

PROTECT YOUR GAME[®]

85%

TOBACCO NICOTINE

of nicotine users are addicted.

Tobacco/Nicotine is the most addictive of all drugs, which makes vaping nicotine deceptively dangerous.

Smoking & vaping also damages the cardiovascular system.



LUNG HEALTH = ATHLETE HEALTH

Tobacco/Nicotine is a stimulant; smoking or vaping it:

1. Artificially stimulates the neuromuscular junction.
2. Hurts the heart (↑blood pressure, ↑heart rate, and ↓blood flow).
3. Reduces lung capacity.
4. Decreases blood/oxygen levels.
5. Delivers cancer causing agents (vaping, e-cigs & cigarettes).

Physical Impacts of Tobacco/Nicotine Use:

- Stresses pulmonary system (heart and lungs)
- Slows recovery processes
- Greater susceptibility to injury
- Less endurance; weakness

ALCOHOL

Alcohol interferes with metabolism, recovery, sleep, performance and increases the chance of injury.

Much of athletics is about building and recovery. Building, repairing and growing muscle, tendon and bone tissue. It's also about expanding capacity in various systems like cardiovascular, nervous etc. Metabolism and nutrient absorption play important roles in these processes and **alcohol negatively affects many of them.**



54.8%

of athletes who drink on weekends suffer injury -

compared to 28.3% of those who don't drink.

Alcohol is a depressant, meaning that it slows down brain functioning and neural activity. It impairs generally, through dehydration of cellular tissue in the brain.

Physical Impacts of Alcohol Use:

- Constricts aerobic metabolism - reduces endurance.
- Inhibits absorption of nutrients - lowering endurance and increasing risk of injury.
- Use within 24 hours of activity reduces aerobic performance.
- Makes weight difficult to maintain (gain or lose).
- Disturbs sleep patterns - slows recovery.
- Weekly use doubles rate of injury.



MARIJUANA

Marijuana is hallucinogenic. It distorts perception-time & space.

The BRAIN is an athlete's most important athletic tool. It is the repository of everything an athlete knows about their sport – intellectually and bodily (movement, instinct and decisiveness).

BRAIN HEALTH is ATHLETE HEALTH

THC Alters: Memory, Movement and Motivation each of which can alter your game.

Marijuana (THC) hijacks the Endocannabinoid Receptor System in the brain. Interfering with naturally occurring cannabinoids like Anandamide, THC alters proper brain function responsible for athletic development.

Neurological Impacts of: Marijuana/THC Use:

- Dulls reaction time and hand-eye coordination.
- Causes memory storage and retrieval failure.
- Reduces balance and tracking ability.
- THC has no performance enhancing potential.

Marijuana (THC) is fat soluble, so it can stay in the brain & body for weeks - compromising athletic development over time.

ATHLETE BENEFITS:

Best chance for optimal health – physical, mental & emotional.

Potential for maximum athletic performance.

Eliminates distractions.

Perform at highest level possible.

Experience real connection with teammates.

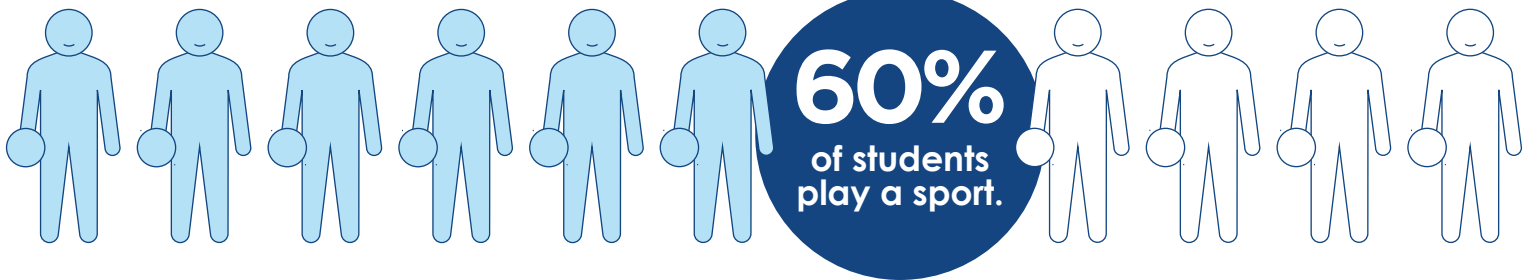
TEAM BENEFITS:

No competing interests among substance users & non-users.

Team reputation stays intact.

Ideal team unity.

Limited distraction from performance and team growth.



As each player finds what they can contribute on and off the field, the team becomes the best it can be. **Don't let substance use get in the way.**

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