

# PROTECT YOUR GAME

Not all game time decisions are made on the field

## 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

### 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

### 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



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