

# ALCOHOL AND ATHLETIC PERFORMANCE

## DID YOU KNOW?

### ONE STANDARD DRINK



50.1% of student-athletes have *NEVER* used alcohol during their competition season<sup>1</sup>



Athletes can require 12+ cups of fluid/day. Replace each alcoholic drink with at least 1 cup of fluid. For instance, after 5 drinks, an athlete's body may need 17 cups of fluid for proper hydration.<sup>2</sup>

## ALCOHOL'S EFFECTS ON PERFORMANCE<sup>3,6</sup>



Depletes your energy source



Alcohol slows reaction time and impairs balance, hand-eye coordination and focus



Getting drunk 1 time can lose up to 14 days of training effects/gains



Impairs motor skills and decreases strength, power, and sprint performance for up to 3 days



Decreases vitamin and mineral absorption

WANT TO KNOW MORE? VISIT THE GORDIE CENTER FOR SUBSTANCE ABUSE PREVENTION OR TALK TO YOUR TEAM'S SAM

## ALCOHOL SLOWS RECOVERY<sup>3,4,5,6</sup>



Causes dehydration and slows down the body's ability to heal



Delays muscle repair



#1 day for injuries?  
**Monday**



Weekly alcohol consumption *doubles* the rate of injury



Injury rate for *drinkers*:  
54.8%



Injury rate for *non-drinkers*:  
23.5%

<sup>1</sup> 2013 NCAA Substance Use Survey

<sup>2</sup> Shirreffs & Maughan (2006) Current Sports Medicine Reports

<sup>3</sup> Firth & Manzo (2004) For the Athlete: Alcohol and Athletic Performance

<sup>4</sup> Yusko, D.A., et al., (2008) Risk for excessive alcohol use & drinking-related problems in college student-athletes

<sup>5</sup> O'Brien & Lyons (2000) Alcohol & the Athlete

<sup>6</sup> American Athletic Institute: [www.americanathleticinstitute.org](http://www.americanathleticinstitute.org)