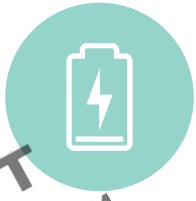


ALCOHOL AND ATHLETES

EFFECTS ON ATHLETIC PERFORMANCE



CAUSES
DEHYDRATION



DEPLETES ENERGY
& DISRUPTS SLEEP



SLOWS
RECOVERY

ATHLETES WHO
DRINK ARE

2X

MORE LIKELY TO
GET INJURED

EFFECTS ON ACADEMIC PERFORMANCE



NEGATIVE
IMPACT ON GPA



INTERFERES WITH
LONG-TERM MEMORY



MORE LIKELY
TO MISS CLASS

INTOXICATION
CAN DEplete

14

DAYS OF
TRAINING

SERVING SIZES



BEER
12 oz. of 5% alcohol

WINE
5 oz. of 12% alcohol

SHOTS
1.5 oz. of 40% alcohol

MOTOR FUNCTION CAN
BE IMPAIRED FOR

72

HOURS AFTER
DRINKING