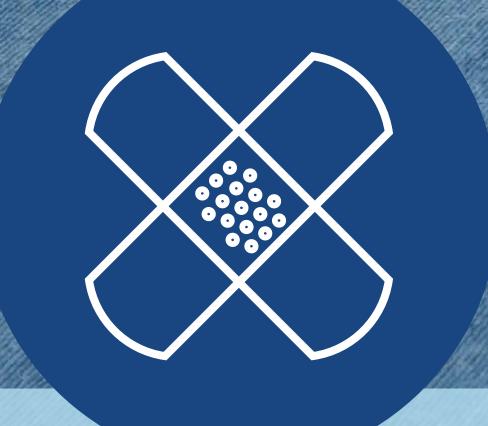
## PROTECT SECTION OF THE PROPERTY OF THE PROPERT

Not all game time decisions are made on the field. KNOW THE IMPACT.



## Physical impacts of ALCOHOL use:

- Weekly alcohol use doubles the rate of injury
- Interferes with metabolism
- Slows recovery
- Interrupts sleep
- Reduces endurance

Increases Injury – 54.8% of athletes who drink alcohol during the week suffer an injury.



## Physical impacts of NICOTINE use:

- Makes an athlete weaker and more prone to injury
- Slows recovery
- Reduces endurance
- Damages the heart and lungs
- Negatively affects blood and breathing functions

Highest addiction rate of all drugs – 85% of nicotine users have a use disorder.



## Neurological impacts of MARIJUANA/THC use:

- Dulls reaction time
- Reduces hand/eye coordination
- Impairs facial recognition
- Reduces balance and tracking ability
- Reduces memory recall and impact of all training

Brain Health is Athlete Health.
THC alters MEMORY,
MOVEMENT and MOTIVATION.

SUBSTANCE-FREE

ATHLETICS



