PROTECT § GAME®

Not all game time decisions are made on the field

KNOW THE IMPACTS

SUBSTANCE-FREE

ATHLETICS[®]

substance_free_athletics

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Physical impacts of NICOTINE use:

HEALTH Stressed pulmonary system (heart and lungs)



HEALTH

Stressed pulmonary system

(heart and lungs)

HEALING

Slow recovery processes

More susceptibility to injury

INJURY

NO ENHANCEMENT Less endurance; weakness

INJURY

More susceptibility

to injury

NO ENHANCEMENT

Less endurance;

weakness

DROTECT & GAME Not all game Physical impacts of NICOTINE use:

Not all game time decisions are made on the field

KNOW THE IMPACTS

Physical impacts of ALCOHOL use:



METABOLISM Constricts aerobic metabolism - reduces endurance



WEIGHT

Makes weight difficult to maintain (gain or lose)



INJURY Weekly use doubles rate of injury



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



SLEEP Constricts aerobic metabolism - reduces endurance



PERFORMANCE Use within 24 hours of activity reduces aerobic performance

Neurological impacts of MARIJUANA use:



Physical impacts of ALCOHOL use:



METABOLISM Constricts aerobic metabolism - reduces endurance



WEIGHT

Makes weight difficult to maintain (gain or lose)



INJURY Weekly use doubles rate of injury



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



SLEEP Constricts aerobic metabolism - reduces endurance



PERFORMANCE Use within 24 hours of activity reduces aerobic performance

Neurological impacts of MARIJUANA use:



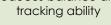
play your game

ABILITY Dulls reaction time and hand-eye coordination



recognition

PERFORMANCE Reduces balance and





NO ENHANCEMENT

THC has no performance enhancing potential



MEMORY

Impairs memory and

causes retrieval failure

ATHLETIC REPOSITORY Degrades ability to play your game

IDENTIFICATION Impairs facial recognition