

PROTECT YOUR GAME[®]

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.

Marijuana/THC effects on ATHLETIC PERFORMANCE

 Dulls reaction time and hand-eye coordination.

 Reduces balance and tracking ability.

 Causes memory storage and retrieval failure.

 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.

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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.

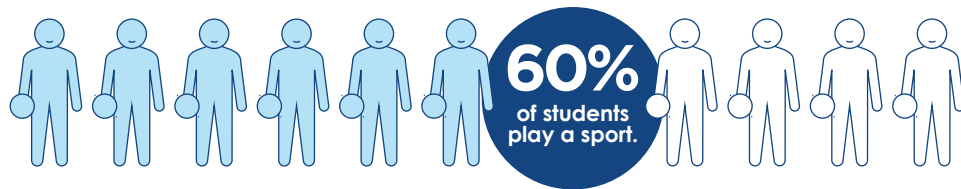
TEAM BENEFITS:

No competing interests among substance users & non-users.

Team reputation is not compromised.

Ideal team unity.

Limited distraction from performance and team growth.



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

EMAIL: info@substance-free-athletics.org

WEB: substance-free-athletics.org

SOCIAL: @Substance_free_athletics

SOURCES: substance-free-athletics.org/sources



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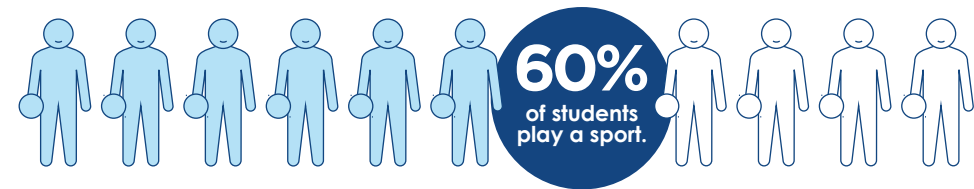
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