ALCOHOL AND ATHLETIC PERFORMANCE

DID YOU KNOW?





50.1% of student-athletes have *NEVER* used alcohol during their competition season¹

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.²

ALCOHOL'S EFFECTS ON PERFORMANCE ^{3,6}



Depletes your energy source



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



Decreases vitamin and mineral absorption



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



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

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

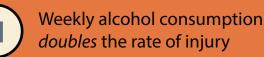
ALCOHOL SLOWS RECOVERY 3,4,5,6



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











¹ 2013 NCAA Substance Use Survey ² Shirreffs & Maughan (2006) Current Sports Medicine Reports ³ Firth & Manzo (2004)For the Athlete: Alcohol and Athletic Performance ⁴ Yusko, D.A., et al., (2008) Risk for excessive alcohol use & drinking-related problems in college student-athletes 5 O'Brien & Lyons (2000) Alcohol & the Athlete ⁶ American Athletic Institute: www.americanathleticinstitute.org

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