Hello Athlete Parent(s)/Guardian(s),

Welcome to this school year and athletic season!

We know how important it is for your student athletes to reach optimal performance in academics, athletics, and other extracurricular activities. Many factors come into play (sleep, nutrition, mood & mindset, chemical health) when trying to reinforce the healthiest decisions from your athletes. Although you cannot always be right next to your athletes to guide them every step of the way, there are some simple steps that you can take at home to help your athletes perform at their best, particularly when it comes to their chemical health.

Creating a safe chemical health environment will make it easier for your athletes to commit to making healthy decisions, especially at ages when they are susceptible to risky and impulsive behaviors. The teen brain continues to develop through adolescence until the mid-late 20's. These years are critical for brain development, and it is extremely important to reinforce healthy decisions while the adolescent brain is still growing. You have an influential role in creating a safe household environment that can determine what medications your athletes, friends, and visitors have access to and ultimately determine their path to success. Throughout the season, your athletes might have access to cabinets in your household. I challenge and encourage you as parents to safely store current prescriptions, properly dispose of medications no longer needed, and initiate important conversations with your athletes about the proper use of substances they may have access to. This will allow your athletes to continue making safe and informed decisions, even at times when you are not there to lead the way.

You can contribute to the team's success by creating a safe environment for your athletes on and off the field. For free resources and more information, learn more at **http://ilhpp.org/prescription-playbook/** or by following them on **Facebook** @ILHPPRxPlaybook and **Twitter** @IL_RxPlaybook.

Please reach out to me at any time so that we can continue to work together to create a healthy culture that allows our athletes to succeed.

Sincerely,

Your Athlete's Coach