve basketball performance and athlete development.

What if I have more questions?

You are welcome to ask questions at any time—before, during, or after the study. We will be happy to answer them.

You or your parents/guardians can also contact us by email:

- asacot@euses.cat
- jescosa@basquetgirona.cat
- aprats@euses.cat



THANK YOU VERY MUCH FOR YOUR PARTICIPATION! 

Place and date _____, ____ of _____ de 202_

Sign of the mother/father or legal tutor

Sr./a. _____

Date: __ __ / __ __ / __ __

Sign of the investigator

Dr./a. _____

Date: __ __ / __ __