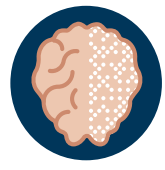
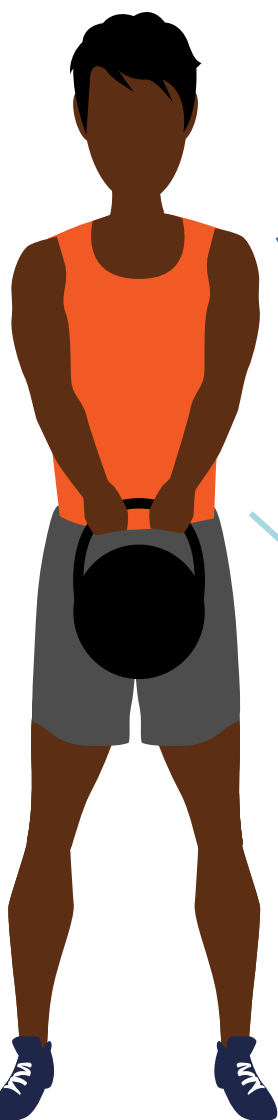


HOW DOES MARIJUANA IMPACT TEEN ATHLETIC PERFORMANCE?

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 marijuana, alcohol, and other drugs.



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. Using marijuana can cause disruption of the brain's development and decrease performance in attention, memory, and learning.



Lungs

Smoke from marijuana has been shown to contain many of the same toxins, irritants, and carcinogens as tobacco smoke. If lung health begins to decrease, this can cause a lack of oxygen flow to your body and make you feel out of breath more frequently.



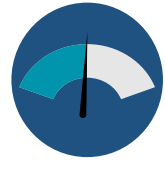
Mood & Mentality

Using marijuana decreases your serotonin levels and increases your norepinephrine levels, which can be linked to a decrease in motivational drive. As an athlete and teammate your mood and mindset are critical to achieve success. Long-term marijuana use increases your risk of developing anxiety, depression, and schizophrenia.



Decision Making

The prefrontal cortex controls judgment, reasoning, and complex thinking - all things necessary to make decisions! As the teen brain is developing, marijuana can impair signaling and functionality, leading to dysregulation of the normal prefrontal maturation process.



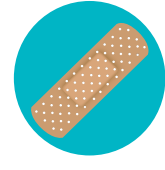
Performance

Being able to perform at your best requires adequate sleep, nutrition, positive mindset, and avoiding harmful substances. Marijuana negatively impacts performance through a variety of mechanisms, including: reduced concentration, decreased reaction time, impaired hand-eye coordination, and lowers exercise capacity and stamina.



Sleep

Marijuana can disrupt and decrease the amount of time you spend in REM sleep, which can affect your memory and negatively affect feelings of well-being and mood. Deep sleep is critical for your body to recover after a full day of activity and to release growth hormones which helps repair muscles.



Injury

Marijuana can cause orthostatic hypotension (head rush or dizziness when standing up), which poses more of a risk and danger to fainting and falling.

Parents! You are your child's #1 influence when it comes to their decisions to not use marijuana. Talk early and often to them about your expectations to not use marijuana 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!*