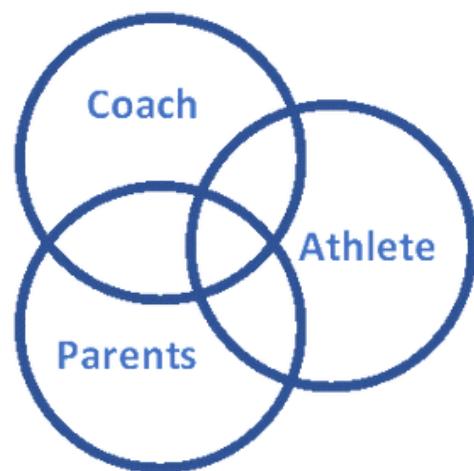


# PROTECT<sup>®</sup> YOUR GAME

# EVERYTHING MATTERS

## What every PARENT should know about SUBSTANCE USE

- Parent influence matters – 80% of young people ages 10-18 say their parents are the leading influence in their decision to drink or not. – SAMHSA
- Current substance research and understanding of brain development suggests a new health standard – no drug or alcohol use when young for reasons of health – just like seat belts and helmets protect kids, young people are uniquely vulnerable to the harms of all substance use. – Dr. Robert Dupont, The Institute for Behavior and Health
- For teens, the use of one substance generally means the use of other substances, i.e. if a teen is using marijuana they are much more likely to be using alcohol, nicotine and illicit drugs. – National Survey on Drug Use and Health
- Substance use hurts athletic performance among middle and high school athletes.
- Substance use in high school is NOT inevitable. In fact, more high school seniors today (8th and 10th graders, too) have NEVER used any drugs or alcohol than in any year prior. – Monitoring The Future



## How to HELP YOUR ATHLETES

### RESOURCES

-  EDUCATE YOURSELF – be able to counter misinformation about drugs and alcohol
-  SUPPORT SYSTEMS – don't go it alone; join other trusted adults, parenting peers and support coaches

### COMMUNICATION

-  ONGOING DIALOGUE – it's more than one conversation
-  ENCOURAGEMENT & PRAISE – recognize good choices
-  HONEST & AUTHENTIC – our kids know when we're not
-  AGREED UPON OUTCOMES & CLEAR CONSEQUENCES – set-up for success



**SUBSTANCE-FREE  
ATHLETICS<sup>®</sup>**

# PROTECT YOUR GAME

Not all game time decisions are made on the mat

KNOW THE IMPACTS

## Physical impacts of NICOTINE use:



### HEALTH

Stressed pulmonary system (heart and lungs)



### INJURY

More susceptibility to injury



### HEALING

Slow recovery processes



### NO ENHANCEMENT

Less endurance; weakness

## Physical impacts of ALCOHOL use:



### METABOLISM

Constricts aerobic metabolism - reduces endurance



### NUTRIENTS

Inhibits absorption of nutrients - lowering endurance and increasing risk of injury



### WEIGHT

Makes weight difficult to maintain (gain or lose)



### SLEEP

Constricts aerobic metabolism - reduces endurance



### INJURY

Weekly use doubles rate of injury



### PERFORMANCE

Use within 24 hours of activity reduces aerobic performance



### ABILITY

Dulls reaction time and hand-eye coordination



### PERFORMANCE

Reduces balance and tracking ability



### MEMORY

Impairs memory and causes retrieval failure



### NO ENHANCEMENT

THC has no performance enhancing potential



### ATHLETIC REPOSITORY

Degrades ability to play your game



### IDENTIFICATION

Impairs facial recognition

 **SUBSTANCE-FREE ATHLETICS®**



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