



Life of an Athlete Prevention Basics

Life of an Athlete Chippewa Valley Schools confronts health issues and problems that face today's student athletes. The Life of an Athlete prevention policy recognizes that the use of alcohol, marijuana, and other drugs is a treatable health problem. It is a problem that can seriously interfere with a student's academic, physical, emotional, and social development. Research shows the use of alcohol, marijuana, and other drugs can damage the developing teen brain and can have negative lifelong consequence, including addiction. Life of an *Athlete Chippewa Valley Schools* intends to engage student athletes, coaches, and parents in protecting our student athletes and in achieving athletic excellence.

Life of an Athlete

- Helps student athletes and their parents understand the impact of alcohol, marijuana, and other drugs and prescription drug abuse on an athlete's health and athletic performance.
- Encourages athletes and stakeholders (parents, coaches, administrators, other concerned adults) to review, to evaluate, and to enforce their school district policies and practices regarding alcohol, marijuana, and other drug use.
- Motivates the adoption of written policies and practices that allow student athletes to learn from past mistakes and understand the importance of not using alcohol and illegal drugs.

Alcohol, Marijuana and Other Drugs Impairs Performance

Alcohol has been described as a performance impairing drug. Research shows that alcohol use has significant negative effects:

- Athletes who drink regularly are more than twice as likely to be injured (54%) as non-users (24%).
- It takes 3 – 4 days for athletes to restore B vitamins depleted by alcohol.
- One night of drinking can wipe out the impact of two weeks of training.

Research shows that marijuana use can negatively affect athletic performance in the following ways:

- impairing eye-hand coordination and reaction time
- decreasing blood oxygen levels and the motivation to perform
- slowing reflexes and negatively affecting the ability to think clearly and remember and
- can lead to injury.

Life of an Athlete Chippewa Valley Schools seeks to foster an environment that is free from alcohol, marijuana, and other drugs and commits to the health and well-being of our student athletes.