



Athletes who choose to consume alcohol, despite knowledge of the negative effects on performance in competition, training and recovery should consider:

- Avoid drinking at levels that may result in potential residual negative effect on physiological systems.
- Limit use to 1-2 or 3-4 drinks (residual physiological effects begin at 3-4 drinks)
- Limit # of drinks per hour to one, or space one hour time between drinks
- Don't play drinking games.
- Never drink on an empty stomach.
- Consume 16-24 ounces of water based fluids prior to drinking any alcohol.
- Stick to low alcohol content drinks like beer rather than hard liquor.
- Consume 12-16 ounces of water based fluids for every alcoholic drink consumed.
- Never mix energy drinks and alcohol. It will only blunt your perception of how drunk you are.
- Never consume alcohol prior to a practice or contest.
- Never consume alcohol within twelve hours after training or competing.
- Never use alcohol while taking Tylenol. Liver failure can occur.
- Drinking within 96 hours of a competition may suppress training hormones and limit performance.
- Drinking prior to sleep can result in loss of REM sleep and Central Nervous System fatigue.
- Drinking prior to sleep can result in up to a 70% drop in Human Growth Hormone release.
- Alcohol use delays injury and muscle protein synthesis (muscle repair)
- Take B vitamin supplements before and after bouts of heavy drinking.
- Consume glucose or fructose based drinks after heavy bouts of drinking.

ANSWER THESE QUESTIONS IF YOU CHOOSE TO USE ALCOHOL

- How important is my sport to me?
- How important is drinking or partying to me?
- How important is it that I perform to the best of my ability?
- How will drinking affect my ability to perform?
- How will my body feel if I drink? How will I feel if I don't drink?
- How will I benefit from my decision to drink or not to drink?
- How motivated am I to drink in a low-risk way?
- How confident am I that I can make low-risk choices around alcohol?
- Will I violate team, University, or state laws and regulations if I choose to drink?
- Will I put myself or others at risk of impairment, health, or legal problems if I drink?
- What can I do instead of drinking heavily?
- Who around me will support my decision?
- How can I stay motivated to stick with my decision?



AAI in no way infers that any individual under legal drinking age should engage in the use of alcohol.