Marijuana & Physical Performance:  
What's in Marijuana?  
Cannabis contains over 400 chemicals  
Including...THC which is the mind-altering ingredient

How does THC affect athletes?  
THC effects:  
- Memory  
- Movement  
- Coordination in the brain.

Marijuana affects the respiratory and cardiovascular system affecting athlete’s endurance!!!
Alcohol & Physical Performance:

ALCOHOL IS A METABOLIC POISON!

- Due to its small molecular weight, alcohol affects all systems of the human physiology SIMULTANEously.

Alcohol impacts the physiological condition of athletes.

1x drinking = 14 days of lost training

1. For every time you drink!!
   - 20 to 30% of college students suffer performance loss due to alcohol use.

If you don’t drink:
   - 4-5% advantage over someone

If you do drink:
   - 11.4% disadvantage to someone else

It’s your life! You choose!

American Athletic Institute
http://www.americanathleticinstitute.org/

Alcohol & Hormones:

We use our hormones to train and to recover from training.

Two basic hormones that are important for exercise are anabolic and catabolic.

- Anabolic hormones = muscle growth
- Catabolic hormones = energy

Fun Fact ★

After 1 ½ hours of heavy drinking, hormone levels drop significantly...which continues for up to 96 hours.

That is 4 days which are lost that cannot be recovered.

You are at practice but your hormones are somewhere else!

Alcohol & Muscle Protein Synthesis:

Alcohol reduces protein synthesis in skeletal muscle.

2x more likely to have an injury if you are drinking.

Synthesis reductions of 20-30% are seen in the first 1-2 hours after ingestion.

It reduces...
   - the ability to repair muscle fiber

Fibers are needed for:
   1. Speed
   2. Power

If you CANNOT recover then there is no gain in training!!