



## Alcohol impairs the ability to learn new plays.

- Consuming five or more drinks in one night can affect brain and body activities for up to three days.
- Your brain's ability to learn and store new information is inhibited due to compromising the hippocampus, a structure vital to the formation of new memories.
- Alcohol affects your sleep and reduces your brain's ability to retain information.

## IUP Athletics Alcohol Violation Policies and Sanctions

- **First violation:** Meet with members of Athletics Substance Abuse committee and Head Coach, 10% suspension of competition schedule
- **Second Violation:** Meet with members of Athletics Substance Abuse committee and Head Coach, 50% suspension of competition schedule
- **Third Violation:** Meet with members of Athletics Substance Abuse committee and Head Coach, Loss of one year of eligibility
- **Fourth Violation:** Meet with members of Athletics Substance Abuse committee and Head Coach, Permanent removal from IUP Athletics



## Indiana University of Pennsylvania

Brought to you by the Alcohol, Tobacco, and  
Other Drugs Program  
Center for Health and Well-Being  
G57, Suites on Maple East  
724-357-1265

IUP is a member of Pennsylvania's  
State System of Higher Education

For more information, visit:

- ⇒ [www.iupathletics.com](http://www.iupathletics.com)
- ⇒ <https://www.ncaa.org/sites/default/files/Alcohol%20and%20Athletic%20Performance%20Fact%20Sheet.pdf>
- ⇒ <https://wit.edu/student-life/student-services/center-wellness-disability-services/office-wellness-education/drugs/marijuana/alcohol-marijuana-and-athletic-performance>
- ⇒ *Neuropsychopharmacology* (2003) **28**, 1366–1373, advance online publication, 14 May 2003; doi:10.1038/sj.npp.1300202 (<http://www.nature.com/npp/journal/v28/n7/full/1300202a.html>)

## Alcohol and Athletic Performance





## Did you know...?

### Alcohol negatively affects the body and athletic performance.

- Few athletes realize that drinking alcohol after exercising, practicing, or competing can cancel out any physiological gains they may have received from such activities.
- Alcohol use inhibits absorption of important nutrients such as thiamin, vitamin B12, folic acid, and zinc.
- Alcohol also interferes with the body's use of nutrients by making important water-soluble vitamins ineffective even when they are present in adequate amounts.
- Even small doses of alcohol can temporarily weaken the pumping force of the heart muscle.
- Drinking alcohol the night before a sporting event may lead to declines in athletic performance. Research indicates that individuals *performed consistently worse* in tasks assessing attention and visual motor coordination skills up to 8 hours after drinking enough alcohol to reach a .10 Blood Alcohol Level.



### Alcohol use prevents muscle recovery.

- In order to build bigger and stronger muscles, your body needs sleep to repair itself following a workout . Alcohol disrupts normal sleep patterns and robs your body of human growth hormone (HGH), which is essential for maintaining tissues and organs throughout the body .
- Alcohol can diminish the secretion of human growth hormone, which is essential for normal muscle-building and repairing process, by as much as 70 percent!



- Alcohol consumption can also interfere with protein synthesis in the body, which will negatively affect muscle growth.
- Testosterone plays an important role in muscle development and recovery. Alcohol stimulates the production of a substance in the liver that is directly toxic to testosterone.

### Alcohol causes dehydration and slows down the body's ability to heal.

- Speeding the recovery of sore muscles and injuries is integral to optimal performance. Alcohol is a toxin that travels through your bloodstream to every organ and tissue in your body. This causes dehydration and slows your body's ability to heal itself.
- Alcohol promotes water loss and decreases the production of the anti-diuretic hormone. This causes a loss of body fluid due to an increase in urination and an increase in thirst. Consuming one standard drink causes the loss of 4 oz. of body fluid.
- Water loss caused by alcohol also involves the additional loss of important minerals such as magnesium, potassium, calcium, and zinc. These minerals are vital to the maintenance of fluid balance as well as nerves, muscle action, and coordination.

