ALCOHOL AND ATHLETIC PERFORMANCE

DID YOU KNOW?

ONE STANDARD DRINK

12 oz. of beer = 4.5 oz. of wine = 1 oz. of 80 proof liquor

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

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.

ALCOHOL'S EFFECTS ON PERFORMANCE

- Depletes your energy source
- Alcohol slows reaction time and impairs balance, hand-eye coordination and focus
- Getting drunk 1 time can lose up to 14 days of training effects/gains
- Impairs motor skills and decreases strength, power, and sprint performance for up to 3 days
- Decreases vitamin and mineral absorption

ALCOHOL SLOWS RECOVERY

1. Causes dehydration and slows down the body's ability to heal
2. Delays muscle repair
3. #1 day for injuries: Monday
4. Weekly alcohol consumption doubles the rate of injury
5. Injury rate for drinkers: 54.8%
6. Injury rate for non-drinkers: 23.5%

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

References:
1. 2013 NCAA Substance Use Survey

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