Are You An Athlete?

Look at the Effects Alcohol has on Your Performance:

- Drinking can affect your training for as much as **fourteen days**.
- It takes **4 days** until you are back to your full training potential after you consume alcohol.
- Drinking alcohol slows your recovery time of sore muscles and injuries.
- Reaction time can be affected as much as **twelve hours** after you drink alcohol.
- You are **twice** as likely to become injured.
- Hangovers can **decrease your athletic performance by as much as 11%**.
- Drinking can affect your brain and body activities for up to **3 to 5 days**.
- Alcohol affects your ability to learn new plays and strategies.
- Alcohol has been described as a **performance impairing drug**.

Ask Yourself?

- How important is my sport to me?
- How important is drinking or partying to me?
- How important is it that I perform to the best of my ability?
- How will drinking affect my ability to perform?
- How will my body feel if I drink? How will I feel if I don’t drink?
- How will I benefit from my decision to drink or not to drink?
- Will I violate team, school, or state laws and regulations if I choose to drink?
- Will I put myself or others at risk of impairment, health, or legal problems if I drink?

Is It Worth the Risk??