# ALCOHOL AND ATHLETES

# EFFECTS ON ATHLETIC PERFORMANCE



DRUG



DEPLETES ENERGY & DISRUPTS SLEEP



**SLOWS RECOVERY** 

#### ATHLETES WHO DRINK ARE



## EFFECTS ON ACADEMIC PERFORMANCE



**IMPACT ON GPA** 



INTERFERES WITH LONG-TERM MEMORY



**MORE LIKELY** TO MISS CLASS INTOXICATION CAN DEPLETE

E SPOR

## SERVING SIZES

JEER 12 oz. of 3% alcohol DRUG

WINE

5 oz. of 12% alcohol

**SHOTS** 

1.5 oz. of 40% alcohol

**MOTOR FUNCTION CAN** BE IMPAIRED FOR

DRUG EREDRING AFTER PORTS AFTE

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