

PROTECT YOUR GAME[®]

Not all game time decisions are made on the field

Physical impacts of NICOTINE use:



HEALTH

Stressed pulmonary system (heart and lungs)



INJURY

More susceptibility to injury



HEALING

Slow recovery processes



NO ENHANCEMENT

Less endurance; weakness

KNOW THE IMPACTS

Physical impacts of ALCOHOL use:



METABOLISM

Constricts aerobic metabolism - reduces endurance



NUTRIENTS

Inhibits absorption of nutrients - lowering endurance and increasing risk of injury



WEIGHT

Makes weight difficult to maintain (gain or lose)



SLEEP

Constricts aerobic metabolism - reduces endurance



INJURY

Weekly use doubles rate of injury



PERFORMANCE

Use within 24 hours of activity reduces aerobic performance

Neurological impacts of MARIJUANA use:



ABILITY

Dulls reaction time and hand-eye coordination



PERFORMANCE

Reduces balance and tracking ability



MEMORY

Impairs memory and causes retrieval failure



NO ENHANCEMENT

THC has no performance enhancing potential



ATHLETIC REPOSITORY

Degrades ability to play your game



IDENTIFICATION

Impairs facial recognition



**SUBSTANCE-FREE
ATHLETICS[®]**

[substance_free_athletics](https://www.instagram.com/substance_free_athletics)



**RED
RIBBON
CAMPAIGN[®]**
Sponsored by National Family Partnership
www.redribbon.org