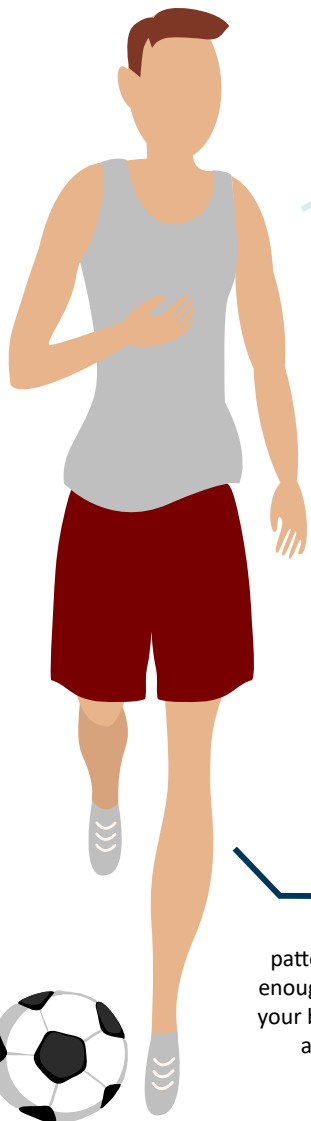


HOW DOES ALCOHOL IMPACT ATHLETIC PERFORMANCE?

Success comes in all forms for teenagers: academic, social, extracurricular, athletic, and beyond. Being involved in sports sets a high standard for positive behavior not only for individual performance, but for the team as well. Creating a culture of excellence can only be done when all players on a team hold one another accountable to making decisions that best impact their potential for success, including abstaining from alcohol and other drugs.



Heart

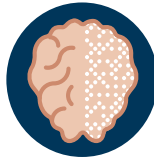
Drinking alcohol brings about or increases irregular heart rhythms causing additional stress on an athlete's heart. Alcohol use can also lead to long-term heart disease, cancer, and liver disease.

Hydration

Drinking alcohol leads to dehydration because alcohol makes your kidneys produce more urine. Dehydration also impacts your body's ability to control body temperature which could cause an athlete to overheat.

Sleep

Drinking alcohol impacts regular sleep patterns and your body's ability to achieve enough REM sleep. Deep sleep is critical for your body to reset after a full day of activity and to release growth hormones which help repair muscles.



Brain Development

The teen brain continues to develop through adolescence until the mid 20's. These years are critical for development of the brain, particularly regions that assist in impulse and emotional control. Misuse of drugs and alcohol can alter development, affect the reward system, and lead to increased risk of addiction.



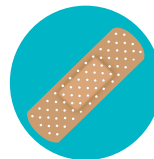
Nutrients

Athletes are already at a higher need for maintaining proper nutrient intake due to physical activity output. Drinking alcohol effects absorption of many important nutrients such as B12, Thiamin, and Folate. Liver cells have difficulty activating Vitamin D and metabolism. This can compromise the immune system, leading to illness.



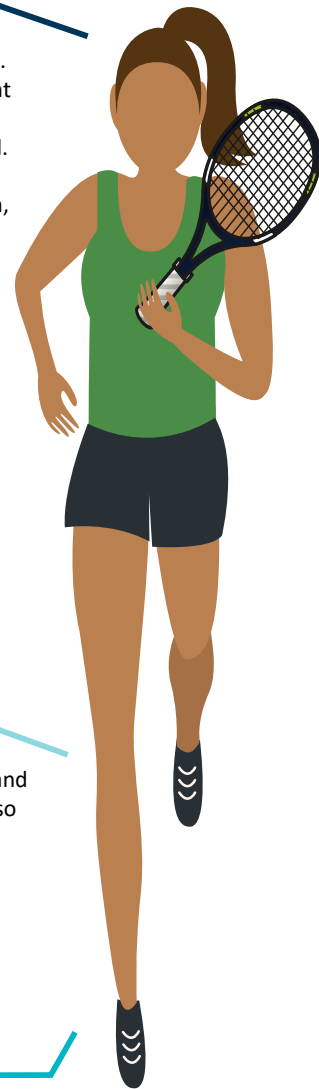
Muscles

Use of alcohol can impact body composition, muscle mass and repair, and lowering testosterone rates. Alcohol also reduces blood flow to the muscles, causing weakness and deterioration.



Injury

Alcohol can increase a youth's chance of injury by 50%. Alcohol creates an increase in blood supply causing an injury to bleed and swell more than usual.



Parents! You are your child's #1 influence when it comes to their decisions to not use alcohol. Talk early and often to them about your expectations to not use alcohol or drugs so they can perform at their best. Impacts on brain development and athletic performance are strong indicators of why substance use can be so harmful. Have frequent conversations with your child to help them understand the serious implications of substance use and encourage them to make healthy choices. *They do hear you!*